

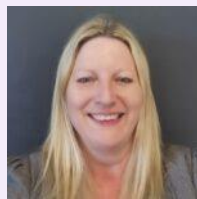
Article 1: All children under 18 have rights
Article 19: I have a right to be protected from being hurt or badly treated
Article 24: I have a right to ... a safe environment...
(UN Convention on the Rights of a Child)

Safeguarding News

If you are worried about a child or need any advice, please do not hesitate to contact a member of our Safeguarding Team. This can be via the office or by email dsl@uppernidderdalefed.school



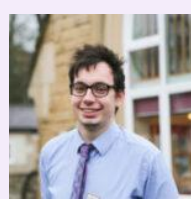
Miss Thornber



Mrs Wilkinson



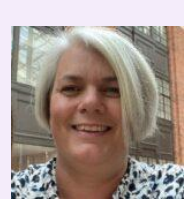
Mrs Thomas



Mr Caswell



Mrs Lumley



Mrs Fearnley

Christmas can be hard but there is help available

<p>Call 111 & select option 2 to speak to the NHS Mental Health Crisis Response Service 24/7 Nhs.uk/mental-health</p>	<p>Under 35s can Call 0800 068 4141, Text: 88247 or Email: pat@papyrus-uk.org 24/7 Papyrus-uk.org</p>	<p>Call 116 123 to talk to Samaritans, or email: jo@samaritans.org for a reply within 24 hours Samaritans.org</p>
<p>Call MIND's Mental Health Helpline 24 hours a day, 7 days a week on 0800 414 8247 Mind.org.uk</p>	<p>Text "SHOUT" to 85258 to contact the Shout Crisis Text Line, or text "YM" if you're under 19 Giveusashout.org</p>	<p>Mental Health Forum & Chat for Men from 5pm - midnight every day Call or Whatsapp 0800 585858 Thecalmzone.net</p>

ChristmasCountdown.uk

Ideas to make memories

- Bake a cake together
- Make a Christmas playlist
- Create a Christmas wordsearch
- Have a family movie night
- Make biscuits
- Read Christmas stories together
- Create a family Christmas tradition
- Go for a family walk
- Go for a Christmas lights drive
- Have a family games night

PSHE

This half term we will be looking at 'My healthy lifestyle.'

If you need support please let us know by emailing familysupportworker@uppernidderdalefed.school

Safeguarding is a priority here!