

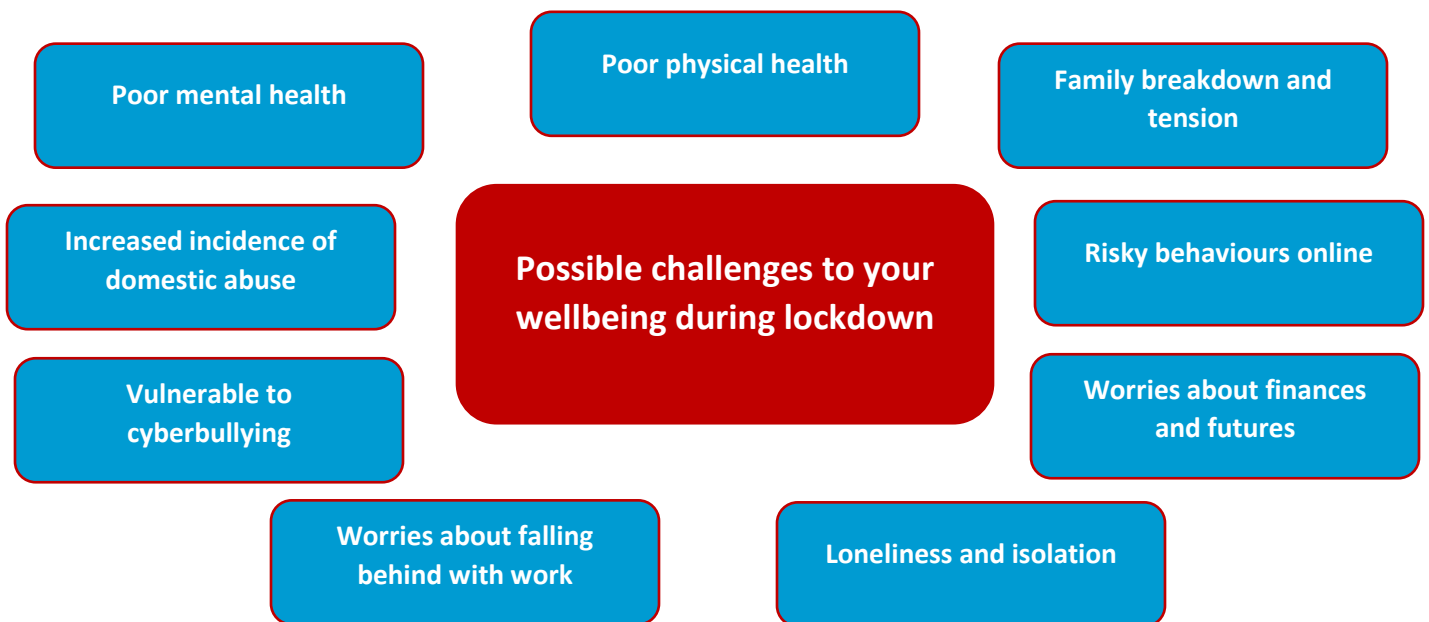
# Student wellbeing support during lockdown



Even though you are remote from school, you are still under our care, and for many of you this may be more important than ever before.

Sadly, many of us are having to cope with new levels of stress, anxiety and tension at home, which can sometimes have really challenging consequences, and may not be something that you've had to cope with before.

It is important to remind you of who to turn to if you find yourself in a challenging situation.



And we can add many more things to this list.....

If you find yourself struggling in any way, or having made some mistakes and need some advice and support, then please do reach out. Have a read of how to get support or advice on the next page:

## Ways to reach out:

### In school support:

Email your form supervisor, tutor or Head of Year - [a.teacher@rgs.newcastle.sch.uk](mailto:a.teacher@rgs.newcastle.sch.uk)

Email our school counsellor, Alex, for more confidential support: [counsellor@rgs.newcastle.sch.uk](mailto:counsellor@rgs.newcastle.sch.uk)

Miss Longville is the Designated Safeguarding Lead and can support you with a range of issues you may be struggling with: [s.longville@rgs.newcastle.sch.uk](mailto:s.longville@rgs.newcastle.sch.uk)

### Need to report something or raise a concern more discretely?



[tootoot.co.uk](http://tootoot.co.uk)

This is a **confidential** way to contact a designated teacher in school to pass on a concern about you, or anyone, or anything, that is causing you some concern.

**FACT:** Your name does **not** come up unless you choose to share it

**FACT:** We will only request disclosure of the name of the person who uses Tootoot if there is a **safeguarding** concern

**FACT:** Other students **CANNOT** see what you have messaged, nor will hear about it

**FACT:** Plenty of students already use it to report a range of issues, from bullying & mean behaviour, to concerns about friends' mental health or problems at home, for example

### Outside of school support:

**Childline website** [www.childline.org.uk](http://www.childline.org.uk)

Offers remote counselling, plus, excellent resources & advice on bullying, problems at home, mental health etc

**Kooth website:** [www.kooth.com/index.php](http://www.kooth.com/index.php)

Offers free remote counselling, safe & anonymous support for young people (it's excellent!)

**ThinkUknow website:** [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)

Can offer advice on what to do if you've been involved in online-related problems, such as cyberbullying, risky behaviour online, sexting, risks of being groomed