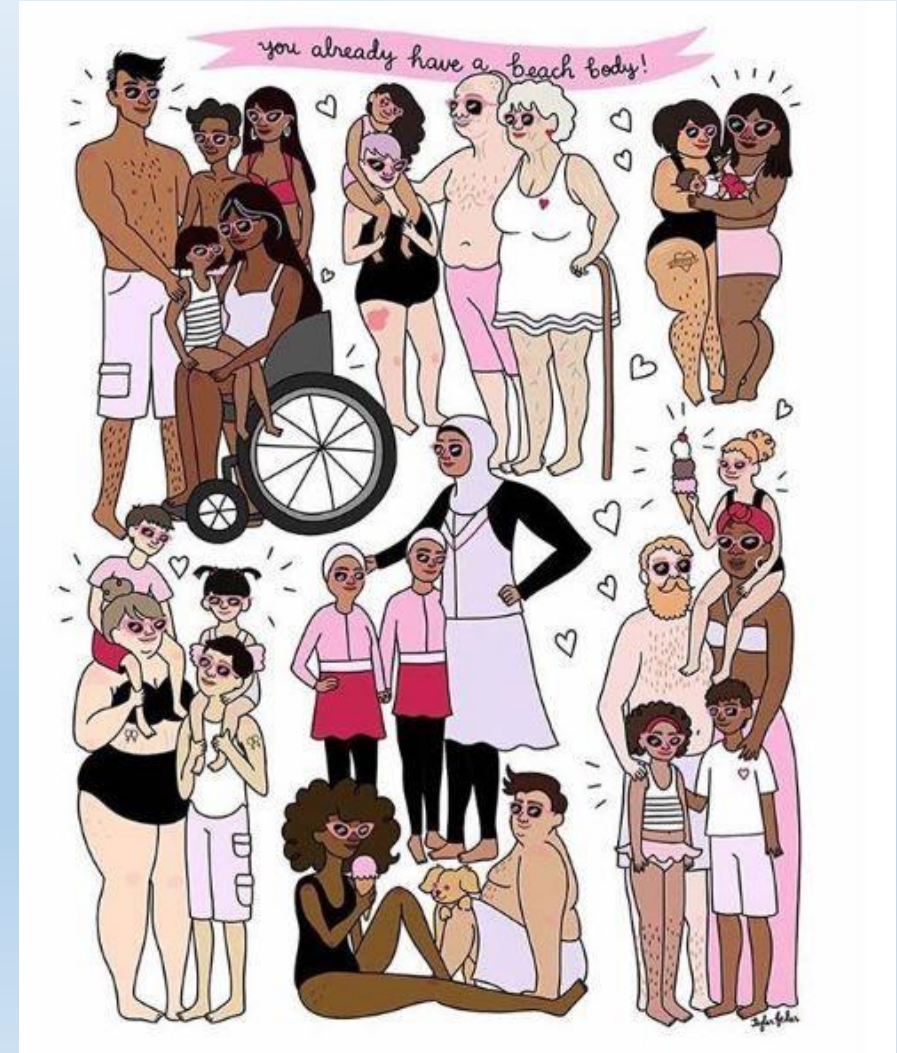
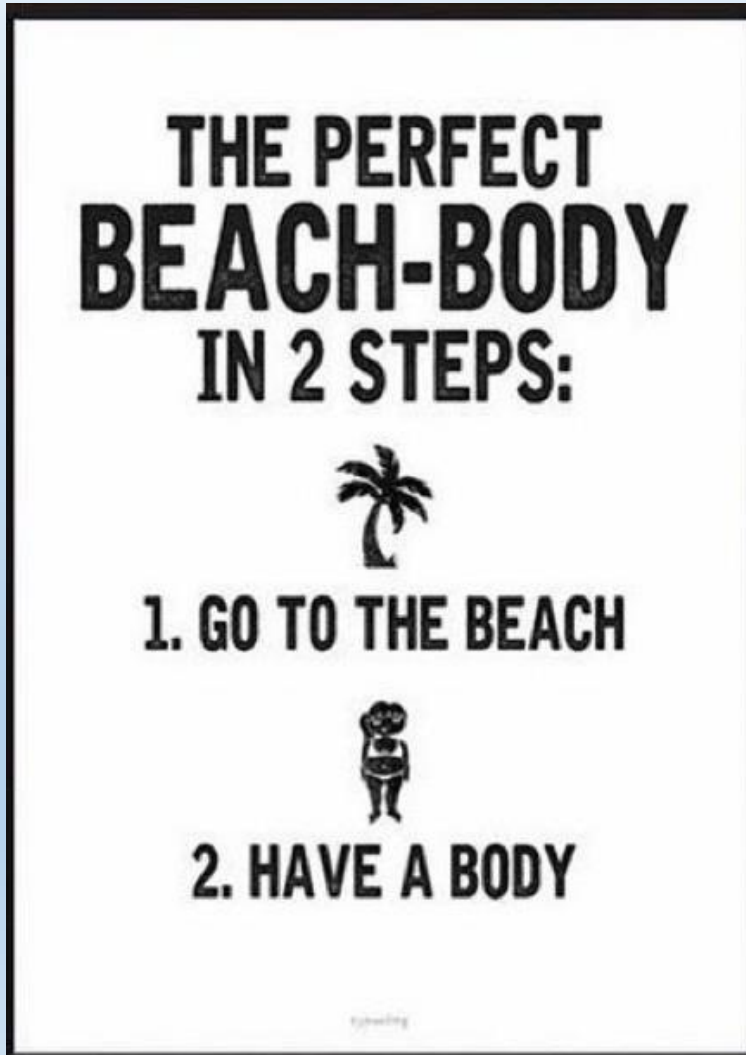




Summertime self-esteem



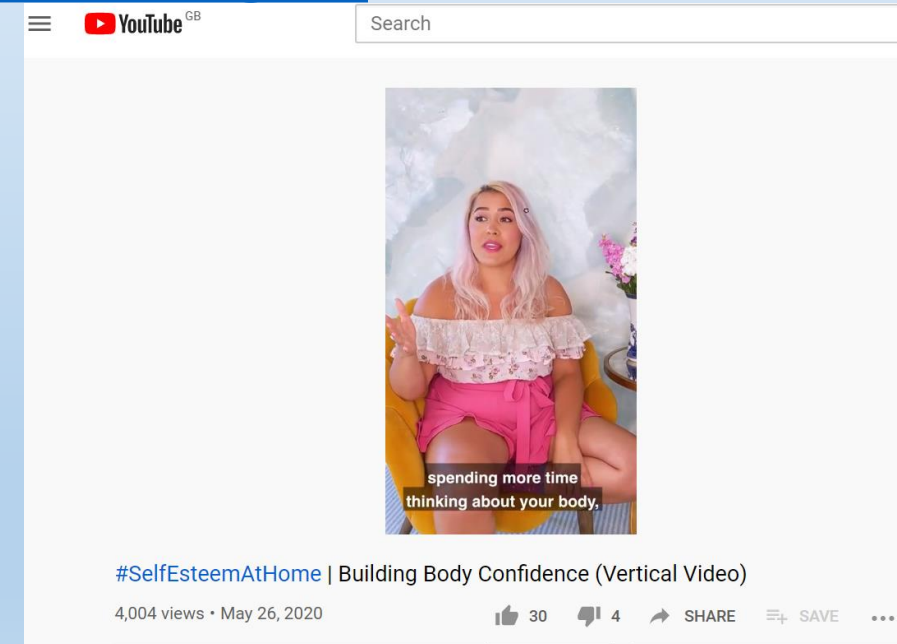
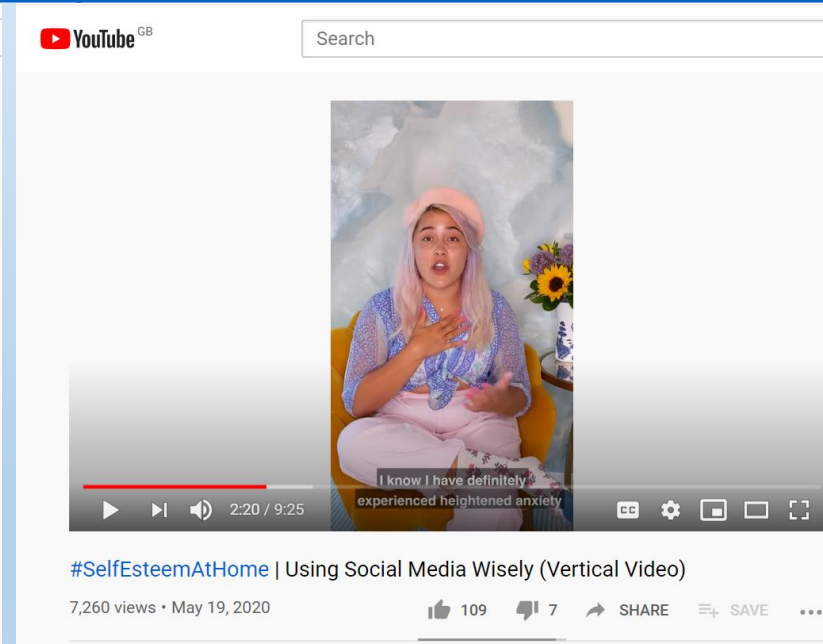
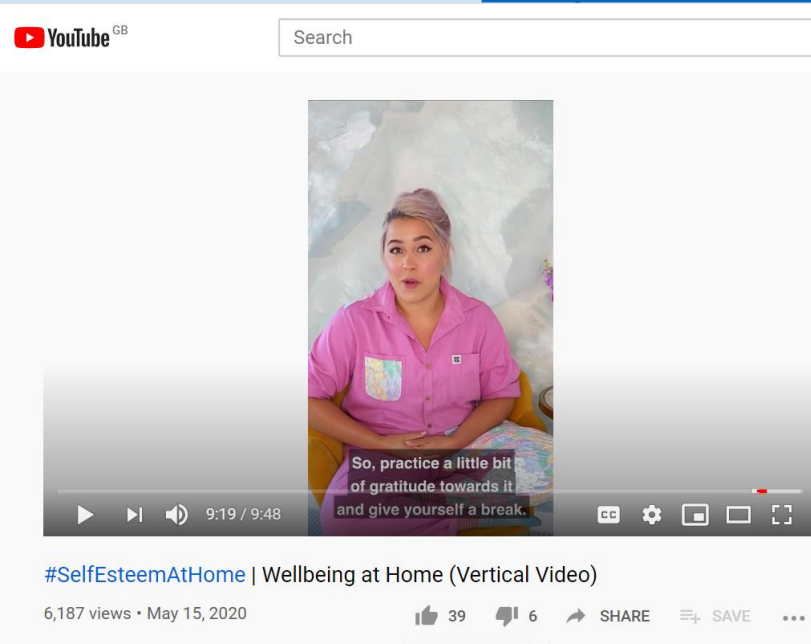
We may not get to the beach this summer but the message is still the same! Love the body your in, look after yourself and have fun!



#SelfEsteemAtHome

The Dove Self-Esteem Project has teamed up with body positive activist, Megan Crabbe (@Bodyposipanda) to support self-esteem at home across a series of classes. You can view all 3 episodes below...

- https://www.youtube.com/watch?v=lbfcq2j0_ZA&t=69s
- <https://www.youtube.com/watch?v=mUzdOATgCIA&pbjreload=101>
- <https://www.youtube.com/watch?v=mUzdOATgCIA>



Its important to protect and support your own health and wellbeing. There is a relationship between good physical health and good mental wellbeing and that can also influence your ability to learn and be happy.

We want to have an amazing summer and be safe!

TOP TIPS TO BEAT THE HEAT



WATCH OUT

- Be on the lookout for any symptoms of heat related illness.
- See your GP if you are unwell.
- In a medical emergency, call 1021.

Heat Stress & Heat Waves

Let's beat the heat this summer and protect ourselves from heat stress and serious heat-related illness!

BOLO!
Be on the Look-Out



...for early signs of Heat Illnesses! And if you see any affected co-workers, encourage them to take a break, drink water and cool down. Heat stress can come on pretty rapidly! And learn first-aid for treating heat-related emergencies near you.

Sunburn



Heat Cramps



Heat Exhaustion vs. Heat Stroke

Faint or dizzy	Throbbing headache
Excessive sweating	No sweating
Cool, pale, clammy skin	Body temperature above 103 degree
Nausea or vomiting	Nausea or vomiting
Rapid, weak pulse	Rapid, strong pulse
Muscle cramps	May lose consciousness



The Red Cross recommends the following first-aid for **Heat Exhaustion**:

- Move the person to a cooler environment with circulating air.
- Remove/loosen as much clothing as possible and apply cool, wet cloths/ towels to the skin.
- Fanning or spraying them with water can also help. If they are conscious, give small amounts of a cool fluid like a sports drink or fruit juice to restore fluids and electrolytes- about 120 ml of fluid every 15 minutes.



If **Heat Exhaustion** symptoms are ignored, it could result in a life threatening condition of **Heat Stroke**.

- After calling an ambulance, rapidly cool down the victim's body by immersing them up to the neck in cold water or dousing/spraying them with cold water or sponging them with ice water-doused towels over the entire body, frequently rotating the cold, wet towels.
- Do not give fluids.

Be safe in water

<https://www.rlss.org.uk/summer-water-safety>

Summer WATER SAFETY

When Summer hits it can be tempting to look for the nearest place to cool off.
Here are our top tips if you plan on going for a paddle:



**LOOK OUT
FOR LIFEGUARDS**



**IT'S COLDER
THAN IT LOOKS**



**DON'T GO
TOO FAR**



**IT'S STRONGER
THAN IT LOOKS**



BRING A FRIEND

Circle of Drowning Prevention

Layers of protection are essential to help prevent drowning. Plan ahead for aquatic activities:



Learn swimming and water safety survival skills.



Children, inexperienced swimmers, and all boaters should wear U.S. Coast Guard-approved life

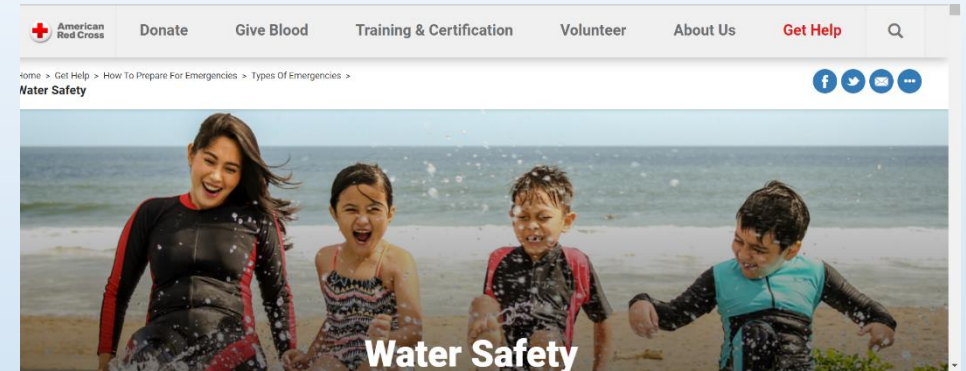


Always swim in a lifeguarded area.

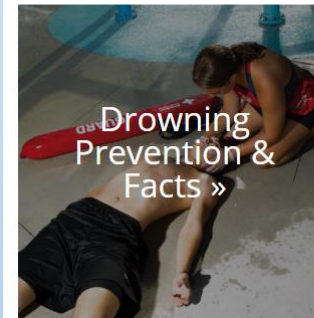


Provide close and constant attention to children you are supervising in or near water.

<https://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/water-safety.html>



Water Safety Resource Center



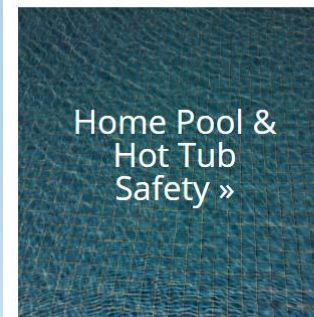
Drowning Prevention & Facts »



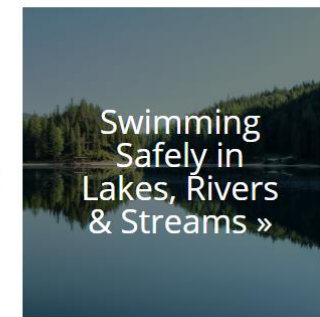
Activities for Kids, Parents & Caregivers »



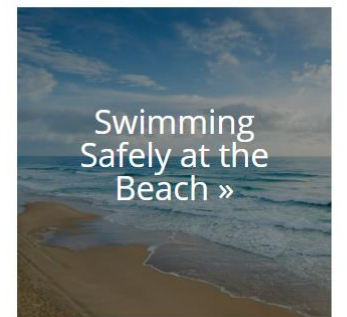
Swimming Safety Tips »



Home Pool & Hot Tub Safety »



Swimming Safely in Lakes, Rivers & Streams »



Swimming Safely at the Beach »

And remember to social distance...

Social Distancing:

What does it mean?
It means stay away from places where people gather, avoid mass gatherings, and whenever not possible, maintains a distance of at least one metre from each other.¹ Together we can help to slow the infection from spreading away.

Red Light – Avoid / Don't Do

- All gatherings of religious, commercial, official or personal nature (e.g. market/mall, cinema, meeting/conference, wedding, party/picnic, tuition, gym/yoga, dancing etc.) involving a sizeable and flowing crowd
- Social visitors or non-essential workers in your house
- Non-essential visitors in the workplace
- Non-essential travel in public transportation

Yellow Light – Do with Caution

- Attend private gatherings limited to a few family members or known friends
- Travelling in a private transport (public transport only if it is a NECESSITY)
- Visit a local restaurant BUT choose the open-air type, sitting with at least one metre apart whenever possible (takeaway food is a better choice)
- Buying in a grocery store or supermarkets without a crowd
- Pick up medicines from the pharmacy without a crowd
- Play sports in the open air with family or a few known friends

Green Light – Safe to Do

- Take a walk or jog in open park or stadium
- Cycling
- Play in the home garden, or go for a fun drive with family
- Read a book or listen to music in private
- Play games or watch TV/movie at home
- Home cooking and meals at home

➡ Wash your hands frequently with soaps and water, or alcohol-based hand rub.

➡ Best to do thing online whenever possible (e.g. Video chat, e-payment, internet games, or chat over a phone).

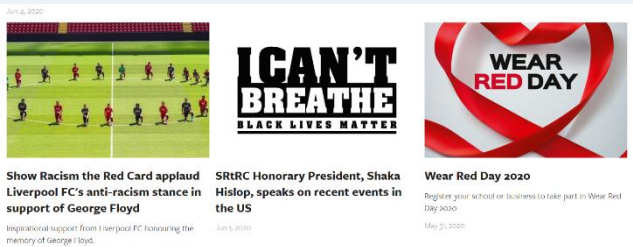
¹. " World Health Organisation, March 2020."



- You should keep one metre apart from people not in your household or support bubble at all times. You should continue to avoid public transport other than for essential journeys so should make journeys by cycling, walking or driving in a private vehicle where possible.

Support and resources for #BlackLivesMatter

<https://www.theredcard.org/>



<https://www.stophateuk.org/help-in-the-uk-national-organisations/>



<https://www.childline.org.uk/info-advice/bullying-abuse-safety/crime-law/racism-racial-bullying/>



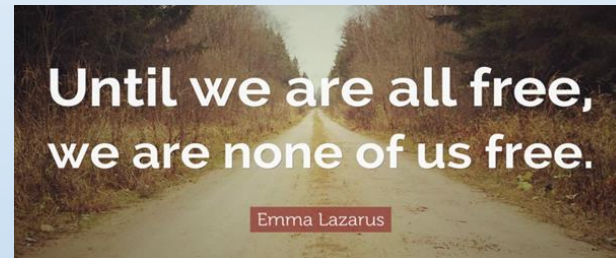
What to do about racist bullying

Britain is a multi-racial and multi-faith country and everyone has the right to have their culture and religion respected by others. Nobody has the right to call your child names or to treat them badly because of their colour, race or religion. It's illegal and it can be stopped. Racist bullying is not just about the colour of your skin. It can be about your ethnic background or religion too. Racist bullying is the only type of bullying that schools must prevent.

Racism means you are subjected to abuse and harassment because of your race, colour or beliefs. There is a difference between racial discrimination and racism. Racial discrimination means being treated differently to someone else because of your race, perhaps by being told you cannot wear a turban if you are a Sikh, a girl who is a Jewish boy or being told you are a 'Paki' if you are a Pakistani girl.

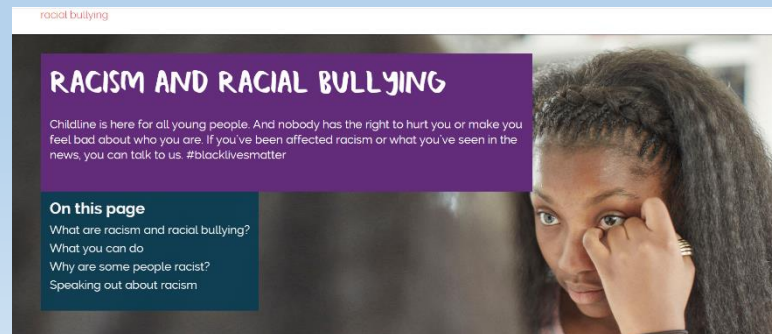
The complaints we've had include a girl aged six being told by a classmate that she cannot take the school mouse home because he doesn't like people with brown hair, to make incidents involving teenage gangs and gangsters, one of which means a boy was too frightened to return to school. These complaints have come from all parts of the country.

There are many resources available to support you and your family and also with information to educate and spread awareness of racism and how we can help .



Take time to make sure we look after ourselves and others. This may mean we take some time to reflect, listen, learn and act.

<https://www.bullying.co.uk/advice-for-parents/what-to-do-about-racist-bullying/>



On this page

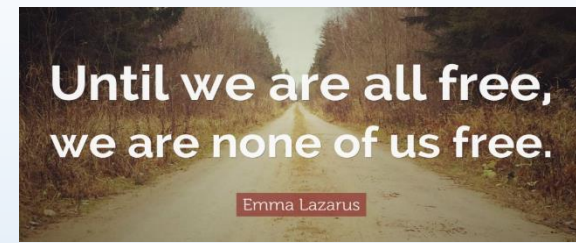
What are racism and racial bullying?
What you can do
Why are some people racist?
Speaking out about racism



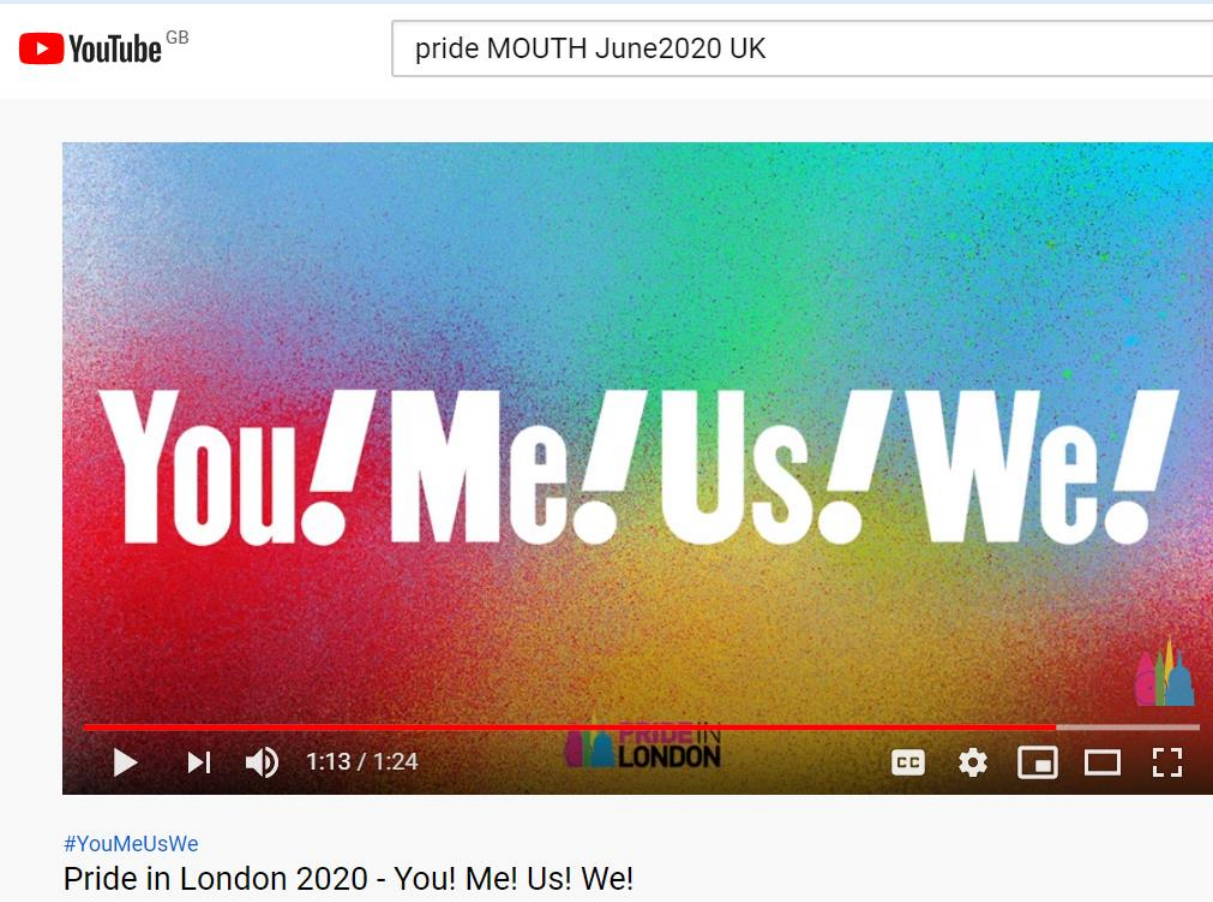
<https://www.northamptonchron.co.uk/news/people/hundreds-people-march-northampton-racecourse-second-black-lives-matter-protest-2883742>



*EVERYONE deserves to be SEEN
everyone DESERVES TO BE SAFE*



• **WATCH-** <https://www.youtube.com/watch?v=TIExvoJXwKE>



Watch- <https://www.youtube.com/watch?v=wkzwDOCEDCo>





Resources and support



<https://mermaidsuk.org.uk/young-people/>

<http://thelowdown.info/counselling/lgbtq-support-services/>

the lowdown supporting young people

Helpline 01604 622223 | Office 01604 634385 | info@thelowdownnorthampton.co.uk

About Us | Our Services | Send A Referral | Support Us | Partnerships | Volunteer | News/Events | Contact | Donate

LGBTQ Support

On average, 1 in 5 young people in the UK identify as lesbian, gay, bisexual, transgender or are questioning their gender identity and/or sexual orientation, so you are not alone. We understand that it may feel difficult to find support. Many young people feel isolated and disconnected from social circles or even families and we want you to know that you are not alone.

OUT THERE Northampton LGBT+ Youth Group

Terms & Cookies

<https://www.mindout.org.uk/>

mind OUT LGBTQ mental health service

ABOUT US | CONTACT US | JOBS & VOLUNTEERING | SHOP

MindOut Lesbian, Gay, Bisexual, Trans & Queer Mental Health Service

HOME | GET SUPPORT | NEWS & EVENTS | INFORMATION | TRAINING | FUNDRAISING | DONATE

MindOut is 20! Help us celebrate!

Find out more about our achievements and our #20for20years fundraiser

Free, anonymous and confidential (see our privacy statement at www.mindout.org.uk)

Quick Exit | Donate Now

Me. My. Mine.

A safe place for young trans people – up until their 20th birthday – to find support and help one another.

I think I'm transgender, what do I do?

First of all, this is a place where you can feel safe and comfortable as yourself. If you are nervous about visiting our site then you can click on the arrow over on the right-hand-side of the screen and it'll take you to another page.

<https://switchboard.lgbt/>

Switchboard LGBT+ helpline

Donate | Contact Us | 0300 330 0630

About us
How we can help
Help when we're closed
Our celebrated patrons
Media & Press
Meet The Trustees
Support Us
Volunteer
Supporting Organisations
Switchboard Shop
Contact

Advice and understanding

You are always best placed to make decisions and we want you to finish your call feeling you

Helpful links! WFA is here for you...

Check out our website www.westonfavellacademy.org for helpful information for you and your family....

no matter what happens,



I'll always be here for you.

GCSEPod

Healthy body, healthy mind - COVID STYLE!

Library resources

Show My Homework

Staying Safe

Student Voice

Timings of the Day

Trips and Events

Wellbeing and Support



Home

Our Academy

Pupils

Parents

Sixth Form

News & Events

Vacancies

Contact

Weston Favell Academy

WHAT'S ON YOUR MIND?

DRUGS
exam anxiety
BULLYING family issues
alcohol SMOKING

HEALTHY EATING body image
social networking & cyber bullying
SELF HARM MENTAL HEALTH
relationships

NHS
Northamptonshire Healthcare
NHS Foundation Trust

And follow us on twitter...

<https://twitter.com/WestonFavellGAT>



Weston Favell Academy
@WestonFavellGAT

Weston Favell Academy caters for pupils aged 11-18. The Principal is Lorna Leventhal. Part of Greenwood Academies Trust.

New to Twitter?

Sign up now to get your own personalized time

Sign up



areyouokcampaign it's one day late (in some places) but fitting 2 self care ideas into 1 day can never be a...



ACTION FOR HAPPINESS

30 actions to look after ourselves and each other as we face this global crisis together

www.actionforhappiness.org

Keep Calm - Stay Wise - Be Kind



Tips To Stay Efficient & Keep Your Spirits Up



Where to find support

Online:

www.asknormen.co.uk - a website with lots of mental health advice and information for young people in Northamptonshire. It's designed for everyone with an interest in the emotional wellbeing and mental health of children and young people in Northamptonshire with sections for young people, professionals and parents too.

www.youngminds.org.uk - website of Young Minds, the UK's only national charity committed to improving the mental health and emotional well-being of all children and young people

Text:

Chat Health: For friendly, helpful advice. Text your school nurse 07507 329600

Youth Counselling Services:

Service Six - 15 Sassoon Mews, Wellingborough
Tel: 01933 277520 / 01933 273746
www.servicesix.co.uk

The Lowdown - 3 Kingswell Street, Northampton
Tel: 01604 634385 www.thelowdown.info

Time2Talk - The Abbey, Market Square, Daventry
Tel: 01327 706706 Text: 07765 210869
www.time2talk.org.uk

CHAT Youth Counselling - The Courthouse, Mill Road, Oundle
Tel: 01832 274422 www.chatyouthcounselling.org.uk

Youth Works
[covering Kettering & Corby]
Keystone Centre, 97 Rockingham Road, Kettering, NN16 9HX
Tel: 01536 518339 www.youthworksnorthamptonshire.org.uk

To find out about other services that help to support children, young people and families in Northamptonshire contact the Families Information Service:

Tel: 01604 237935 E-mail: fis@northamptonshire.gov.uk



Service Six

Changing Lives • Creating Futures

If you worried about anything or need to talk to someone, please contact us on

Helpline (Phone or Text) Monday to Friday 9am – 5pm: 07718 003219

Email: referrals@servicesix.co.uk

Facebook: Service Six @servicesix123 or @ClaudiaSSix

Twitter: @ServiceSix1

Instagram: @servicesix

LinkedIn: Service Six



Everything will be better soon, just keep believing!



You can also talk to staff on teams or school email...

IT'S OKAY
TO TALK

SAMARITANS

Samaritans
Tel: 116 123
samaritans.org
email
jo@samaritans.org
Samaritans is available round the clock, every single day of the year.
We provide a safe place for anyone struggling to cope

UK

Papyrus
HOPELINEUK – 0800
068 4141

papyrus-uk.org
Worried about someone? Support for anyone under 35 experiencing thoughts of suicide, or anyone concerned that a young person may be experiencing thoughts of suicide.



Kooth.com
Kooth.com is an online counselling service that provides vulnerable young people, between the ages of 11 and 25, with advice and support for emotional or mental health problems

YoungMinds
Helpline:
0808 802 5544
Parents information service
youngminds.org.uk

SHOUT
Text Shout to 85258
giveusashout.org
Shout is the UK's first free 24/7 text service for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help.

Mind
MindInfoline:
0300 123 3393
The MindInfoLine offers thousands of callers confidential help on a range of mental health issues
mind.org.uk



CALM
0800 58 58 58
thecalmzone.net
The Campaign Against Living Miserably (CALM) works to prevent male suicide and offers support services for any man who is struggling or in crisis.

Send message

Send message

crisis