


# Reigate School

Issue No: 175

NEWSLETTER

Thursday 7<sup>th</sup> May 2020

 Follow us on twitter @Reigate School  
www.reigate-school.surrey.sch.uk

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## MESSAGE FROM THE HEAD OF SCHOOL

We have quite a few home working heroes this week and we are very impressed by the excellent work that is going on at home from the whole school. Keep up the good work.

I would like to draw your attention to the information in this week's newsletter regarding the weekly well-being focus that is being organised by the PSHE department and will be sent to the children every Monday.

I hope you enjoy the bank holiday weekend.

Stay safe and well.

Mr Alexander

## HOME WORKING HEROES OF THE WEEK

### RE

Alfie Taylor (Year 10) for completing all of his RE work to a high standard and for persevering with submitting it when there were difficulties with the technology. All his messages are super polite and a delight to read.



### HISTORY

Well done to all children continuing to work hard and hand in assignments. Particular praise for excellent effort to;

Afua Larbi-Yeboah, Evie Pawlowicz, Joe Wilby (Year 7)

Catelyn Morrow, Maya Chan, Raven Cheung, Tom Lucas (Year 8)

Sam Potten, Beth Hammond, Christian Larbi-Yeboah, Megan Thomas, Alexander Blair, Paris Watson, Theo Perry-Brown, Ameila Macpherson, Rishant Sapkota (Year 9)

Aimee Baldan, Joshua Saunders, Euan Waite, Reece Long, Daniel Masson Smith, Harry Bartley, Amalie Daniel, Alexander Walters, Jacob Mizon, Ellie Bloomfield, Paige Barlow, Ellie Beckett (Year 10)

### PE

Henry Bourke (Year 7) who has been doing 5k runs and knocked 3 minutes 11 seconds off his first recorded time!

Poppy Macpherson (Year 7) who has enjoyed walking up and down her stairs 74 times along with the rest of her family as they were meant to be climbing Snowdon in Wales during the Easter holidays!

### MFL

Sophie O'Connell (Year 7) for entering an excellent poem for the Spanish Haiku Challenge.

### ENGLISH

Jasmine Preston (Year 10) for all of her hard work in English.

Freya Pearce (Year 9) for her excellent piece of homework this week on the subject of Oliver Twist.

### FOOD TECHNOLOGY

Lucy Bond (Year 7) who has been sending some photos of the food she has been making at home including an omelette wrap and homemade wontons. Well done.

Poppy Macpherson in (Year 7) has been busy baking scones, brioche, cupcakes, apple and blueberry crumble and jam tarts. Well done.

## HOME WORKING HEROES OF THE WEEK (Cont)

### MATHS

Izzy Davies, Robyn Everley, Libby Finnigan, Isobel Garland, Ben O'Reilly and Ethan Ward (Year 7) for always completing their set Hegarty tasks on time to a very high standard. They all watch the whole video and score high marks on the quiz, sharing results and asking for help via SMHW.

### D&T

Tamia Quantick (Year7) for her superb graphic skills and excellent presentation of work in the D&T Board Game Project.

### SPECIAL MENTION

Mason Wheeler (Year 9) for continuing to work hard with his home learning and for helping his sister with her work too.

Kacey Breach-Finch (Year 9) for continuing to work hard with her home learning.

Well done to all of our heroes this week and the rest of the school for continuing to work hard at home.

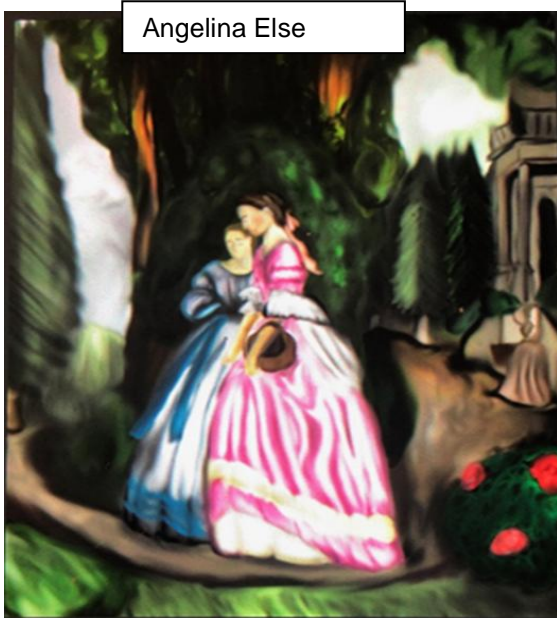
## ARTIST OF THE WEEK

### TRISTYN BEAN

Tristyn has created some wonderful alphabet photography. Well done Tristyn!



## ARTWORK



Angelina Else



Charlotte Aldred

Some of the amazing art work being created at home by the children.

## ARTWORK (Cont)

Sadie Jenkins



## UNDER THE SEA PROJECT



Luz Turner



Zack Ewington



Eve Green



Kiki Timson

### Year 7 Art

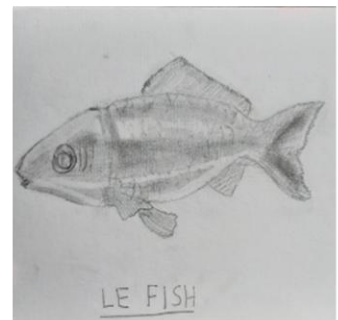
### Under the Sea Project

Year 7 have been looking at the sculpture work of Jason De Caires Taylor. Here are a just a selection of brilliant response pieces! Well done to everyone who has submitted work already!



Afua Larbi-Yeboa

Zac Brown



Harry Lauder

## OCTOPUS CRAFT

On Friday 1<sup>st</sup> May the children in school created a no sew octopus. It was great fun and here are some of their excellent creations. If you would like to have a go at home, full instructions are below.



# OCTOPUS CRAFT (Cont)



Fold in half, then half again.



Cut a quarter out, but make sure you cut the loose sides.



Keep the left over scraps for later.



To make a fabric octopus you will need a square of fabric, an old T-shirt works best. Scissors and elastic bands, hair ties or cotton.

Open up your square and cut a line down the centre of each of the rectangles, look at the picture and make sure you stop cutting at this point.



Cut these shapes into 3 equal parts.

Take 3 strands and plait them together.



Secure the 8 plaits with bands or cotton and then decorate your octopus.



MAY THE 4<sup>TH</sup> BE WITH YOU

On the 4<sup>th</sup> May I gave my class some Star Wars themed Maths starters. May the 4th be with you. Well done to Catelyn Morrow who answered all the questions correctly and even added some great little Star Wars drawings to her work.



**MATH CHALLENGE**

+ + = **42**

+ = **17**

=

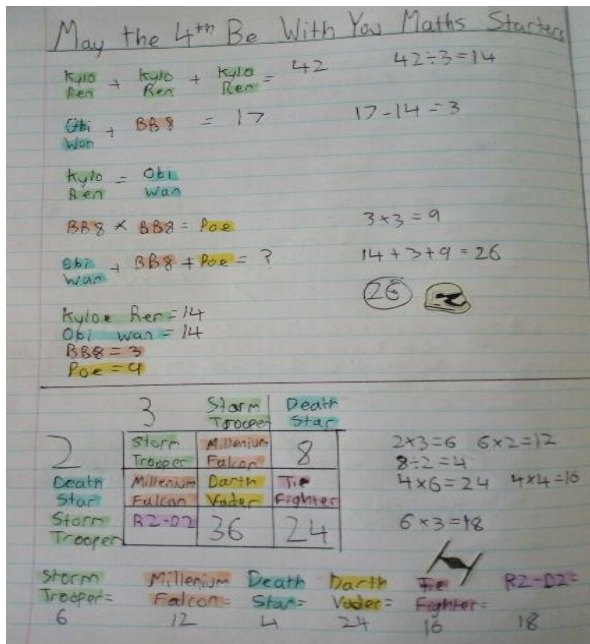
= ×

+ + = **?**

**MATH CHALLENGE**

Find the value of each icon in the multiplication table below:

	3		
2			8
		36	24



Reported by  
Mr Collins

PERFORMING ARTS

Year 7 Drama classes were set a task to write and perform a monologue. Joe Northover went above and beyond on this task. He performed a news conference and played the part of Donald Trump. His monologue was written using current affairs as his topic. It was funny from start to finish. He put on the accent, dressed up and the film was edited to look like he was on the news with text and images in the background. Joe got the whole family involved from having a make-up artist, editor and camera operator. Well done Joe (and family), what a fantastic piece of work, the Performing Arts Department are very proud of you.



Reported by  
Miss Swift

## VE DAY BAKING



This week Food Technology classes were sent some slides about VE Day and food in wartime Britain and rationing. The slides included some recipes that could be made even if certain ingredients were not available. The children were asked if they completed any of the recipes or any baking to send in a photo.



Jacob Adolphe (Year 9)

Reported by Mrs Barker-Field

## CAREERS

The second week of career talks from a variety of professionals online through Speakers for Schools starts on Monday. A link will be provided in Show My Homework, which will allow the children to join the live event at the specified time.



Timetable is as follows:

Monday 11 <sup>th</sup> May	2pm	Joe Twyman - Co-founder and Director, Deltapoll
Tuesday 12 <sup>th</sup> May	10am	Simon Mellor- Deputy Chief Executive, Arts & Culture- Arts Council England
	2pm	Josie Rourke – Film and Theatre Director
Wednesday 13 <sup>th</sup> May	10am	Lady Nicola Mendelsohn – Vice President for EMEA, Facebook
	2pm	Sereena Abbassi - Worldwide Head of Culture & Inclusion, M&C Saatchi
Thursday 14 <sup>th</sup> May	10am	Ed Couchman – General Manager, Snap inc
	2pm	To be confirmed
Friday 15 <sup>th</sup> May	10am	Fawaz Bitar - Senior Vice President, HSE, BP



# How to Attend a Speakers for Schools VTalk: Student Guide



**SPEAKERS**  
for schools  
INSPIRATION



## STEP 1

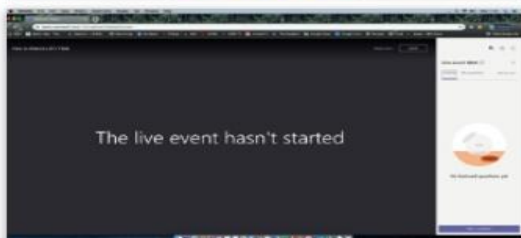
At the time of the talk click the link that your teacher has sent over. You should arrive at a page that looks like this:

Select the option to watch on the web instead.



## STEP 2

Select the option to join anonymously.



## STEP 3

You are now in the VTalk. It will start at the time given and you can watch the talk as it happens, live!



## STEP 4

Don't forget to ask questions through the Q&A section on the right hand side.

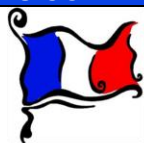
W [Speakersforschools.org](https://Speakersforschools.org) T 02075 493 693 E [team@speakersforschools.org](mailto:team@speakersforschools.org) Social @speakers4schools

## WEEKLY WELL-BEING FOCUS

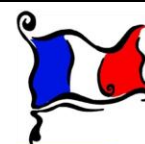


**Every Monday, visit the Notice Board on SMHW for a Weekly Well-Being Focus.**

We are committed to ensuring that we continue to support you and your child with their studies and pastoral care, whilst Reigate school is closed. **Every Monday on SMHW Notice Board**, all children will receive a single-paged power-point that will focus on one element of their well-being. Included will be interesting facts to discuss with your child and a task to try at home, based on the weekly topic. We hope you keep well and find this a useful resource during this time. – **PSHE Department**



**MFL HAIKU COMPETITION  
CLOSING DATE 22<sup>nd</sup> MAY, 2020**



Get creative! Think of a French-speaking country or city you would like to visit one day, and write a haiku poem about it in French!

A Haiku poem has just 3 lines, with 5 syllables in the first line, 7 in the second, and 5 in the last – example below

Ô MADAGASCAR  
DANS L'OcéAN INDIEN  
VANILLE ET LÉMURS



**Send your entries to: [j.monnelly@reigate-school.surrey.sch.uk](mailto:j.monnelly@reigate-school.surrey.sch.uk)  
Remember to include your name and year group – prizes will be awarded after half term break.**



**MFL HAIKU COMPETITION  
CLOSING DATE 22<sup>nd</sup> MAY, 2020**



Get creative! Think of a Spanish-speaking country or city you would like to visit one day, and write a haiku poem about it in Spanish.

A Haiku poem has just 3 lines, with 5 syllables in the first line, 7 in the second, and 5 in the last – example below

ME GUSTA CUBA!  
DESCANSO EN LA PLAYA  
Y BAILO SALSA



**Send your entries to: [j.monnelly@reigate-school.surrey.sch.uk](mailto:j.monnelly@reigate-school.surrey.sch.uk)  
Remember to include your name and year group – prizes will be awarded after half term break.**



# Food hygiene code breaking



Can you crack the code? Mrs Whitehead set an optional challenge for Year 7 and Year 8 to crack the code and reveal a food hygiene message. The answer to be published in next week's newsletter.

Use the key below to find a very important food hygiene message:

A	☝	E	☞	I	☞	M	☀	Q	✈	U	✚	Y	☆
B	Ω	F	☞	J	☺	N	☠	R	☀	V	✚	Z	☾
C	☝	G	☝	K	☺	O	☞	S	♠	W	✚		
D	☝	H	☝	L	☹	P	☞	T	❄	X	✚		

a	☞	e	ℳ	i	✕	m	○	q	□	u	◆	y	☒
b	Ω	f	✕	j	ℵ	n	■	r	□	v	✚	z	⌘
c	ℳ	g	ℳ	k	ℵ	o	□	s	♦	w	♦		
d	Ω	h	☞	l	●	p	□	t	◆	x	☒		

☝◆☞☒◆ □ℳ○ℳ○Ωℳ□ ◆□ ◆☞☞ ☞■Ω Ω□☒ ☒□◆□ ☞☞☞◆ ◆☞☞□□◆ℳ☞  
 ●☒ ☞✕◆ℳ□ ☞☞☞◆●✕■ℳ □☞ ○ℳ☞◆

**The first word begins with a capital, so use the top box for that.**

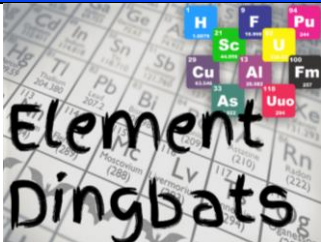
For the rest of the letters use the bottom box.

There are 13 words in this important food hygiene message.

Good luck!



## SCIENCE QUIZ



A MASSIVE WELL DONE to all of the Year 7 and 8 children who enjoyed completing the element dingbats.

These are the 10 children who responded first with the all the correct answers.

**Year 7:** Emily Hayes, Afua Larbi-Yeboah, Lois Humphreys, Joe Wilby, Ben O'Reilly, Rhys Strudwick, Zack Ewington, Matilda Burrell, Evie Kinsley, Felix March

**Year 8:** Finley Taylor, Luke Stone, Maddy Friday, Jack Besley, Callum Humphry, Dominic Taylor, Ivo Angelov, Luke Arnell, Evie Lord, Archie Wheeler-Eves

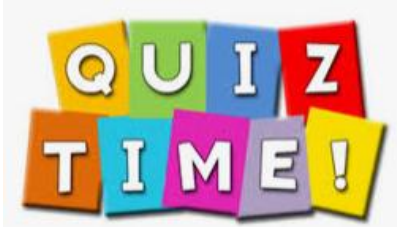
A special mention to Amy Bloomfield for her persistence.

Stay Safe



Ms Hudson

## DRAMA QUIZ



The winners of this week's Drama 'Race to 100%' quiz are....



**Year 9:**  
Eleanor Warner  
Megan Thomas

**Year 10:**  
Lottie Wardley  
Ollie Large  
Susannah Wallbank

**Year 11:**  
Jessica Munro  
Prazna Moktan  
Willow Matthewson

Congratulations to all those who took part and see you for the quiz next Wednesday!  
Mr Kirby and Mr Jones

## HEGARTY MATHS

Congratulations to the following children who have clocked up the most learning hours on Hegarty Maths this week.



Top Correct Answers 1<sup>st</sup> May – 7<sup>th</sup> May

Year 7	Year 8	Year 9	Year 10	Year 11
Alice Horn Beth Perrett Alexander Jarman Lee-Marvin Agbonifo Nila Nasekhian Poppy Johnson Harry Peters Rhys Strudwick Daisy Wells Areez Jaufaraully	Mollie-Ann Norris-Akehrst Shanayde Walder Spencer Hawley Amelia Hawley Finley Taylor Jay Lloyd Amelia Pointer Tom Lucas Lily Fretwell Joaquin Sidir	Rebecca Ansell Arda Albay Jessica Chapman Rosie Tiller Chayse Elliott Abigail Hayden Emily Dansie-Smith Kayla O'Neill Anya Sedgwick Ruby Finnigan	Harry Newell Madeline Howland Jack Lawrence Paige McNulty Rushil Patel Hayley Driskell Clodagh Blake Andrew Ball Wyatt Blakeley Alistair Bell	Minnie Snape Ellie-Louise Robertson Luke Burgess Binal Chudasama Ella Rodd Stanislav Pitman Hayley Ford Samantha Harding Faith Bayode Toni Norman

## EDUCAKE

Congratulations to the following children who have clocked up the most learning hours on Educake this week.



Top Correct Answers 1<sup>st</sup> May – 7<sup>th</sup> May

Year 7	Year 8	Year 9	Year 10	Year 11
Lily Hall-Brennan Olivia Thompson Alice Horn Evie Kinsley Joe Skinner Evie Pawlowicz David Alexandre Ramos Derren Mitchell-Belton Mustafa Javaid Emma Dewar-Smith	Thomas Romaine Kai Brooker Jake Holmes-Williams Ramatoulie Saidy Tobias Monkcom-Gent Freya-Leigh Robertson India Perfitt Oliver Bixley Spencer Hawley Cameron Turner	Kiaya Hyder Teddy Irving Eleanor March Kacey Breach-Finch Gabrielle Baldwin Joshua Ashley Jessica Leary Harrison Jeffery Vimbikai Chituwu Leigha Eaton	Mia Ferrao Lucas Savage Madeline Howland Erin Cato Demie O'Leary Evelyn Salisbury Zuzanna Skiba Sadie Jenkins Emily Bixley Courtney Holden	Jessica Munro Elysha Dawson Megan Bendall Archie Adams Amelia Saunders Stanislav Pitman Reece Ramnanansingh Robin Landon Ayshah Saleem Madeleine Parkes

## TASSOMAI

Congratulations to the following children who have clocked up the most learning hours on Tassomai this week.



Top Correct Answers 1<sup>st</sup> May – 7<sup>th</sup> May

Year 7	Year 8	Year 9	Year 10
Dawson Francis Derren Mitchell-Belton Lois Humphreys Olivia Thompson Rafe Stevenson Charlie Marsden Afua Larbi-Yeboah Adam Smith Jesse Parker Summer Leuchter-Stevens	Oscar Yermo Tilly Richardson George Marcroft Timea Sipos Elliot Bartley Jake Holmes-Williams Matthew Ainsworth Leian Wye Harry Judge Arvo Steins	Theo Perry-Brown Louis Jackson Jessica Sturgeon Kenzie MacKinnon Tia-Lousie Savage Jayden Reynolds Thomas Bisset Gwendolyn Sheehan Nyah Fisher Harriet Seymour	Ella Bryant Alexander Walters Thomas Goodbourn Alistair Bell Matilda Skyrme Sam Sherwin Joshua Saunders Samuel Froggatt Harry Fripp Tia Hunter-Haschka

## VOCAB EXPRESS

The MFL team are so impressed with the Vocab Express achievements. Little and often is the most effective way to learn vocabulary in a foreign language. Keep up the great work!



1<sup>st</sup> May – 7<sup>th</sup> May Challenge – Congratulations to the following children:

Year 7	Year 8	Year 9	Year 10	Year 11
Rafe Stevenson – 1,850 Areez Jafarally – 1,510 Charlie Marsden – 865 Libby Finnigan – 605 Paige Hyett – 590	Maddy Friday – 1,595 Nandini Joshi-1,560 Tilly Richardson – 380 Joel Bayode - 270 Amelia Hawley – 270 Lizzie Shepherd – 240	Tia-Louise Savage – 1,040 Anya Sedgwick – 655 Harriet Seymour – 520 Jack Boothe – 475 Gracie Budgen - 290	India Whitton – 1,800 Alexander Walters – 690 Mia Ferrao – 660 Lilia Dobson – 650 Amna Perveez - 200	Binal Chudasama - 180

## BEDROCK LEARNING








Congratulations to the following Year 7 children who have completed the most lessons on Bedrock Learning for the week 4<sup>th</sup> May – 7<sup>th</sup> May.



Thomas Doyle  
Lulietta Bramham  
Zaine Brathwaite  
Omar Khalil  
Evie Kinsley  
Sophie Kitchen  
Keifer Nicholas  
Joe Rolaston  
Alfie Aldred  
Nat Ayres

## ONLINE RESOURCES

We have included below some of the resources to help children to continue progressing in their studies. The majority of work will be set on Show My Homework but we have listed some of the other resources for particular subjects.

Show My Homework		<a href="https://reigateschool.showmyhomework.co.uk/">https://reigateschool.showmyhomework.co.uk/</a>
Maths		<a href="http://www.hegartymaths.com">www.hegartymaths.com</a>
Science		<a href="http://www.educake.co.uk">www.educake.co.uk</a>
Science		<a href="https://www.tassomai.com/">https://www.tassomai.com/</a> Tassomai is available on most devices including PC's and phones.
Languages		<a href="http://www.vocabexpress.com">www.vocabexpress.com</a>
Languages		<a href="http://www.pearsonactivelearn.com">www.pearsonactivelearn.com</a>
General		<a href="http://www.bbc.co.uk/bitesize">www.bbc.co.uk/bitesize</a>

If your child has forgotten their login details for any of these websites please email [info@reigate-school.surrey.sch.uk](mailto:info@reigate-school.surrey.sch.uk).

## NOTICES

For children aged between 11 and 19 there is a ChatHealth Service available provided by the Surrey School Nursing Service.

For more information please visit the website <https://childrenshealthsurrey.nhs.uk/ChatHealth>



Children and Family Health Surrey | ChatHealth | NHS

If you're aged 11 – 19 text your school nurse **07507 329 951**

if you want to talk about

- Problems with friends or family
- Relationships
- If you are feeling sad or angry
- Bullying
- Drinking alcohol or smoking
- Changes to your body

## STARLINE

StarLine is a national home learning helpline offering expert information and advice to parents and carers.

StarLine advisers are qualified teachers and education and parenting experts from schools, trusts and national organisations. They work in different types of schools, in different towns, and cities and have different subject specialisms. They all understand the challenges of home learning and want to help parents and carers support their children's learning.



StarLine can help parents and carers in the following ways:

- By providing access to a team of qualified teachers, education and parenting experts.
- By focussing on providing practical ideas, support and reassurance.
- By offering tips, techniques and resources to enable parents to give their children the support they need to continue learning while schools are closed.
- By supporting family wellbeing and mental health.
- By covering all phases of education and subjects plus behaviour, pupil wellbeing and SEND.

StarLine is available to parents and carers of children from all schools nationwide. Free, confidential advice is available six days a week by phoning the StarLine team on 0330 313 9162. For more information, visit <https://www.starline.org.uk/> or follow [@StarLineSupport](https://twitter.com/StarLineSupport) on Twitter.

## SAFEGUARDING



Thinkuknow is an education programme from the National Crime Agency's CEOP Command. Since 2006, Thinkuknow has been keeping children and young people safe by providing education about sexual abuse and sexual exploitation. Thinkuknow is unique. It is underpinned by the latest intelligence about child sex offending from CEOP Command. Thinkuknow aims to ensure that everyone has access to this practical information – children, young people, their parents and carers and the professionals who work with them. Alongside the Thinkuknow website the programme provides educational resources, including films, cartoons and lesson plans, to help parent/carers and professionals raise young people's awareness. <https://www.thinkuknow.co.uk>

## ONLINE SAFETY AT HOME

#OnlinesafetyAtHome has been created by the NCA-CEOP ThinkuKnow Education Team to support parents and carers during COVID-19 and the closure of schools.



#OnlineSafetyAtHome  
From Thinkuknow



Each fortnight, a new home activity pack is released with simple 15 minute activities parents and carers can do with their child to support their online safety at home. For more information and to access the activity packs please visit the websites below.

<https://www.thinkuknow.co.uk/>

<https://www.thinkuknow.co.uk/parents/Support-tools/home-activity-worksheets/11-13s/>

<https://www.thinkuknow.co.uk/parents/Support-tools/home-activity-worksheets/14-plus/>

Parent Info is a collaboration between Parent Zone and NCA-CEOP, providing support and guidance for parents and carers related to the digital world from leading experts and organisations. Specific articles have been created for Parent Info to support families during this difficult time. For more information and to access the articles please visit the websites below.

[Parent Info](#)

<https://parentinfo.org/article/video-chatting-a-guide-for-parents-and-carers-of-secondary-school-age-children>

## CAREERS

### CAREERS GUIDANCE

We have a careers section on the school website which contains useful information regarding college open events, up and coming careers events at Reigate School, details regarding apprenticeships and how to search and apply for them along with links to useful websites. There is also a link to a quiz which is fun to take and will give children an idea of what kind of careers will suit their personalities. Go to Academic-Careers or Academic-Option at post 16 for details of local college open events. Below are some other very useful websites which have plenty of information regarding further education, apprenticeships and careers choices plus interview techniques and many other tips.



## COMMUNITY HELPLINE



Surrey County Council have set up a new community helpline to direct families to services that can help during the coronavirus pandemic.

This community phone line is here for two things:

- To help direct residents who need support, if friends and family are unable to help with such things as picking up shopping, prescription collections or having someone who can be a telephone friend, and other services that can help.
- To provide advice on where to register your offer of help to support your community.

Community Helpline number: 0300 200 1008 (Monday to Friday: 8am to 6pm, Saturday and Sunday: 10am to 2pm)

<https://www.surreycc.gov.uk/people-and-community/emergency-planning-and-community-safety/coronavirus/community-support/need-help>

Supporting families across Surrey and surrounding areas

# COVID-19 CRISIS BEREAVEMENT HELPLINE 01342 313895

9am - 12 noon, Monday - Friday,  
Calls out of these hours are monitored



**Information, advice and guidance to help and support bereaved children and young people and for those facing a loss of a loved one during the Coronavirus outbreak and beyond**

- ✚ How to talk to your children
- ✚ Physical and emotional responses from children
- ✚ Choosing the right words
- ✚ School support
- ✚ Age appropriate information
- ✚ Making memories
- ✚ Family advice and support

**Throughout this challenging time our trained support workers will be there to support you and your children**

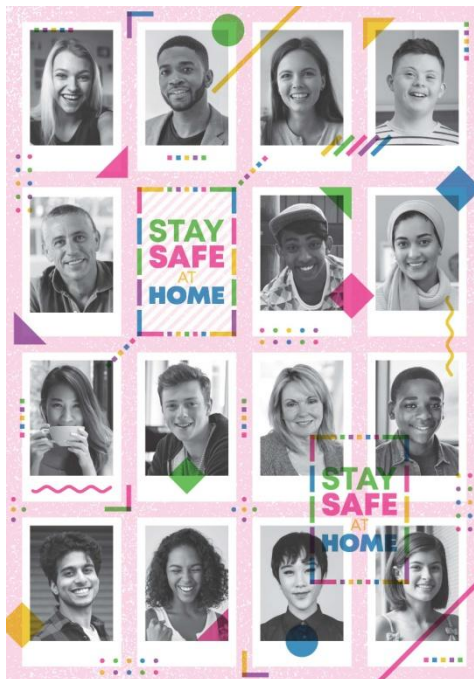
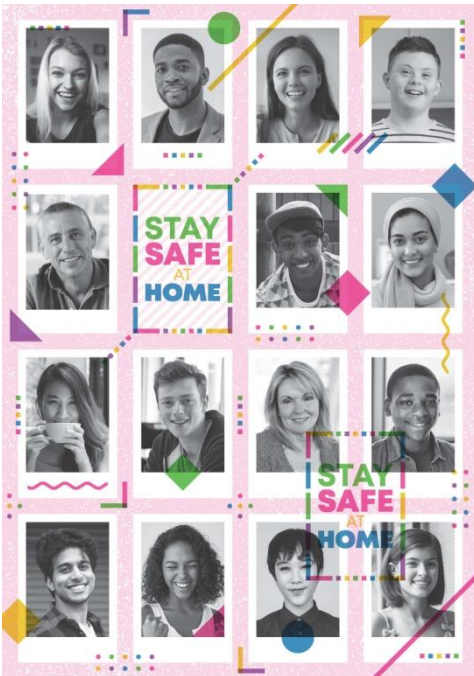
**Contact us:** [www.jigsawsoutheast.org.uk](http://www.jigsawsoutheast.org.uk) / [info@jigsawsoutheast.org.uk](mailto:info@jigsawsoutheast.org.uk)

**Follow us for our latest advice and resources:**    

Reg. Charity No. 1147696 Company No. 08014061 Patron: Sir Edward Davey

Families East Surrey Magazine is a magazine for families covering the areas of Leatherhead and Dorking, Reigate and Redhill, Godstone, Oxted and Lingfield, Warlingham and Caterham and down to Horley and the Surrey/Sussex border in the south. Below is a link to the April/May issue which may contain some helpful information.

[https://issuu.com/familiesonline/docs/surrey\\_east](https://issuu.com/familiesonline/docs/surrey_east)



### How are you doing?

If you, or your family are having a hard time at the moment, you are not alone. There are many ways to get help.

### How to keep your child safe

Young people may be spending a lot more time online. Do you know who your child is talking to?

For online safety advice for children and parents visit [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)

If young people see something criminal online (or offline) they can report it 100% anonymously at [www.fearless.org](http://www.fearless.org)

If you're concerned about the safety of a child or young person call **0300 470 9100 (01483 517898 out of office hours)** to speak to the specialist team at Surrey Children's Single Point of Access.

### Mental health

Social distancing and isolation will be hard for many people. For tips on mental wellbeing and to access specialist support locally visit [www.healthysurrey.org.uk/mentalwellbeing](http://www.healthysurrey.org.uk/mentalwellbeing)

You can also get help from Mind. Visit [www.mind.org.uk](http://www.mind.org.uk), call 0300 123 3393 or text 86463.

If you, or someone you know is in crisis visit [www.samaritans.org](http://www.samaritans.org) or call them on 116 123.

Young people who are feeling particularly anxious or depressed can visit [www.kooth.com](http://www.kooth.com)

### At home shouldn't mean at risk

If you are feeling frightened in your home because of someone's behaviour, the Surrey Domestic Abuse Helpline is open 9am to 9pm, 7 days a week; **01483 776822** or visit [www.surreyagainstda.info](http://www.surreyagainstda.info)

If you are in immediate danger call the Police on **999**. If you can't talk out loud the police operate a Silent Solution, call **999** and then press **55**.

Children and young people who don't feel safe at home can get help from Childline, call **0800 1111** or visit [www.childline.org.uk](http://www.childline.org.uk)

**Stay Safe. #SurreyTogether**

