



Please pay attention to the important information and reminders.

Ask your form tutor if you are unclear about anything.

All slides will be on Satchel:One for you to look through again.





From 12.30pm today the CGA inbox will be **closed** and staff will not be checking their emails, MyEd messages or Satchel:one.

If you are distressed, you **must not** post messages on Satchel:one, Microsoft Teams or any other online platform as this is not a safe way of accessing support and will not be responded to.

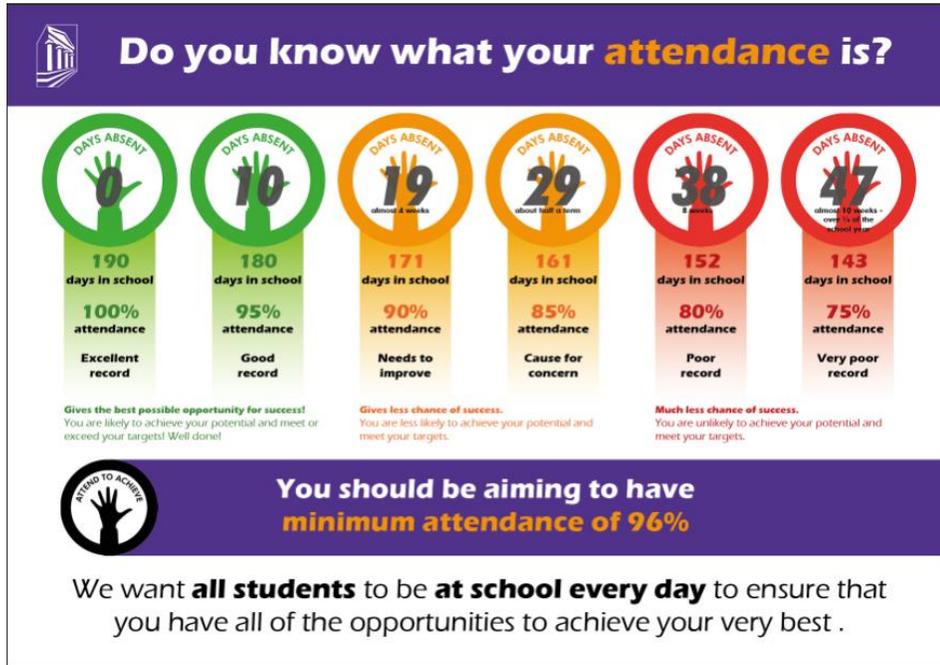


**School will reopen for
all students on Monday 8th
January 2024 from 8:15am**





Challenge, Wellbeing, Teamwork



We want **every student** to be **on time every day** so that you do not miss out on important information and learning.

We look forward to seeing you all after the winter break. Well done to students that have improved their attendance and punctuality, are trying to improve and to those that have attendance over 96%. Your attendance and punctuality matters to us and your friends. You need to be in everyday so that you can get consistent academic, social and emotional support.



What **three** things will be your focus of improvement when you return on Monday January 8th?

Punctuality?

Attendance?

Focus in lessons?

Attending more clubs?

Talking to more people?

Home learning?

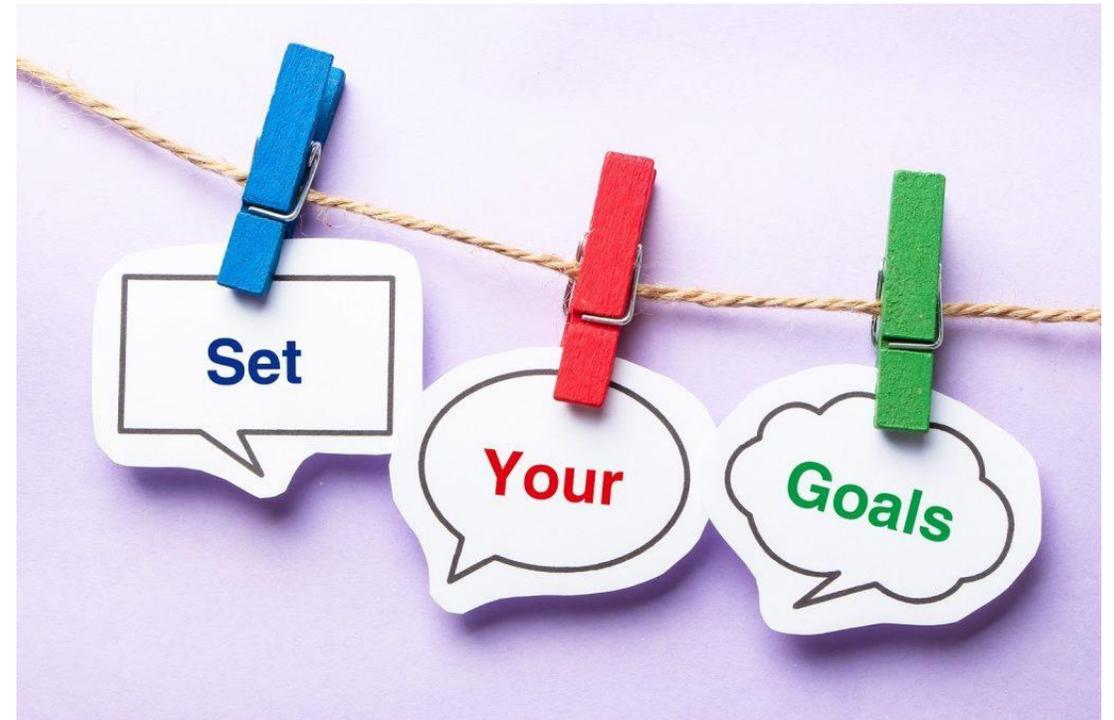
Contributing and participating more in lessons?

Getting more achievement points?

Using the LRC more?

Something different?

Share with the person sitting next to you- 5 minutes





After the winter break- Uniform reminders

You have been given many reminders and clarification about uniform. You must be in the correct uniform when you return from the winter break. This particularly applies to the following:

- **No false nails.**
- **No false eyelashes and make up should not be visible.**
- **Blazers must be worn** when arrive at the **gate, at line up and in assembly.**
- **Skirts must be knee-length.** No tube skirts are allowed.
- **No non-school jumpers, tops, hoodies.** These need to be taken off on arrival at the gate.
- Trousers must be **black school trousers and not black jeans-style, casual trousers or leggings.**
- Jewellery – you are allowed two pairs of earrings, **less than 5 pence piece in size and in your ear lobes only.** You are allowed **one flat ring per hand, one bracelet per wrist and a necklace.** No chockers are allowed.
- Only **plain black socks** are allowed. Leg warmers are not allowed.
- Black scarves are allowed. **No other colour scarves are allowed.**
- **Boots, including Ugg style boots and trainers are not allowed.**

Remember to Layer up

- The weather is getting colder. Please make sure that you are wearing enough black or white layers.
- If possible, ensure that you have base layers when you return in January.



A vest



**A base
layer**



**Your CGA
shirt**



**Your CGA
jumper**



**Your CGA
blazer**



We know that sometimes the holidays are not easy for everyone. The next slides give lots of suggestions of different ways of keeping safe or useful numbers/websites you could use. Please listen carefully as this information could be really important for someone to hear...



With the winter break fast approaching, at Kooth Digital Health they appreciate there will be some young people who may struggle during the holidays without the access to the daily pastoral support, trusted adults and friends that the school community provides. Kooth services remain open for students to access at any time over the winter period.

Kooth have created a short (2:47) 'we are still here' Kooth video- please click on link below to watch now.

[Kooth over the Winter break](#)

- ✓ If you need urgent help with your mental or emotional wellbeing or are in distress, please use the crisis numbers from within this PowerPoint and available on the Mental Wellbeing page of the academy website.
- ✓ If you have a safety plan, remember to check this for things that you can do to help yourself.
- ✓ If you have a social worker or someone that you see at CAMHS, make sure you have their contact details.
- ✓ In an emergency, dial 999 and request which service you need.

**4. I FEEL LIKE I CANNOT
KEEP MYSELF SAFE AND/OR
PLAN TO END MY LIFE**

CAMHS

If you are seeing a clinician from CAMHS then please contact the duty number

*Specialist CAMHS: 0203 222 5600
(9am- 5pm, Monday to Friday)*

24 hour Crisis Helpline

Free, confidential, expert advice for anyone experiencing a crisis, including support and referrals to local services.

020 8432 8020

Lines open all day, every day

A & E

If you feel you cannot keep yourself safe, please go to A&E. You might be diverted to be seen by a CAMHS specialist to another site to avoid spread of COVID-19.

It is **never** OK for someone at home to behave in an abusive way towards you or a member of your household and you do not have to tolerate this.



If someone at home is treating you badly or harming you, this is not acceptable and there is help available.

- 1) In an emergency please continue to call police on **999**. If you are in danger or unable to speak freely, you can make silent calls to the police by dialling 999 then, when prompted to do so, pressing 55.
- 2) If you do not fear for your own or someone else's immediate safety but want to report abuse to the police, please call **101** or visit **bit.ly/report-domestic-abuse**
- 3) The Council's Domestic Abuse Intervention Service (DAIS) Duty Line is open Monday-Friday, 9am-5pm. You can contact DAIS by calling **020 8356 4458**, e-mailing **dais@hackney.gov.uk** or visiting **hackney.gov.uk/domestic-violence**
- 4) You can also contact the National Domestic Abuse Helpline 24 hours a day for free on **0808 2000 247** or by visiting **nationaldahelpline.org.uk** The National Stalking helpline is **0808 802 0330**.
- 5) If you are concerned about the safety of children you can call the Council's Children and Families Service on **020 8356 5500** Monday - Friday, 9am-5pm or **020 8356 2710** outside office hours.

Deaf, hard of hearing or speech impaired

You can contact the police in emergencies by calling **18000**. You can also text **999** if you've pre-registered for the Emergency SMS service on **bit.ly/emergency-sms**

In non-emergencies or for general advice you can call the police's non-emergency textphone number: **18001 101**.

Here's some advice on how to get help if you are living in an abusive situation.

We suggest putting the numbers into your phone, choosing a secret name so that you can find them in a hurry if you need them.



If you don't have anything positive to say, don't say anything.

Group chat stress – tips for dealing with it

- ❑ Stick to groups with people you know well and get on with
- ❑ Limit the amount of time you spend in group chats
- ❑ Avoid giving strong opinions about things – keep your comments light. This will help you not to analyse and worry about them afterwards.
- ❑ If it gets too much, take a break telling your friends 'Feeling a bit stressed. Taking some time out. Nothing personal. I'll be back'.

Stranger Danger

It is never a good idea to connect with strangers on the internet but especially not at the moment. Those who exploit and abuse others specifically make use of times when people are most vulnerable. Stick to the websites you have been given through these wellbeing tips which are all reliable sources of support.

#BeKind

When you haven't been reading the group chat and you come back to 500 messages.

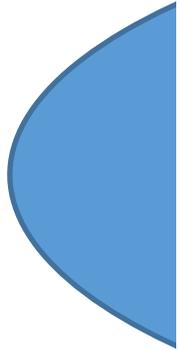




Remember these rules during the winter break.

1. When going out, try to go with a friend or family member where possible.
2. Keep to main roads and streets that you know.
3. If you need to walk home in the dark, arrange for a parent or older sibling to meet you.
4. Don't speak to people you don't know in the street or online.
5. If you're worried when you are out, go into a local shop and call home.
6. If somebody bothers you on a bus or train, tell the driver immediately.
7. Try to make *sensible* and *safe* choices for yourself and your friends.





**SAY NO
TO VAPING**



**No
vaping**

We are aware that young people are being exposed to vaping frequently. We want to ensure you know the facts so you can keep yourself safe!



- All students will return on Monday January 8th at 8.40am.
- You will start the new year on week 2.
- Breakfast will be served in the DP from 8.15am until 8.35am for all students.
- If you have any questions or concerns before going on your winter break, remember that you can ask your HOY, ESA, form tutor or any adult for support.



Clapton Girls'
Academy
Est. 1906

Challenge, Wellbeing, Teamwork

