



23 March 2020

Dear Student

### Student Support at Bexhill Academy

As we enter this difficult time we may well experience a wide range of emotions. What is going to be of absolute importance is how we now work to support each other remotely. Your teachers will be setting work for you via Show My Homework – information regarding this has already been sent out to parents/carers. Please keep a daily routine and keep on top of your work. You must check your school emails and Show My Homework daily.

We want to continue to ensure support is in place for all of our students. Our Bexhill Academy website has a variety of information and website links, but key ones are available below.

In addition, there will be a student email address available. This will be viewed by the Pastoral Team each day between 9.00am and 11.00am. If you have any concerns, please feel free to email the address below for support and advice;

[pupilsupport@bexhillacademy.org](mailto:pupilsupport@bexhillacademy.org)

Please note we can only respond to emails from your school student email address.

I have no doubt that you will be an amazing support to your friends and family during this time. Whilst the situation means that you are unlikely to see friends in person there is a great deal you can do to support one another remotely. Be thoughtful and kind in all your interactions.

Support your families as best you can, we absolutely believe and know you can do this and do this well. **We are proud of each one of you and know that you will continue to shine 'remotely' during this time.**

Let us all make a concerted effort to be there for each other. Listen to and respond carefully to government advice so that we can all protect the precious vulnerable in our communities.

Yours faithfully

Mrs T Hillman (Assistant Principal)

### **Mental Health**

YoungMinds is the UK's leading charity committed to improving the emotional wellbeing and mental health of children and young people. Driven by their experiences we campaign, research and influence policy and practice

<http://www.youngminds.org.uk/about>

A free online counselling project for young people aged 12-18 years who live in East Sussex. They offer a confidential service of counselling via email or live messaging

[www.e-motion.org](http://www.e-motion.org)

### **Young People in Care**

[www.becomecharity.org.uk](http://www.becomecharity.org.uk)

Become offer help, support and advice to children in care and young care leavers

### **Sexual Health**

[www.brook.org.uk](http://www.brook.org.uk)

Brook offer information, support and signposting service for young people under 25 on sexual health

[www.nhs.uk/worhtalkingabout](http://www.nhs.uk/worhtalkingabout)

Helpline providing information, advice and guidance for young people aged 12-18 on sexuality and sexual health.

### **Support for young people needing confidential help and guidance**

**0800 1111**, [www.childline.org.uk](http://www.childline.org.uk),

ChildLine offer emotional support for children and young people on issues relating to child abuse, bullying etc

[www.samaritans.org](http://www.samaritans.org)

The Samaritans are a 24hr service offering emotional support

### **Honour based Violence and Forced Marriage**

[www.fco.gov.uk](http://www.fco.gov.uk)

Enter Forced Marriages into search bar at top of site - Service provided by the Foreign & Commonwealth Office to protect young people from forced marriages abroad. Service offers help to young people in these circumstances to help get them back to the UK

### **Young People with Disabilities**

[www.lifetrain.org.uk](http://www.lifetrain.org.uk)

Life Train focuses on the development of young people and people with disabilities.

### **Cultural and Religious support**

[www.myh.org.uk](http://www.myh.org.uk)

Muslim Youth Helpline provide culturally sensitive support to Muslim youth under the age of 25. Outreach services including family mediation, face to face counselling and befriending.

### **Advocacy**

[www.nyas.net](http://www.nyas.net)

National youth Advocacy service provides information, advice, advocacy and legal representation to young people up to 25

### **Runaways**

[www.runawayhelpline.org.uk](http://www.runawayhelpline.org.uk)

Runaway Helpline is there if you are thinking about running away, if you have already run away, or if you have been away and come back.

### **Health and well-Being**

[www.kidshealth.org](http://www.kidshealth.org)

Has a teens section dealing with issues like body image, sexual health, drugs, alcohol etc

### **Child Sexual Exploitation**

[http://www.barnardos.org.uk/what\\_we\\_do/our\\_work/sexual\\_exploitation.htm](http://www.barnardos.org.uk/what_we_do/our_work/sexual_exploitation.htm)

Offers information, support and guidance around CSE

<http://knowaboutcse.co.uk/youngpeople/>

Offers information, support and guidance around CSE

### **Bullying and Cyber Bullying**

<http://www.anti-bullyingalliance.org.uk/advice/children-young-people/>

Offers information, support and guidance around bullying and cyber bullying

<http://www.bullying.co.uk/>

Offers information, support and guidance around bullying and cyber bullying

### **OnLine Safety**

<https://www.thinkuknow.co.uk/>

Offers information, support and guidance around online safety, including online grooming, cyberbullying and reporting concerns

<https://www.ceop.police.uk/safety-centre/>

Child Exploitation & Online Protection - If you have been a victim of online abuse or you're worried about someone else

### **Alcohol and substance Misuse**

[www.talktofrank.com/support-near-you](http://www.talktofrank.com/support-near-you)

Offers information, support and guidance around substance misuse

Mrs T Hillman (Assistant Principal)