

# Student Safety Plan

**ENDEAVOUR**  
ACADEMY

Sometimes all we need is a FRESH START

**SAFETY  
FIRST**

Remember, if you find yourself feeling stressed, anxious or in danger, there are steps you can take to support yourself.

## Take a moment.

- Stop what you are doing.
- Look out of a window.
- Let your shoulders drop.
- Stretch your shoulders back.
- Allow your mind to calm and refocus.

## Deep breaths

- Close your eyes.
- Take deep breaths, in and out.
- Think of your favourite place, Focus on that place and picture yourself there.  
What can you see?  
What can you hear?  
What can you smell?  
What can you feel around you?

## Useful websites

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

- [www.mindfulnessforteens.com](http://www.mindfulnessforteens.com)
- [www.youngminds.org.uk](http://www.youngminds.org.uk)
- [www.harmless.org.uk](http://www.harmless.org.uk)
- [www.nshn.co.uk/downloads/Distractions.pdf](http://www.nshn.co.uk/downloads/Distractions.pdf)
- [www.harmless.org.uk](http://www.harmless.org.uk)
- [www.papyrus-uk.org](http://www.papyrus-uk.org)
- [www.themix.org.uk](http://www.themix.org.uk)

## Important Contacts

### **Learning Mentors (Pastoral Support)**

Dixon 07483404316, Hackworth 07483169596,  
Browning 07483404309,

### **Designated Safeguard Leads (Safeguarding or welfare concerns)**

Mrs Wood – 07483135984. Mrs Whelan 07483135983

**One Point and Families First** 03000261116 / 03000 263139  
(you can be directed to any one point hub in County Durham)

**First Contact** 03000 267979

**CAMHS Crisis Team** 0191 4415733

**“Shout” Crisis Text Service:** 85258

**NSPCC** 0808 800 5000.

**Police – Non emergency** 101.



**Childline** 0800 1111

**Emergency Services** 999