

# Saint John Wall Catholic School

## A Catholic School For All



### Mission Statement

'To educate each and every unique child in our care to hear and respond to what God calls them to be'



Issue 36

Weekly Information Bulletin

Date: Friday 30 June 2023

**Catholic Life - This year we are focusing on 'The Year of Sanctuary'.  
Termly theme: Option for the Poor/Parable of the Great Banquet  
Termly SJW Values – Curious and Active**

**This week in Weekly Worship...** "We focused on back to basics as we are approaching the end of the school year. We focused on how to make a good routine, how to show goodness and thought about why we should always be positive. We listened to a reading from the Gospel of Luke about goodness in our hearts. There are many messages in the Bible which remind us of these basics. For example, to love one another. This reminds us that we should always show love at all time."

By Danvir Bains 8ANT

**This week in Afternoon Prayer...** "We prayed for victims of torture. We prayed that we always do what is right and thought about how we can show our support for all victims of torture. We also prayed our school prayer. Our school prayer reminds us that God is guiding us in life. We thought about how we can show love and support to those in our community. We also looked at the examples of St Peter and St Paul on their feast day and prayed that we can learn from their examples as Saints. We celebrated the Day of Many Colours and thought about all of God's universal family. We thought about how we can show love and generosity to those around us."

By Ishmael Clarke 8ANT

## NEU Strike Day

### Arrangements for Wednesday 5 July and Friday 7 July

The school has 32 teacher members of the NEU who may decide to take strike action on Wednesday 5 July and Friday 7 July. These teachers are not obliged to inform me whether they will strike or not, however, a number of them have indicated to me what their intentions will be. This has helped with carrying out a risk assessment to determine how the school can safely educate your children. Pupils have been issued with a letter outlining that the following arrangements will be made:

Year group	Wednesday 5 July 2023
7	<b>Work at home.</b> Option to visit school for lunch between 12.30pm and 1.00pm
8	Attend school in PE kit for a walk and activities at Sandwell Valley. 8.50am to 2.00pm
9	<b>Work at home.</b> Option to visit school for lunch between 12.30pm and 1.00pm
10	Attend school in PE kit with school bag and equipment. 8.50am to 3.10pm
<b>Friday 7 July 2023</b> This is a teacher training day, school will be closed to all pupils.	

In addition, **Year 8 pupils will need to work at home** on Wednesday 12 July which is Year 6 induction day.

By Miss Marston



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## Standards and Expectations - Uniform

At Saint John Wall we are very proud of our uniform. The expectations are that all pupils wear their uniform appropriately. There is at present a trend in fashion to wear low hung trousers. This means that the wearer shows their underwear, shorts or jogging bottoms with their school trousers not pulled up to the waist. This is not acceptable and will not be tolerated at school. Any pupil found to be wearing their uniform inappropriately will spend time in the Saint Francis Centre and a letter will be sent home.

By Miss Timmins

## Dates to Note

- **RAF Cosford Trip – 50 Year 10 pupils**  
Monday 3 July 2023 – 8.45am to 4pm
- **NEU Strike Day (Years 7 & 9 to work from home)**  
Wednesday 5 July 2023
- **Teacher Training Day – School closed to all pupils**  
Friday 7 July 2023
- **National Justice Museum Trip – Year 9 History Pupils**  
Tuesday 11 July 2023 – 8.30am to 4.30pm
- **Year 6 Induction Day – (Year 8 to work from home)**  
Wednesday 12 July 2023
- **Year 7 and Year 10 Parents' Afternoon**  
Thursday 13 July 2023 - 1pm to 3.30pm
- **Sports Day**  
Friday 14 July 2023
- **Witness Week (Trips and in-school activities)**  
Monday 17 July to Friday 21 July 2023

## School of Sanctuary Presentation

Following our accreditation visit in May, we were delighted to welcome Barbara and Denise from the Birmingham School of Sanctuary team to present us with our School of Sanctuary Award.

We had representatives from our pupil leadership teams who told Year 7s about all their work on the School of Sanctuary project. The rest of the school joined on Teams to hear about the fantastic achievement of the school.

Mr Jones, our Chair of Governors, was also present and expressed how proud he was of the school, linking his words to the Gospel of Matthew. He quoted Matthew saying 'Whatever you did for the least of my brothers and sisters, you did for me.'

By Mr Lloyd-Price



## Rewards

As part of our new reward weeks programme, Miss Young and Mrs Whitehouse arranged for the ice cream van to come in to school. Pupils were able to spend their house points on an ice cream. Over the last few weeks, other prizes have included toiletries and sports equipment. Keep trying your best to gain positives and swap those for prizes!



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## Catholic Life

### Year 8 Sanctuary Team

Last month, Year 8s spent a session looking at the work of the Red Cross. Pupils looked at what Red Cross Week is and why it is important to celebrate it. As well as this, they looked at the fundamental principles of the Red Cross and looked into the work of the British Red Cross.

This month, Year 8 pupils looked at the School of Sanctuary's Children Know Families Belong Together. They took the time to reflect on how refugee children continue to be separated from their parents and made cards to show why families belong together.

They also celebrated the Feast of Saint Peter and Saint Paul and thought about the importance of being a leader. They played a leadership game where pupils had to try and make the tallest tower using items around the room. This allowed us to talk about leadership qualities including patience, teamwork and kindness.

### Visit to St Mary's Coffee Club

Today has been so busy at St Mary's that we haven't had time to take any photos at all! There was a 'Bring and Buy' raffle to raise money for the tea, coffee and cake that guests enjoy each week and a separate fundraiser to buy Queen Bees.

**Did You Know?** One out of every three mouthfuls of our food depends on pollinators such as bees and in turn bees are part of the biodiversity on which we all depend for our survival, so to make sure that there is always a healthy stock of Queen Bees is very important.

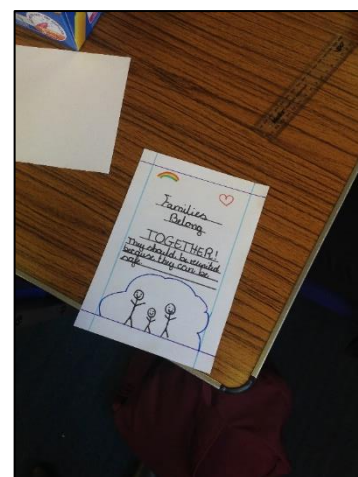


And finally, I do need to say a special thankyou to Mercedes Johnson 9WOO who worked hard to distract a regular guest who quite often tries to leave the coffee mornings unaccompanied which is obviously very dangerous for people who are suffering with Dementia. She was very successful at chatting to her about her reusable coffee mug and distracting her with biscuits. Mercedes showed incredible skill with her conversation and patience. Well done!

The link below has more information about caring for people with dementia.

<https://www.alzheimers.gov/life-with-dementia/tips-caregivers>

By Mrs Clayton



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## Year 7 Chaplaincy Team

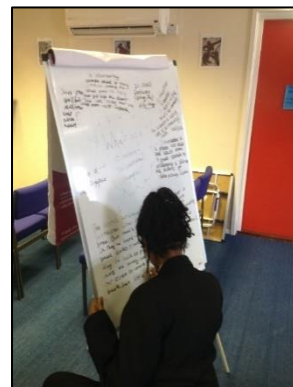
Last month, the Year 7 Chaplaincy Team spent time making some Pentecost resources. Pentecost celebrates the Church's Birthday and the start of the Church's mission to the world. To celebrate this, pupils in Year 7 made paper candles for Pentecost that stated 'hello' in 21 different languages!

More recently, pupils in Year 7 have continued working in the allotment. Pupils spent 45 minutes learning about many things including the weather and plants, soil and water. Pupils also planted some beans and we should have an update on this when we visit again! Thank you to Brigitte for giving up her time and for allowing our pupils to work on her plot.



## Year 7 and Year 8

At the beginning of the month, both Year 7 and Year 8 focused on Carers and Volunteers Week. They thought about what carers and volunteers are and why their roles are so important. They also came up with lots of different ideas about how they could volunteer and gave examples of what carers and volunteers might do every day.



## Lunchtimes in the Chapel

In the Chapel at lunchtimes, there has been a continued focus on our new theme of Option for the Poor. Pupils thought about basic necessities that individuals may lack and why they are needed to live. For example, shelter, food and drink.

As well as this, pupils thought about key questions around Option for the Poor. They thought about what Option for the Poor meant to them, why it is important to think about and also thought about the things we have done in school to promote it. Students were able to remember events such as our CAFOD walk. Pupils created some work that has been put up in the Chapel.

Last month, pupils also looked at Mental Health Awareness Week and discussed why it is important to think about your Mental Health. They discussed the theme of Anxiety and thought about ways they can control it. Pupils completed a Mental Awareness Tree and thought about different aspects of the tree. For example, a tree needs its roots to keep it up during storms. Pupils thought about who and what keeps them strong when they are going through tough times.





### Feast of Saint Peter and Saint Paul

This week, a group of Year 7s walked to St Augustine's Catholic Church in Handsworth to celebrate the Feast of Saint Peter and Saint Paul. Pupils from our leadership groups represented Saint John Wall at the Mass, and a separate service was held for everyone in school. Thank you to those who read so well at the Mass!



### St Chad's Sanctuary

At the beginning of the month, some of our pupils visited St Chad's Sanctuary. They had a tour of the Sanctuary and reflected on Asylum Seekers and Refugees and the journeys they have to take. They also reflected on the importance of their donations and how these donations help so many people.



By Mr Lysaght



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## Head of Year Messages

### Year 7

We were overwhelmed with the response from our pupils who applied for positions within our two pupil leadership teams for September.

Our Wellbeing Ambassadors will complete work throughout the year, focusing on mental health and wellbeing of our pupils in school. The team will meet weekly to identify the needs of our pupils, and plan accordingly to support through Weekly Worship, Chapel reflections and form time. Our Wellbeing Ambassadors will train in active listening and support our new Year 7 pupils when they join our school in September.

The One World Team will meet weekly to promote and support the work of CAFOD. Through newsletter articles, charity campaigns and investigations into what affects our global family, the team will develop a wider sense of what it means to be part of our world, and how-to live-in harmony with those around us.

We look forward to all of the wonderful work you will achieve for our school in the next academic year.

By Mrs Ellis

Wellbeing Ambassadors



One World Group



### Year 8

This month our Year 8 pupils were invited to apply for a position on our Liturgical Team. There were so many brilliant letters, pieces of artwork and presentations handed in to the Chaplaincy Team, we were very impressed by the passion of our pupils who had so many brilliant ideas of how to support the Catholic Life of the school.

The pupils were interviewed last week and given a task to show their creativity. Some of our pupils created prayer spaces in the Chapel, others learned how to set up the Altar for mass, some went out litter picking in the local community and our final group represented our school, showing teamwork and leadership during a sporting event. The team will meet monthly to discuss upcoming Catholic Life events in the school and lead on services, mass preparation, weekly worship, form time and chapel activities and vocations support.

By Mrs Ellis





## Year 10

### Head of Year Messages

#### Year 9

As we head towards the end of term, I would just like to add some reminders to parents and pupils. Pupils need to ensure that they continue to meet our standards and expectations in terms of wearing the correct uniform, bringing in their equipment ready for learning as well as behaviour around the school at all times. Reminder that jewellery apart from single small studs in each ear are allowed but multiple earrings and jewellery are not allowed. Unfortunately, I have spent the last few weeks confiscating many items of jewellery from pupils.

I would just like to say a huge congratulations to all pupils who applied to become House Captains and came into their group interviews with such amazing attitude and confidence. Congratulations to the pupils who were chosen, and I know they will be working closely with Miss Young to share their ideas and work with our younger pupils.

As you are aware we had an Ofsted Inspection in our school last week and I can only say that our pupils were absolutely amazing in their attitudes and manners when speaking with inspectors. I am proud that many Year 9 pupils spoke about what they love about our school and how they are part of not only Year 9 but also being part of a Saint John Wall family. Well done!

As always please take care and stay safe.

**By Mrs Chand**

I would like to congratulate our newly selected prefects (the class of 2023/24). After a rigorous process, we are pleased with the selection, but unfortunately, we were not able to select all the applicants. I would like to thank all the applicants for your cooperation, and we will all work together and create our perfect year group and school. Prefect leadership will include a number of duties and responsibilities, and these include break and lunch supporting roles across the school, management of our T2 computer study room, looking after guests and visitor hospitality. We will have prefects support in our Chapel, and I am confident everyone will witness a true reflection of our school values.

Our year group have been magnificent and well-behaved during assessment week, including going to the hall in a calm manner and this has been echoed by a number of staff - well done! I hope you get your subject feedback soon, and then you can create individual learning plans. Furthermore, to support and guide you as you enter Year 11, you have a Parents' Afternoon on Thursday 13 July 2023, and all the staff look forward to meeting your carers and parents.

Thank you and well done for your prompt form time standards check, we started off slow (Monday) then picked up the lining up in order, and a lot of you used your own initiative and helped your form tutors.

As you are aware, from Monday 17 July to Thursday 20 July you have work experience, and we have worked really hard as a school, and you should know your placement, and everything should be in order. We had Susan Lamberth visit the school a number of times, and provide additional support from April until June, and should you be unsure please get in touch with me asap, and I can check our database. In the meantime, I will also be coming and speaking to a number of pupils in our year group.

Let's have a strong end to this term and academic year, and head towards the summer break in a good position as Year 11 will be our year to shine.

**By Mr Hussain**

#### Prefects



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## Stars of the Month

### Girls PE

**Ameera Arogundade 7REG and Sara Antony 7ESM** - for developing Physical Literacy skills of knowledge and understanding.  
**Rihana Guesh 8ANT and Eliza Chiriac 8HAY** - for exploring personal development of intra-personal skills.  
**Ameira Peart 9MCI and Jose Malundama 9BRK** - for exploring character development through the power of positivity.  
**Chelle John Omozee 10WIO and Christiana Ngobeh Musu 10WIO** - for exploring leadership skills through self-reflection.

By Miss Young

### Geography

**Nathan Jiang 10HAL** - for consistently being learned and wise and giving 100% in his geography lessons. Well done Nathan!  
**Amritpal Khela 7JAS and Parampreet Singh 7JAS** - for being learned and wise in his revision for Year 7 assessment 2.  
**Keiron Mokanda 10GOS** – for being learned and wise in his geography lesson by completing all of his classwork.

By Ms Levine

**Kimora Williams 7JAS & Neha Kaur Sagoo 7REG** - for being learned and wise with excellent revision for Year 7 assessment 2.  
**Trae Nguyen 7RAH** - for being learned and wise achieving an excellent Year 7 Geography assessment result.  
**Oyinkansola Olayiwola 7JAS** - for being learned and wise achieving an excellent Year 7 Geography assessment result.

By Mr Woodward

### History

**Darren Omali Okonkwo 10GOS** – for always being generous and grateful in his attitude.  
**Alicja Gomes 9RES** - Consistently demonstrating 100% effort.  
**Pavan Kumar 10HAL** – for Consistently demonstrating 100% effort.

By Miss Lally

**Diya Sheemar 7ESM** - for being learned and wise by putting in full effort in History lessons.  
**Alexandru-Ionut Sultana 7JAS** - for being learned and wise by putting in full effort in History lessons.  
**Jason Nguyen 7RAH** – for being learned and wise with excellent revision for Year 7 assessment 2.  
**Gloria Osavbie Osazemwinde 7JAS** - for being learned and wise with excellent revision for Year 7 assessment 2.  
**Raena Teshome 7REG** – for being learned and wise with excellent revision for Year 7 assessment 2.

By Miss Levine

**Kody Nguyen 7JAS** - for consistently showing excellence in history lessons.  
**Sharnie Denis-Hayes 9MCI** - for being learned and wise in History lessons and always being engaged.  
**Hubert Wolant 7RAH** – for fantastic effort and focus in History lessons.  
**Sami Qasim 9MCI** - for being learned and wise in History lessons.  
**Dylan Tura 8FOR and Aaphryl Antonio Pereira 8PAW** - for being learned and wise in History lessons.

By Mr McIntosh





## YGB House of Lords Trip

This week, 6 pupils from Year 7 went to a trip to the House of Lords. During this visit, they presented their project which they have been completing throughout the year to other schools, judges, Lords and MPs from across the country, in the national challenge for the Young Green Briton Challenge. This is a project where pupils were tasked with designing a project which can make a sustainable, green change in the local community. The project which made it to the national finals was 'Team Earth Day', consisting of Akhil Ram 7JAS, Gloria Osazemwinde 7JAS, David Ifeosame 7RAH, Krishnoor Singh 7RAH, Parampreet Singh 7JAS, and Prabhjot Singh 7REG.

Their project consisted of getting pupils out of the classroom during their lessons and completing them outside, where they learnt about climate change and the issues caused by this, as well as then writing an article which was published in the SJW Green Magazine. Although the pupils from SJW did not win, everyone who read through the SJW Green Magazine was very impressed with the quality of work, empathy, and passion seen in the articles written by the pupils.

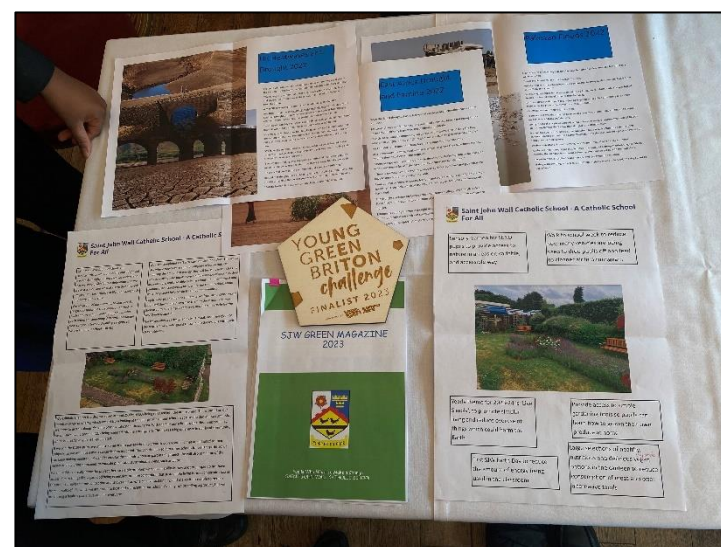
**By Mr Hayaat**

*"I really enjoyed the trip and doing the project, and liked going to the House of Lords."*

**By Parampreet Singh 7JAS**

*"It was very interesting seeing the other schools' projects."*

**By David Ifeosame 7RAH**



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## SENCO Convention

On Wednesday 14 June, the DLP hub at SJW hosted our first SENCO convention in partnership with TITAN. The event was organised by Mrs Kaur and Miss Lai who wanted to thank the commitment and support of the SENCOs within the NW Network (Primary and Secondary). The event was well attended, and we had time to network, share good practice and eat cake! It's so important to give thanks and time back to dedicated staff who work so hard to enrich the lives of our SEND and vulnerable learners across the city and we hope that this becomes a regular event in the future. Over the last 2 years the DLP Hub in SJW and Hamstead Hall Academy has supported in excess of 170 pupils from 12 different schools across NW Birmingham. Pupils access a broad and balanced curriculum and take part in all aspects of school life whilst making accelerated progress in their reading and spelling. We have studied Oliver Twist, Sherlock Holmes and When the Stars are scattered which focuses on the story of refugees and how to be resilient and thankful in life.

We all enjoyed the gifts and winning the competitions Mrs Kaur coordinated and Miss Hough was so grateful for her flowers and dedication to SEND certificate. Here's to the next one!

By Miss Hough



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## Book Reviews

### Suitcase Kid by Jacqueline Wilson

*"I have read a book called Suitcase Kid by Jacqueline Wilson. I recommend this book because it talks about a girl named Andy, her experiences and problems with her parents divorcing and splitting up. In the end, she finally finds peace and stays with her mother once a week, then with her father once a week."*

By Daiana Mancescu 8PAW

### Wundersmith: The Calling of Morrigan Crow by Jessica Townsend

*"I recommend the book Wundersmith. It is about a girl called Morrigan Crow, which she got into a school for people with different powers and they are sorted into 2 groups. Morrigan is treated differently because she was in contact with Ezra Squall, most of the town is scared of him and he chose her to be a Wundersmith."*

By Maja Majrowska 8FOR

### Dirty Bertie by Alan Macdonald

*"This book was very interesting, what happened was there was a boy who was named bertie, he has very dirty and did not care about his appearance but that did not stop Angela from liking him. it was Angela's number 1 goal to kiss him. but did she complete her mission..."*

By Asia-Lei Waller 7ESM

### Animal Lab by Malcolm Rose

*"I really enjoyed this book because of the plot at the end (no spoilers!) as well as how the story started and how it built up. I also enjoyed the character's personality."*

By Makda Abraha 7LEV

### Sid's War by Jon Blake

*"This book is about a boy who has to leave his parents because of a war happening. Sidney a young boy who is living with his parents was confused what was going on but then finds out a war is going on and he has to leave his parents."*

By Raena Teshome 7REG

### Gorilla Warfare by Laurie S Sutton

*"I enjoyed the book because it was based on superheroes and I enjoy books about superheroes' liked the part when Flash tagged the gorilla giants and defeated them all. I also thought it was very clever of Flash to come up with all these strategies to try and protect his planet from Gorilla Grrod. I also liked the final battle between the evil villain and the courageous superhero. Thankfully Flash won and managed to save the people. I also liked how Flash kind of inspired me to never give up because even though Gorilla Grrod was slowly turning Flash into an ape Flash kept on trying and didn't accept defeat."*

I rate it a 5 out of 5

By Akhil Ram 7JAS

### Nevermoore: The Trials of Morrigan Crow by Jessica Townsend

*"This book has all the thing I prefer in a book: mystery, magic, secret societies, ancient cities, and really big cats. It is all about a misfortunate girl who always feels left out and her family is no good since they think she is cursed (which she is). After dodging death, she is saved by a (kind of) mad man called Jupiter north. She has to stay in this wonderful city of nevermoore in order to live so she has to join the wondrous society by facing four incredibly difficult trials while battling nevermoor's most feared person.... the wonder smiths. This book is full of thrill and adventure, something every single book needs."*

By Oyinkansola Olayiwola 7JAS

### Giraffe and the Pelly and Me by Roald Dahl

*"I really have enjoyed reading this book because I feel like I am one of the characters in the book. Why I think this is because the story is about three animals which are the giraffe the pelican and the monkey. Those three animals are the ladderless crew and I feel like their job is a normal thing people would do around their house. What else I really like about the book is that each animal has a special talent like the pelican can make its beak go right inside its body so the pelican does not have the top part of its beak, the giraffe can make its neck grow longer in less than a few seconds and the monkey is a great dancer and singer."*

By Raena Teshome 7REG



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## House News

### What's going on in house in the next 3 weeks:

The next few weeks are going to be a busy time for House at Saint John Wall. We have the deadline of our final house competition of the year, Country in a box, which is your last form time competition opportunity to gain points for your house in order to win the rewards trip next year!

We also have our new Year 9 House Captains helping to plan and create a series of mini games for the Year 6 induction day! The Year 6 pupils visiting us will be working towards points for their house which will be added on to your house total. This is the Year 9s first opportunity to take a leadership in their new roles!

*"I am ecstatic and grateful to obtain my position as deputy house coordinator. I am looking forward to taking on a new role and helping across the school with House events next year. I am excited to be part of planning events for year 6 induction and welcoming the new pupils who will be joining us in September."*

**By Akealia Higgins 9BRK**

Our current Year 10 captains are helping prepare us for our very exciting sports day. I am looking forward to seeing forms work together actively on activities like track and field events, Orienteering and map reading and demonstrating excellence in sessions with GB athletes visiting us on the day. I am excited to see the achievements of all pupils in our school.

The leaderboard is still very close meaning any house can still take the top spot! Keep working hard. Remember - participating in all the upcoming events will earn you points regardless of the outcome. Keep cheering and support everybody in your house! Good Luck! Thank you to everyone for demonstrating fantastic efforts in House across the school this year.

**By Miss Young**

### House Leaderboard

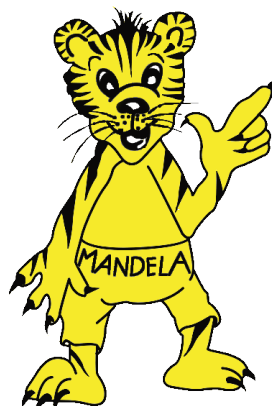
**1<sup>st</sup> Gandhi**

**2<sup>nd</sup> Pankhurst**

**3<sup>rd</sup> Luther king**

**4<sup>th</sup> John Paul**

**5<sup>th</sup> Mandela**







At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many issues which we believe trusted adults should be aware of. Please visit [www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) for further guides, hints and tips for adults.

# 12 Ways to Champion EQUALITY ONLINE

In terms of the esteem it's held in, women's football has made impressive progress in a short space of time. That's a bit like the online world: it's come a long way, but that doesn't mean we should stop trying to make it even better. The Women's European Football Championships are underway, and that's a timely reminder of how important it is to give everyone the respect they deserve online – regardless of gender, race, sexual orientation, religion or anything else. In partnership with the Global Equality Commission, we've produced a special guide to help young fans kick online discrimination into touch!

## 1 KNOW IT WHEN YOU SEE IT

Expressing views based on prejudice about a part of someone's identity – their race, gender or a disability, say – counts as online hate.

## 2 WHEN "BANTER" ISN'T FUNNY

Discrimination is sometimes disguised as humour: some memes, clips or gifs that certain people try to pass off as "funny" might actually be offensive.

## 3 BE YOUR OWN PERSON

Set a good example through your own online communication. Think whether you'd say a thing in real life before posting or sharing it online for the world to see.

## 4 SEEING SHOULDN'T EQUAL BELIEVING

Sneakier, less obvious types of online abuse can stay on the internet for longer, so don't assume that something's OK just because it's not been taken down yet.

## 5 SEXISM CAN BE ILLEGAL

As well as being extremely hurtful to a person or a group, online sexism and prejudice against women (known as misogyny) can be recorded as a hate crime in some cases.

## 6 ONLINE HATE, USED AS BAIT

Sadly, it's not just that being exposed to prejudice online is upsetting – some extreme organisations even try to recruit young people to their cause.

## 7 GET SOME DISTANCE

If you see messages online that upset you, it's probably time to give yourself some space from that site or app. Talk to a trusted adult about how you're feeling.

## 8 TURN OFF THE HATERS

If someone you follow on social media is posting sexist content, you could always mute them or block them – or unfollow them altogether.

## 9 PLAY IT BY THE BOOK

If you see someone discriminating online, you don't have to challenge them yourself. Screenshot their post and report them to the app or site you saw it on.

## 10 EXPLOITING 'PACK MENTALITY'

Sexist messages aren't always sent to a target directly: sometimes, they're posts designed to provoke misogyny among other people.

## 11 POSITIVITY ALWAYS WINS

Go the extra mile and spread some positive vibes! Instead of just reacting to a post and scrolling past, you could add a message of support and encouragement, too.

## 12 CREATE THE WORLD YOU WANT

Remember, you're the boss of your online world. Engage with posts or accounts that celebrate equality and understanding: block or unfollow the ones that don't.

GLOBAL  
EQUALITY  
COLLECTIVE



National  
Online  
Safety®

#WakeUpWednesday

### FURTHER SUPPORT

If you've been affected by any of the issues mentioned in this guide, there are some excellent resources that can offer further help and support.

NOS Mental Health Guides: [nationalonlinesafety.com/guides](http://nationalonlinesafety.com/guides)

Minds: [www.youngminds.org.uk](http://www.youngminds.org.uk)

Stop Hate UK: [stophateuk.org](http://stophateuk.org)

Ditch the Label: [www.ditchthelabel.org](http://www.ditchthelabel.org)

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



[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com)



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