

Stay safe this summer



ACCEPTANCE | RESPECT | HONESTY | DETERMINATION | EQUALITY | EXCELLENCE
FRIENDSHIP | ASPIRATION | RESILIENCE | RESPONSIBILITY

SUMMER SAFE

- With summer just around the corner we want to ensure that you all have a safe and fun summer
- With time on your hands you will be around your community more than usual
- **It is important that you are careful and considerate and make safe choices**



- **Lighting fires in bins, on parks and green spaces is dangerous and is a crime**
- Deliberate fires divert the emergency services from real emergencies
- Remember, one day you or a member of your family might need a fire engine

SUMMER **SAFE**

- **Do not swim in quarries, rivers and lakes** as they can make you ill, injure you, and - at worst could kill you





- **Do not trespass on railway lines - this is a crime**
- The consequences of trespassing and stone-throwing can be fatal to train drivers and their passengers
- Mindless acts of vandalism also costs the industry millions of pounds in repairs and delays to travellers



- Regrettably earlier in the summer term, we had an incident where some pupils misused drugs
- **These pupils have not returned to St. Katherine's as a consequence**
- **If you are caught in possession of drugs or use them on or off site you may be permanently excluded**



- You may be invited to attend parties or sleepovers where there will be access to alcohol or drugs
- **If you are offered alcohol or drugs say no firmly but clearly and without making a big deal about it.** If they try to persuade you, don't feel like you have to change your mind
- Remember that, although they may not show it, your mates will respect you more if you're assertive and clear about what you do and don't want to do

**Find info, advice or speak to someone out of school:
face-to-face, online or on your mobile**

Free counselling

Bristol: Off the Record www.otrbristol.org.uk

North somerset: Wellspring www.wellspringcounselling.org.uk

Online: Kooth www.kooth.com

Online, text, phone: Childline www.childline.org.uk
0800 11 11 (24hrs)

Free Apps (download from app store)

- For ME** Info, advice, message boards and can talk to a Counsellor
- What's Up** Help with anger, anxiety, sadness, self-esteem, stress & more
- SAM** Information and self-help with anxiety
- Smiling Mind** Exercises to help you de-stress and stay calm
- Mindful gNats** Develop mindfulness and relaxation skills

Useful websites for young people

www.childline.org.uk

Help & advice on a wide range of issues

www.themix.org.uk

Essential information for young people

www.youngminds.org.uk

Info for young people about mental illness

www.riseabove.org.uk

Advice and useful info about things that matter