



# Seaton Primary School

Valley View, Seaton, Devon EX12 2HF  
 Tel: 01297 20922 Fax: 01297 625194  
 Email: admin@seatonprimary.org.uk  
 Head of School: Nic George  
 Acting Executive Headteacher: Claire Redwood

*“Caring now, for the future of our community, those in need, our lifestyles, one another, our education and the future itself”*








**Hello** from the Seaton Primary School Pastoral and Safeguarding Team – Mrs Eriksson & Ms Salter!

We know this has been a very long and strange time away from school and routines. We all hope that you are staying safe, looking after yourselves and are healthy. We know your teachers have been working hard setting work on Google Classroom and even having the live stream chats recently which has been exciting!



This week is ‘Mental Health Awareness’ week which means we need to make sure to stop and consider how to look after ourselves and others. The theme this year is **kindness** which is so very important at the moment. We hope some of the websites we have given might help you to spread some kindness around this week – and beyond!

In times like this, when we are not with our friends, all of our family or our normal routines it can feel very confusing. We have prepared some useful information below to help support keeping you safe, healthy and happy...

Online Safety		
<b>Keeping Safe Online</b>  <a href="https://www.thinkuknow.co.uk/">https://www.thinkuknow.co.uk/</a>	<b>Childnet – Staying Safe Online</b>  <a href="https://www.childnet.com/young-people/primary">https://www.childnet.com/young-people/primary</a>	<b>Reporting Online Abuse</b>  <a href="https://www.ceop.police.uk/safety-centre/">https://www.ceop.police.uk/safety-centre/</a>
Health & Well-Being		
<b>ChildLine</b>  <a href="https://www.childline.org.uk/08001111">https://www.childline.org.uk/08001111</a>	<b>CAMHS Resources</b>  <a href="https://www.camhs-resources.co.uk/">https://www.camhs-resources.co.uk/</a>	<b>Young Minds</b>  <a href="https://www.youngminds.org.uk/">https://www.youngminds.org.uk/</a>
Looking After Yourself		
<b>PE With Joe</b>  <a href="https://www.thebodycoach.com/blog/pe-with-joe-1254.html">https://www.thebodycoach.com/blog/pe-with-joe-1254.html</a>	<b>Action for Happiness!</b>  <a href="https://www.actionforhappiness.org/">https://www.actionforhappiness.org/</a>	<b>Go Noodle</b>  <a href="https://www.gonoodle.com/">https://www.gonoodle.com/</a>



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During these school closures, we wanted to share with you some useful safeguarding contacts. If you have any concerns about your own or other children then please use the contacts below. These are also being emailed to you weekly.

- **MASH** - Devon County Council Safeguarding Hub - 0345 155 1071  
[mashsecure@devon.gov.uk](mailto:mashsecure@devon.gov.uk)
- **Out of office hours Emergency Duty Team** - 0845 6000 388
- **Childline** - 0800 1111 [www.childline.org.uk](http://www.childline.org.uk)
- **SHOUT/Crisis Text Line** - free text 85258
- **NSPCC** - [www.nspcc.org.uk](http://www.nspcc.org.uk) 0808 800 500 [help@nspcc.org.uk](mailto:help@nspcc.org.uk) click the tab to report online. Telephone lines are open Monday-Friday 8am - 10pm and 9am -6pm at weekends. You can contact online 24 hours a day, 7 days a week.
- **Happymaps** - [www.happymaps.co.uk](http://www.happymaps.co.uk)
- **Police** - 999 in an emergency.

We are keeping in touch with as many identified families as possible but if your child needs support or someone to talk to and wants to get in touch with the pastoral team then please let us know via this email address [pastoral@seatonprimary.org.uk](mailto:pastoral@seatonprimary.org.uk)

This email address is checked once a day and if a phone call is needed we will endeavour to contact within a week at the latest. This is not an email address for emergencies and nor will you get recurring discussion replies from this account.

Please remember to try to take **'10 a day'** for balancing our mental health – see poster from EH4MH

Best wishes and stay safe,

*Mrs Eriksson*

*Assistant Head Teacher & Pastoral Care  
Deputy Designated Safeguarding Officer*



## '10 a day' choices towards balancing our mental health

