



Being Safe and Well at PaWS

As we come to the end of another academic year, we wanted to take this opportunity to say well done to all our pupils for how positively they have responded to the difficult year they have had.

Please find below some resources which might support pupils and their families through the Summer break. Please remember to look on our school website which has many useful links for staying safe both online and offline.

Transition Booklets



A transition booklet has been shared via ParentMail for you to look through with your child over the summer months.

Free Summer Holiday Activities



There is a wide range of free exciting holiday activities going on across East Sussex in the summer holidays this year. These activities, which include the provision of a healthy lunch, are completely free to children eligible for Free School Meals (FSM). It's free for children and young people who receive benefits-related free school meals.

If you don't receive benefits, each club will make a charge, in advance, for the sessions. The charges may differ from club to club – so take a look.

<https://new.eastsussex.gov.uk/children-families/childcare/welcome-to-holiday-food-and-fun>

Pupil Wellbeing

The following organisations are there to help you and your child. All of these organisations offer confidential advice and understand that sometimes being a parent is hard and extra help is needed.

Open for Parents provides online courses, resources and support from the Parenting Team. <https://www.openforparents.org.uk>

Holding Space is a family mental health charity that provide parenting support and counselling <https://www.holdingspace.org.uk>

Sussex CAMHS has advice on mental wellbeing for children and parents. <https://sussexcamhs.nhs.uk/help-support>

FSN My Time is helping to make a difference to children and young people affected by emotional difficulties by offering **FREE** services across Hastings, St Leonards and Eastbourne. <https://www.fsncharity.co.uk/projects/my-time>

Family Lives have fact sheets and a helpline to assist with all areas of parenting. <https://www.familylives.org.uk>

Home Start provide parenting tips and mentoring. <https://www.home-start.org.uk>

The NSPCC has tips on child safety and wellbeing plus ideas on how to communicate with your child. <https://www.nspcc.org.uk>



Other Practical Support

Eastbourne Foodbank can assist if you currently cannot afford groceries or other household supplies. <https://eastbourne.foodbank.org.uk>

Citizens Advice offers practical information about all aspects of your life. <http://www.eastbournecab.co.uk>

National Debt Helpline and Money Advice Service can assist with financial worries. <https://www.nationaldahelpline.org.uk>
<https://www.moneyadviceservice.org.uk/en/tools/debt-advice-locator>

If you are concerned about domestic violence you can get support from the following organisations:
National Domestic Violence Helpline
<https://www.nationaldahelpline.org.uk>

Mankind
<https://www.mankind.org.uk/help-for-victims/types-of-domestic-abuse>

Galop
<http://www.galop.org.uk>

In a crisis call 999.

If you are not able to speak use the 'Silent Solution' by pressing 55 when the operator answers.

https://www.policeconduct.gov.uk/sites/default/files/Documents/researchlearning/Silent_solution_guide.pdf

You can also install and use the Bright Sky app <https://www.hestia.org/brightsky>

