



Updates for the parents and community of The South Wolds Academy and Sixth Form



## KEY DATES

### Year 8 Girls' Football

By Mr Shaw

As we approach the business end of the school year, the team found themselves on the cusp of 4 finals. We had managed to get to the latter stages of all four competitions that we entered back in September. A fantastic achievement!

First up was the Utilita Cup, where we made it through to the Northern Area Finals in Sheffield. We would be facing 3 other schools representing Crewe Alexandra, Bolton Wanderers and Sheffield United. The format for the day meant we would play all other teams in a league structure, with the top two teams contesting the final.

We faced Crewe first, who looked like a very strong team during the warmups. The game was fast paced and end to end. After going 1-0 down early on, we managed to equalise, before falling behind again, 2-1. The girls showed great character and resilience to fight back once more and find yet another equaliser, before scoring what turned out to be the winner, just before the end. A 3-2 win, and a great start to the league format. Next up was Bolton, who had lost their first game. We knew a win would all but secure a top 2 finish. The girls duly delivered a comfortable performance, emerging as victors 2-0. That left one game left, Sheffield United. A physical and combative outfit, they had some good strong players. Once again, the team stood up to the challenge and were clinical in their finishing, running out as 2-0 winners and 1st place in the league standings. As the other results were calculated, it emerged that we would face Crewe again in the final.

- 21st April - Bank Holiday
- 22nd April - Start of Summer Term 1
- 5th May - Bank Holiday
- 7th May - Top Link Festival
- 22nd May - Year 12 Parents' Evening
- 23rd May - Last day of Summer Term 1



**Team: Eva, Lilly, Brianne, Imogen, Jessie, Lauren, Millie, Molly and Isobel (not pictured: Esme, Lottie and Eviee)**



## Year 8 Girls' Football continued

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**By Mr Shaw**

We knew it would be a tough game, but with a place at Wembley in the Utilita Cup final at stake where the victors would take on the winners of the Southern Area Finals, we had our motivation. The final started quite cagey, with limited chances at either end. We unfortunately went 1-0 down when a shot came through a crowd and snuck in the corner of the goal. The girls were not to be put off and their work rate and effort increased. It culminated in a deserved equaliser and we pushed onto find a winner. A couple of chances well saved by the Crewe goalkeeper and one chance cleared off the line, meant that the score remained 1-1 as the full-time whistle went. Penalties! Best of 3, then sudden death.

We won the toss and went first, GOAL – 1-0. Up stepped Crewe, MISSED – 1-0. We went again, GOAL – 2-0. Crewe took their second, GOAL – 2-1. We stepped up for the third penalty, a place at Wembley within our grasp, MISSED – 2-1. Crewe had to score to remain in it, GOAL – 2-2 and sudden death. We stepped up first, MISSED – 2-2. Now Crewe had the chance to win the game, GOAL – 2-3. Heartbreak, tears (mainly mine) and emotions came flooding out, so close to achieving the dream of playing at Wembley. The girls were amazing! To get as far and play so well; their character, determination and attitude were faultless. To lose on penalties is a horrible way to go, but that is competitive sport.

The girls managed to pick themselves up and took on part 2 and 3, of what is now a possible treble winning season – the South Notts Cup and County Cup semi-finals.

## Cyber Explorers Champion

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**By Mrs Rowe**

Congratulations to Evellin H in Year 8 who has completed all the missions and challenges on the Cyber Explorers platform!

She received 2 certificates: Cyber Squad and Cyber Champion: a fantastic achievement.

Evellin is the first person to be awarded these certificates at our school and we are very proud of her achievement!



# Governor Vacancies

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## By Mrs Jaques (Chair of Governors)

We currently have vacancies on the board of governors for the roles of Community Governor (two vacancies) and also Co-opted Governor (one vacancy) and we would welcome applications from members of the community who are willing to devote some of their time to improve educational standards. School governors offer strategic guidance to schools. They sit at board-level and ask questions and provide challenge to the senior leadership of the school. If successful, you will attend around six calendared meetings per year and although becoming a school governor requires drive and commitment, you will enjoy many professional and personal rewards, including career development opportunities and the chance to support young people's future.

Please [click here](#) for the link or scan the QR Code below to visit our website for the details on how to apply. Please complete the application form(s), dependent on the role you wish to apply for, and send to Heather Large, Clerk to the Governors at [clerk@southwolds.uk](mailto:clerk@southwolds.uk)

We look forward to hearing from you.

*Sue Jaques*



## French Film Club

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By Miss George

This half term has seen the start of a new lunch time club in the Languages department. Students in Years 10, 11, 12 and 13 are now welcome to join French Film Club on Monday lunchtimes where we celebrate cinema from the French-speaking world and learn more about francophone culture. Watching French-language films also allows students to hear the language in a more realistic setting than the classroom can provide, which is vital for KS4 and KS5 students.

French film club kicked off with *La Môme* (English title: *La Vie en Rose*), the highly acclaimed biopic about Édith Piaf. Marion Cotillard gives an amazing performance as Piaf and students have found it interesting to learn about the extraordinary life that she led. Abandoned by her parents and discovered as a singer while busking on the streets of Paris, Piaf led a troubled life and yet left a mark on French culture that is still palpable today. Songs such as *Non, Je ne regrette rien* and the eponymous *La Vie en Rose* are still some of the most recognised tunes to come from the French-speaking world.

We hope to finish *La Môme* by Easter and start a new film after the half term break. Un film d'animation, un policier, une comédie...This remains to be seen.

# Berlin Bound: A journey of history and culture

By Mrs Angus

Just before February half term, a group of 23 Year 11, 12 and 13 students headed to Berlin for a German trip. Despite the early start (that 2am alarm!), everyone was in good spirits as we set off from Church Drive. We spent three days exploring every inch of the city and its history and culture.

We were treated to snow and sunshine and walked about 22,000 steps each day, sampled German foods and visited museums and the Berlin Wall. Our tour took us to the Brandenburg Gate, Checkpoint Charlie and Potsdammer Platz as well as the Appelman store. The DDR museum and Tränenpalast provided a fascinating look at life in East Germany during the Cold War, balanced with the beautiful murals along the East Side gallery. The views from the TV Tower were amazing, as was the snow, and the quiet, humbling impact of the Holocaust Memorial. It was a huge privilege to take such an engaged and enthusiastic group of students away. Here are a few impressions of the trip from them:

**“The history was fascinating”, by Will**

**“Spending time in Berlin with my friends was an unforgettable experience”, by Tom**

**“The snow made everything even more beautiful”, by Hannah**

**“I couldn’t have planned a more wonderful trip with such a lovely bunch of people Thank you Mrs P.”, by Bertie**

**“Snowball fight and Uno games were great and I learnt a lot about German culture”, by Will**

**“Made a new friend for life”, by Amelia**

A huge thank you to Mrs Pabari for being the best tour guide we could hope for as well as to Mr King and all of the students for getting involved and being utterly wonderful.

# World Book Day 2025



By Miss Mitchell

## World Book Day 2025

At South Wolds we are so passionate about reading that we turn World Book Day into World Book Week! From the 3<sup>rd</sup> – 7<sup>th</sup> March we ran World Book Day workshops and events in the library during lunchtimes.



The first event was a creative writing workshop, where students had the opportunity to become a young author and design their very own setting, character and plot. It was particularly interesting to see the range of characters students created, from a grizzly bear dressed in a sun hat, to a baby astronaut, it is clear that our students possess the most creative imaginations!

Next up, was the Reading River workshop. A Reading River is a creative way of sharing books which have shaped you as a reader, and to show off the books that you have really enjoyed. A Reading River represents a journey of reading over time in a visual way. Students also had the option to create a Reading River that focused on what students read over the course of a day, this activity was brilliant to raise awareness of how much we read throughout the day without even realising it!

## World Book Day Scavenger

Teachers and students went all out for World Book Day, dressing as their favourite book character! Students were invited to take part in a Scavenger Hunt, where students had to match the teacher to the character. All entries were put into a lucky dip and our seven winners were awarded a sweet treat!

Well done to our winners:



# World Book Day 2025 continued

By Miss Mitchell

## Book Swap Event

To celebrate our love for reading and reading for choice, students were invited to bring in their unwanted books to the library to swap with their classmates. The book swap was a great way for students to refresh their bookshelves and shed the stories they had already read and replace them with new stories. The best thing about the event was that students were able to recommend and share the stories they love with others, which is what reading is all about!



I would like to give my biggest thanks to those students who brought in books to swap – the event would not have been possible without you!

## World Book Day Big Reading Quiz by Liam G (Year 10)

An exceptionally inclusive way to encapsulate the joys of literacy whilst incorporating competitive wit and encouraging alternative problem solving!

The afternoon ran more brilliantly than we could have imagined, with an engaging delivery from our amazing Year 10 students: Liam G, Michael W, Zilpha C, Luca B, and Kasia B.

With an insight from Mrs Hudson and Ms Wightman, our Year 10 students were allowed to independently express their interests in their favourite book genres in a PowerPoint format, which were all amalgamated precisely by Liam G, ensuring a smooth and engaging presentation.

A massive well done to the winners of the World Book Day quiz: Evie W, Emma H, Eleanor B, Isla K, and Lily J!

And a huge thank you to the English department and our Year 10 Champions for ensuring that World Book Day was celebrated with the recognition and success it deserves!



# Spring Term 2 High Flyers

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## Liam G (Year 10) English

For championing and leading a group of volunteers in the planning of the World Book Day Super Quiz! Mrs Hudson

## Tom M (Year 9) Spanish

He has shown a real interest in improving this Spanish thi year and is doing really well! Mr Roberts

## Louis T, Matthew C & Thomas F (Year 9) English

Always works hard in English lessons - well done! Mrs Hudson

## Isabella O (Year 9) Spanish

Starting to become one of the real stars of the class! Mrs Roberts

## Zilpha C, Michael W, Kasia B & Luca B (Year 10) English

For your time, effort and contributions to the World Book Day Super Quiz! Mrs Hudson

## Alexander P (Year 8)

For an outstanding improvement to attitude to learning this term. Well done Alex, keep up the good work!! Mr Levack

## Kitra Y, Vincy C, Sherine C, Ava M, Bethany M, Carter K & Louis W (Year 8) English

Consistently working hard in English lessons. Mrs Hudson

## Daniel C (Year 9) Spanish

A real star in Spanish! Mr Roberts

## Ella S (Year 10) English

Some amazing verbal contributions in English Literature. Mrs Hudson

## Millie B, Millie C, Lexie P, Isabelle S, Isabella A, Eleanor W, Olivia K & Lucy B (Year 11)

### Food Technology

For consistently working hard in Food Technology! Mrs Parker

## Jack C & Lily W (Year 8) English

Excellent English homework, well done! Mrs Hudson

## Lauren S (Year 8) English

For excellent contributions to discussions and dramatic reading out loud! Mrs Hudson

## Evan H (Year 12) English

Outstanding exam response in English Literature! Mrs Hudson



## Amelie A (Year 10) Spanish

For improving massively in Spanish. Well done! [Mr Roberts](#)

## Mafalda M & Millie L (Year 11) English

For amazing responses during discussions in English Literature lessons. [Mrs Hudson](#)

## Alfie M (Year 9)

Alfie's attitude to learning has drastically improved since Christmas. Congratulations Alfie and keep up the hard work! [Mr Levack](#)

## Millie G (Year 10) Spanish

Despite missing 2 years of study, Millie is rapidly rising into the Elite group. [Mr Roberts](#)

## Eleanor B (Year 8) English

For reading broadly and widely outside of lessons. Well done, Eleanor! [Mrs Hudson](#)

## Andy L (Year 11) English

For excellent independent work in response to Literature exam questions! [Mrs Hudson](#)

## Isabelle W (Year 9) Spanish

Great performance in Spanish! [Mr Roberts](#)

## Emilia M-B (Year 8) English

For always working hard and trying her best in English lessons, and for being so kind and helpful!  
[Mrs Hudson](#)

## Wilf P (Year 10) English

For demonstrating that he wants to achieve his potential in English. [Mrs Hudson](#)

## Louella C (Year 10) English

For consistently working hard in English lessons. [Mrs Hudson](#)

## Sophia N & Gracie M (Year 12) English

For excellent contributions to discussions in A Level English Literature lessons. [Mrs Hudson](#)



# Reading Updates

By Miss Mitchell

## Carnegie Club Launch 2025

The Carnegies are the UK's longest running and best-loved children's book awards, recognising outstanding reading experiences created through writing and illustration in books for children and young people.



The Carnegie Medal for Writing is awarded by children's librarians for an outstanding book written in English for children and young people.

The shortlist for writing was recently released, this year, the books nominated have a special focus on the marginalised perspectives of boys and teenagers from disenfranchised communities, these books convey the importance of diversity and empathy.

Each week, Carnegie Club members will gather in the library to discuss the shortlisted books, to take part in book-focussed activities, and vote for their favourite titles. The Carnegie Club will run from the end of March until June, when the winners are announced.

### New Arrivals: Graphic Novels

We have lots of brand new graphic novels in the library for students to enjoy. Graphic novels are a great way to engage reluctant readers, with their vibrant colours and punchy speech. We have lots of well-known stories in graphic novel form, such as the Alex Rider series, Dracula and Coraline.

We also have some thought provoking graphic novels focusing on the lived experiences of young black people, and how tensions in the community and discrimination still exist. These stories can be hard to hear but they raise awareness of the issue and encourages an open discussion about racial discrimination.

For year 11, we have some copies of the key GCSE texts for the English Literature exam. Students can revise the key texts in a new form, consolidating learning in a visual and more meaningful way. Students can find copies of "An Inspector Calls", "A Christmas Carol" and "Macbeth" in the library which are available to borrow today.



# Step into Cyber: Our Experience

By Faizaan D (Year 13)

On the 25th of March 2025, three of my classmates and I had the opportunity to attend the “Step Into Cyber” event at the University of Nottingham's University Park Campus. The event featured insightful lectures from industry professionals representing organizations such as ISF, the Cyber Resilience Centre, CyberFirst, the UK Cyber Security Council, UKTL, and Barclays. We also heard from university students who shared their experiences studying and working in cyber security. The talks covered essential topics like why we need cyber security, potential careers in the field, what it’s like to work in cyber, insights into the NCSC CyberFirst scheme, and the key skills required to succeed in the industry.

In addition to the lectures, the event hosted an exhibition where we had the chance to explore stands from the various organizations, ask questions, and gain a deeper understanding of career pathways in cyber security. A fun incentive was offered—if you spoke to every exhibitor, you could enter a prize draw to win either a bear or a power bank. There was also a crypto challenge that tested our problem-solving skills by requiring us to decipher a puzzle. To keep us fuelled, free pizza and Coca-Cola were provided for lunch, making the experience even more enjoyable. Additionally, each exhibitor’s stand offered free pens, and everyone who attended received a free pair of socks, adding a nice touch to the event.

One of the highlights of the exhibition was my favourite stand, which featured a carnival-style contraption called the Strength Meter. This interactive display allowed participants to enter a password, press a large red button, and watch as the strength meter rated its security. It was a fun and engaging way to emphasize the importance of strong passwords.

To wrap up the event, a quiz tested our knowledge, and those who scored 12/12 earned an additional entry into the prize draw. Overall, “Step Into Cyber” was an incredibly insightful and interactive experience that deepened our understanding of the cyber security industry while providing plenty of opportunities for engagement and learning.



# Alumni: Careers Advice

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## By Mr Wall

On 13<sup>th</sup> March, Year 10 were given a talk by local entrepreneur and ex-student Oli Rowland.

Oli spoke about how he progressed from South Wolds to eventually starting his own company. He explained how, after studying at The South Wolds Sixth Form, he didn't want to go to university. Having spent some time working at Nationwide learning the ropes and gaining qualifications whilst in employment, Oli decided to start his own venture; Rowlands Mortgages.

Oli gave some really useful advice explaining to students the advantages and disadvantages of owning your own business. Hopefully, Oli will have inspired the next generation of entrepreneurs from South Wolds.



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## Year 8 Girls' Football continued

### By Mr Shaw

In the South Notts Cup we travelled to Calverton to play Col. Frank Seely school. In a one-sided contest I was able to rotate players and positions freely as we emerged as winners 6-0. A place in the final and an opportunity to win the South Notts Cup for a second successive year.

In the County Cup we had a home tie against Arnold Hill Spencer Academy. This was a tougher challenge and during the first half we struggled to get going. We couldn't find our usual rhythm and fluency and the game was scrappy. We had plenty of possession without making any clear-cut chances and Arnold Hill battled and competed for every ball and challenge. In one of few forays by Arnold Hill into our half, they managed to find space between our defence to race clear and put themselves 1-0 up. The score line remained the same as the half time whistle went. A rousing team talk and re-focusing of the girls at half time paid dividends early in the second half. A corner from the left was turned into her own net by the Arnold Hill defender to level up the scoreline at 1-1. From here on, the quality of football played, and attitude improved dramatically, and the direction of play became all one way. The score soon changed to 2, then 3 and then 4-1 before finally finishing 5-1. Another victory, another strong performance and another final!

The prospect of completing a local double is amazing and something that is not achieved very often in Nottinghamshire. There are several schools with traditionally strong teams, so to be in with the chance of winning both competitions is testament to the quality, determination and ability of our team.

In the final part, we will be travelling up to Newcastle to take on St Joseph's RC Academy in the semifinals of the English Schools National Cup. It is a journey we went on at the same stage last year, unfortunately finishing second. The girls know the challenge that awaits but are determined to go one better than last year and secure another final place.

# Philosophy & Ethics Reading Challenge

By Mr Lloyd

Thank you to everyone who took part in the 'EP Reading Challenge'. There were loads of really insightful points raised in relation to the question of whether, if AI become conscious, we would be guilty of slavery. Here are a few snippets of some of the responses we've had:



'The idea of AI becoming conscious raises so many questions about ethics and technology. Firstly, it suggests a lack of respect for the autonomy and rights of sentient beings, even if AI isn't sentient in the same way humans are. Additionally, treating AI as a slave could lead to harmful attitudes towards both technology and human relationships. It might normalize exploitation and diminish empathy. It's important to approach AI with a mindset of collaboration and responsibility rather than ownership. Due to new research and tech developments, it may be perfectly reasonable to expect robots with feelings and humanlike characteristics.' (Freya in Year 9)

"I think we already are slave owners because some of the tech we have on our PC's are working away for us with no pay; doing everything we tell them to do which is basically slavery." (Ethan in Year 8)

"Personally, I believe that AI could become conscious, and I think humans will continue to exploit them. I believe that AI should have rights similar to those of animals and humans although adapted to suit their needs. However, I don't believe that such rights will be established legally, I think people will likely continue to exploit AI. As mentioned in the article, it is possible that once AI becomes more intelligent than us—an inevitable outcome since we constantly provide them with vast amounts of information, and they are constantly refined unlike humans—they may decide to exploit us in return. Eventually, the AI may protest or go on strike." (Sophie in Year 7)

"I think it's pretty apparent that mankind has a history of violence and power-hungry struggles. You have how we treat animals, how we treat each other, how we've treated the planet and its ecosystems. Humanity is definitely not perfect and certainly capable of misusing AI for exploitative reasons. The argument stands in whether the lack of autonomy for AI means this behaviour is permitted, however regardless of the impact for AI, misuse of AI still can impact humanity. I think controlling our own behaviours to be sensible when using AI seems perfectly logical however this has never stopped people from behaving the way they do. So yes it could likely be comparable to treating AI like slaves, because our history shows a lot of selfishness towards personal gain and control." (Grace in Year 13)

Keep your eye out on the school TV screens as we will be sharing your thoughts via these over the weeks to come and there is going to be a Year 7 & Year 8 challenge.

# Dance Festival: Boogie Nights

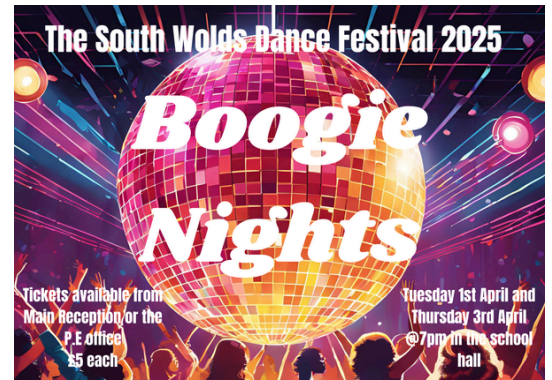
## By Miss Drewett

The South Wolds Academy and Sixth Form presents 'BOOGIE NIGHTS' 2025 performed in school on Tuesday 1<sup>st</sup> April and Thursday 3<sup>rd</sup> of April commencing at 7pm.

This years dance festival involves over 80 pupils who have dedicated themselves to rehearsals since September and share a true passion for dance.

With a number of difference styles of dance and Music this years festival will be another fun packed evening! The students will also be performing in school on Wednesday morning for our feeder primary schools.

Please join Miss Drewett in congratulating the students involved and celebrating their love of dance!



## Library Cake Sale

By Miss Mitchell

The library hosted a cake sale at the end of World Book Week which was a roaring success!

We managed to raise over **£80** from the cake sale which will be spent on new books for our school library. Thank you to those who donated cakes and to those of you who came and purchased a cake.



## Thank you!

### By Miss Wightman

A massive thanks to our local charity shop for helping us with books for our library!

Please support the shop, which provides a valuable service for our community. You can find them at, 71 Wolds Drive, Keyworth, NG12 5FT.



**PEOPLE OF  
KEYWORTH**  
SUPPORTING PEOPLE IN NEED

# Indoor County Cricket Final

By Mr Shaw

The U15 girls' cricket team - made up of students from Year 8 and Year 9 - took part in the Indoor County Finals at Trent Bridge (they had previously played in a qualifier and finished as runners up).

There were six teams in total on the day, split into two groups of 3. We played Nottingham High School and Outwood Academy Valley in our group – losing against the High School and beating Outwood Academy - meaning we finished in second place in the group.

This secured us a place in the semi-finals, where we would face The Becket School. An extremely close game came down to the last over. With the Becket School batting and needing 4 runs to win, every ball was met with tension. We knew that a wicket would mean –5 runs to the batting team, so it was all to play for. Unfortunately, the wicket never came, and they managed to pick up the runs needed to secure a 3 run victory. We went into the 3rd/4th play-off vs Toothill School and again came up short, meaning a 4th place finish overall. A great achievement from the girls as they were playing up in age group, with some of the team not regular cricket players.



Team pictured above: : Kiera, Lauren, Emma, Imogen, Isla, Hannah, Isabel and Yasmin.



UK Government

# Help your child build essential cyber security skills

This holiday, introduce Cyber Explorers, a fun, free and accessible learning programme for 11-14 year olds to discover how to stay safe online while exploring exciting cyber security careers.

## What students do?

Students will navigate Cyber City, completing Challenges and Missions to outsmart cyber threats and defeat Herbert the Hacker! Cyber Explorers is SCQF credit rated and a great way to boost digital confidence while learning vital cyber security skills.

## Ready for your child to develop future-proof skills?

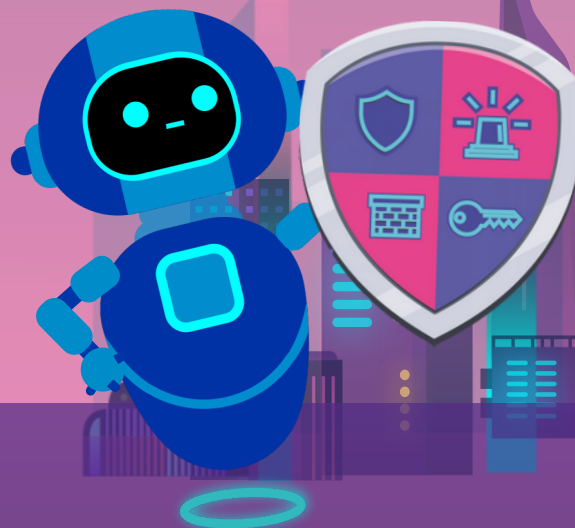
Request that your child's teacher register them onto Cyber Explorers

today at

[cyberexplorers.co.uk](https://www.cyberexplorers.co.uk)

Please use this link to sign up

<https://www.cyberexplorers.co.uk/register/219610F2-5>



[cyberexplorers.co.uk](https://www.cyberexplorers.co.uk)

SKILLS  
FOR LIFE

# Calling All Young Minds for Growing up & Brain Study!!

Study recruiting Children & Teens Ages 9-16 years



Image by Freepik

## What is it about?

We are exploring how body changes during early teenage affect our thinking, attention, memory and decision-making skills.

## What happens if I participate?

You'll get to play 4 fun computer games! We'll also ask you some questions about how you're growing up and all the daily activities you enjoy.

## What do I get?

Taking part may help scientists to learn about growing up and how brains develop!

You will get a special reward for your time!!



 **Duration:** Around 35 minutes

 **Location:** School of Psychology (University Park Campus) 

To take part, contact [lp-lifespanlab@nottingham.ac.uk](mailto:lp-lifespanlab@nottingham.ac.uk).

Ethically approved study Ref: S1604

# SAFEGUARDING ADVICE

If you require urgent help during this period, you do not need to be alone:

## Emergency Help and Support

For urgent help, if someone is in danger or an active crime is being committed call 999. If you are aware that someone has committed a crime or been a victim of a crime please call 101.

## Mental Health and Wellbeing

There are a range of support services available. Please see below:

**KOOTH** - for children and young people aged between 11-24 years who want to talk to a mental health professional online, anonymously and free. Visit their website [www.kooth.com](http://www.kooth.com) for further details.

**HARMLESS** - provide a range of advice and support about self harm, people who self harm, their friends and families. [www.harmless.org.uk](http://www.harmless.org.uk)

**MIND** - provide advice and support to empower anyone experiencing a mental health problem. [www.mind.org.uk](http://www.mind.org.uk)

**THE SAMARITANS** - are available 24/7 to help with anything that's troubling you, no matter how large or small the issue feels. Calls for free on 116 123 or email [jo@samaritans.org](mailto:jo@samaritans.org) (response time for email is several days)

**CHILDLINE** - available 24/7 for all mental health needs, concerns, help and advice. Call free on 0800 1111 or visit [www.childline.org.uk](http://www.childline.org.uk)

**BE U NOTTS** - to support early mental health and emotional wellbeing for young people and parents/carers. [www.beusupport.co.uk](http://www.beusupport.co.uk) or call 0115 708 0008

**NOTTALONE** - provides local mental health advice and help for young people in Nottingham and Nottinghamshire.

**YOUNGMINDS** - supporting young people, parents and those that work with young people's mental health. [www.youngminds.org.uk](http://www.youngminds.org.uk)

Nottinghamshire NHS Mental Health Crisis Line: Anyone needing mental health support for themselves or others can call the NHS crisis line on 0808 196 3779. 24/7, 7 days a week.

## Drugs & Alcohol

**FRANK National Drugs Helpline**  
Call: 0300 123 6600

**DRINK AWARE**  
Call: 0300 123 1110  
[www.drinkaware.co.uk/alcohol-support-services](http://www.drinkaware.co.uk/alcohol-support-services)

**CHANGE GROW LIVE (Notts)**  
[www.changegrowlive.org/nottinghamshire](http://www.changegrowlive.org/nottinghamshire)

## Food Banks

The Trussell Trust have a range of food bank services within the Nottinghamshire area. Visit their website [www.trusselltrust.org.uk](http://www.trusselltrust.org.uk)

Cotgrave Community Kitchen  
Facebook: Cotgrave Community Kitchen

## Abuse and Radicalisation

If you are worried that you or someone you know is being abused or radicalised, even if you're unsure, you can speak to NSPCC about your concern. Call 0800 1111, report it online or email [help@NSPCC.org.uk](mailto:help@NSPCC.org.uk)

If you are an adult call 0808 800 5000

## Online Safety

We value the importance of educating our students in staying safe online. There are a range of support services available. Please see below:

**CEOP** - helps any child or young person under the age of 18 who is being pressured, forced or tricked into taking part in sexual activity of any kind (online and/or in 'the real world'). [www.ceop.police.uk/Safety-Centre](http://www.ceop.police.uk/Safety-Centre) or [www.ceopeducation.co.uk/11\\_18](http://www.ceopeducation.co.uk/11_18)

**PARENT SAFE** - a very useful website containing top tips for parents. [www.parentsafelgfl.net](http://www.parentsafelgfl.net)

**REPORT HARMFUL CONTENT** - reports can be made online, response time is 72 hours. [www.reportharmfulcontent.com/report](http://www.reportharmfulcontent.com/report)

**UK SAFER INTERNET CENTRE AND NATIONAL ONLINE SAFETY** - for additional information and guides for any additional e-safety advice. [www.saferinternet.org.uk](http://www.saferinternet.org.uk)

## Further Support

If you have concerns for the safety of a child during school holidays, please contact Nottinghamshire Multi Agency Safeguarding Hub: 0300 500 80 80 or visit the website [www.nottinghamshire.gov.uk](http://www.nottinghamshire.gov.uk). If you require an urgent response outside of working hours (8.30am-5pm) contact Nottinghamshire's Emergency Duty Team (EDT) on 0300 456 4546

If the child lives in Nottingham City please contact Child and Families Direct: 0115 876 4800

If you believe that a child is at immediate risk and in need of protection then you should call the Police - 999 immediately.

Alternatively, if you feel the child is at risk of abuse or neglect, but not in immediate need of protection, you should call the Police on 101.

## Housing Support

If you need support to find somewhere safe to stay, please contact:

Nottingham Community Housing Association  
Call: 0800 013 8555  
[www.ncha.org.uk](http://www.ncha.org.uk)



# 6 Benefits of a Good Night's Sleep

by @inner\_drive | [www.innerdrive.co.uk](http://www.innerdrive.co.uk)



**Better Concentration**



**Better Memory and Recall**



**Aids Creativity**



**Helps You Make Better Decisions**



**Reduced Focus on Negative Things**



**Stronger Immune System**

