



## Parent Bulletin Friday 14<sup>th</sup> October 2022

Dear Parents/Carers

It has been another busy week in school. I was delighted to hear how well our Year 11 students did when they attended the Model United Nations event in Ascot yesterday. They represented the school and themselves extremely well.

Careers week has been a great success for students across several year groups. We have welcomed guest speakers in for a 'guess my job' session, written CVS with Year students and supported Year 13 students with UCAS applications for university amongst other things. I have had some great feedback about the week.

There is a great deal of worry about how families are managing increased costs at the moment which some are calling a cost of living crisis. Slough Borough Council have developed some resources to provide advice and support which can be accessed [here](#).

Next week we break up for the half term holiday at the usual time on Friday and restart on Monday 31st October.

Have a good weekend

Best wishes

Peter Collins  
Headteacher

## News and Information

### Personal Safety on the Street



As the nights draw in, we thought you might like to discuss personal safety with your child. These ideas come from The Suzy Lamplugh Trust [here](#).

### PLAN AHEAD

- Before you go out, consider how you are going to get home, e.g. Can you travel home with a friend? What time does the last bus/train leave?
- Update someone on your plans.
- Consider carrying a personal alarm.
- Plan your journey – google street view is particularly useful for identifying landmarks in an unknown area before you set off.



## WHEN TRAVELLING ON FOOT

- Try to use well-lit, busy streets and use the route you know best.
- Plan your route before you set off.
- Avoid higher risk areas.
- If you think you are being followed, trust your instincts and take action. As confidently as you can, cross the road, turning to see who is behind you. If you are still being followed, keep moving. Head to a busy area and tell people what is happening. If necessary, call the police.

## REMAIN AWARE

- Be aware when using cash point machines. If there are signs of tampering or people acting suspiciously, do not use it.
- Try not to keep all your valuables in one place. It's a good idea to keep valuables such as wallets in an inside pocket and separate small amount of cash or a bankcard from your main purse/wallet.
- Consider carrying a personal safety alarm, which can be used to shock and distract an attacker giving you vital seconds to get away.

## REMEMBER PERSONAL SAFETY WHEN OUT RUNNING

- Let someone know where you're going and for how long.
- Consider downloading a running tracker app on which a trusted person can trace your movements.
- Plan your route before-hand, taking into account whether it will be a busy or well-lit area.
- Consider running with others if possible, or joining a running group.
- Consider just having one earphone in to ensure you can hear any changes in your surroundings.
- If running when it is dark, consider carrying a torch - a head torch is a hands-free option.
- If running when it is dark along the road, wear reflective clothing so that road users can see you.
- If you feel uncomfortable, or at risk, seek a place of safety, such as a shop or anywhere where there are other people, and tell someone what is happening or has happened.

## World Mental Health Day 10<sup>th</sup> October 2022

At Slough & Eton we believe that mental health and wellbeing is the basis for a happy and successful life at school and beyond. Your child can self-refer to a School Counsellor or a Learning Mentor by emailing us at [wellbeing@slougheton.com](mailto:wellbeing@slougheton.com). If they would rather speak to somebody who does not know them, there are helpline numbers below that they might find useful.

If you are worried about your child's mental health and you would like to speak to somebody in school, please contact our Wellbeing Team [wellbeing@slougheton.com](mailto:wellbeing@slougheton.com), or take a look [here](#)





Kooth hosts monthly webinars for parents & carers. These are an opportunity to understand Kooth as a support for your child and can be used whilst waiting for additional services and interventions. The sessions will demonstrate the Kooth features and answer frequently asked questions.

Please click on the link to register for an upcoming session [here](#).

Name of Service	Contact details
Young Minds	<a href="https://youngminds.org.uk/">https://youngminds.org.uk/</a> text 85258
Childline	<a href="https://www.childline.org.uk/">https://www.childline.org.uk/</a> telephone 08001111
The Mix	<a href="http://www.themix.org.uk/">http://www.themix.org.uk/</a> telephone 0808 808 4994

This week's **Collective Worship** reflection is:

*Father God*

*This Careers Week I pray for each student that they may be inspired by the possibilities available for them for their future career. I ask that they may make good choices, that their self-confidence increases, and that they are ready for their next step.*

*Amen*

*'I have come in order that you might have life – life in all its fullness (John 10:10)*