

# Reigate School

Issue No: 181

## NEWSLETTER

Friday 26<sup>th</sup> June 2020



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### MESSAGE FROM THE HEAD OF SCHOOL

With the Black Lives Matter movement currently an important topic of discussion in the world we wanted to highlight some of the work that the children have been doing relating to the movement in this week's newsletter.

We also have some excellent artwork completed by the children in the newsletter.

Please note that the INSET day that was scheduled for Monday 29<sup>th</sup> June has been cancelled and those children that are due into school should still attend and work will be set on Show My Homework for the children at home.

Stay safe and well.

Mr Alexander

### HOME WORKING HEROES OF THE WEEK

#### RE AND SOCIOLOGY

Nyah Fisher (Year 9) for her incredible work in RE and Sociology.

#### ENGLISH

Luke Stone (Year 8) for his excellent work on Greek Gods as part of the Year 8 Greek Mythology and allusions unit of work.

#### MFL

Claudia D'Angelo (Year 7) for her amazing poster which demonstrated so much evidence of research and hard work. It was beautifully presented. Well done Claudia!

#### SCIENCE

Lucy Mascal, Sam Potten and Sophia Walsh (Year 9) for their excellent presentations on electrical resistance.

#### DRAMA

Alba Gayubas (Year 8) created a phenomenal script for her homework, above and beyond what was asked and a really good read.

#### PE

Euan Waite (Year 10) for his outstanding distance learning work and excellent presentation.

#### HUMANITIES

Amelie Jackson (Year 9) for her fabulous amount of fantastic work lately.

#### FOOD AND NUTRITION

Emily Davidson (Year 10) for her excellent contribution to the face to face session on Friday 19th June.

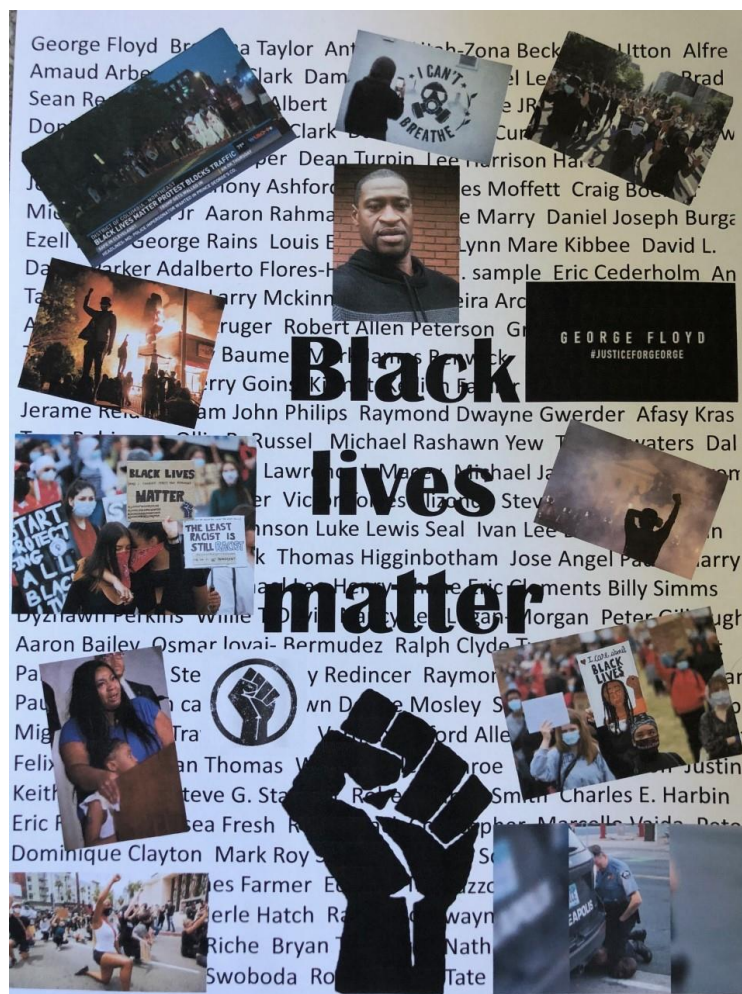
Holly MacLennan (Year 7) for her beautiful butterfly cake and gingerbread house that she made.

#### MATHS

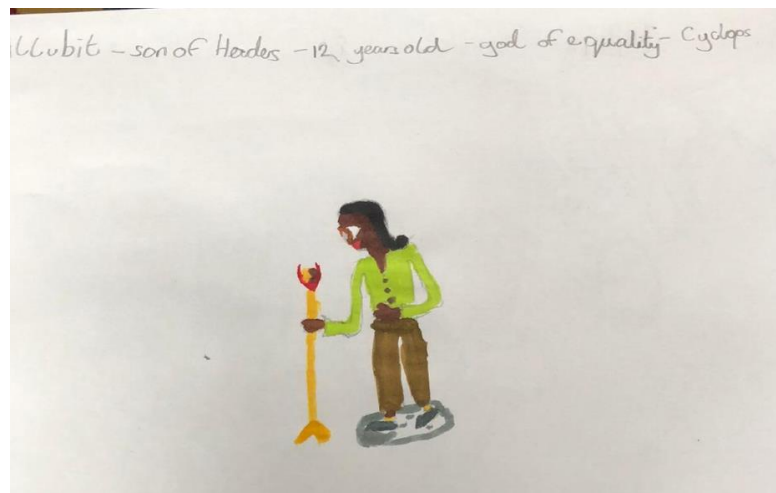
Alexander Walters (Year 10) for his consistent hard work and motivation!

All of class 9T1, Maths for their work ethic and engagement with home learning.





Over the past few weeks the children in Year 7 and 8 have been asked to create Greek Gods or Goddesses and their own Pandora's Box as part of their Greek Mythology and allusions unit of work in English. They have created ideas around equality and kindness, which has been lovely to see during this important time. Well done to Aaron Newsam, Nina Krystowczyk and Sophia Crabtree who have created some fantastic work.

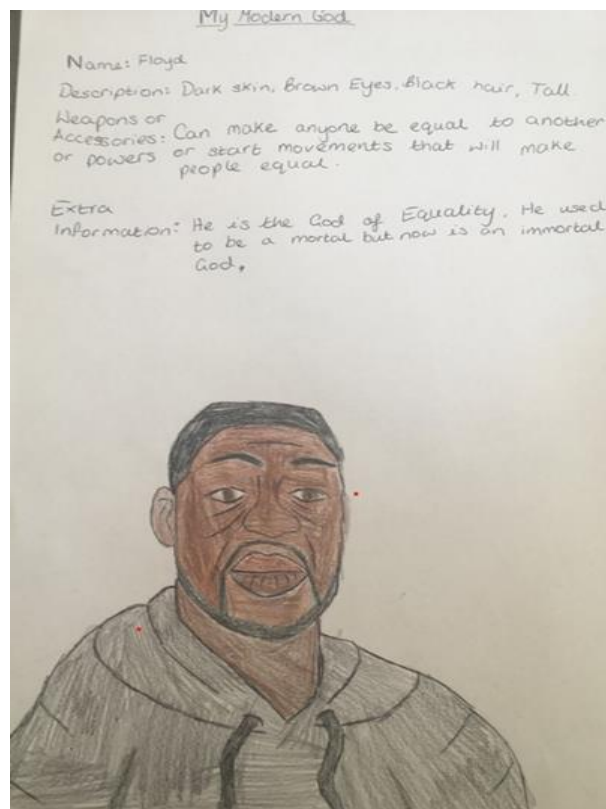


Aaron Newsam (Year 8) created a Greek God of equality.



Nina Krystowczyk (Year 8) created a digital drawing of Pandora's box on her phone. Everything coming out of the box is evil and everything going in is fine.

Sophia Crabtree (Year 8) created a Greek God of equality.





In RE we have focused some lessons on the Black Lives Matter movement and the children were set a written task after a lesson of discussion. The task was to write a piece answering the following questions;

*I believe that people are right/wrong to be protesting about the murder of George Floyd. This is because...*

*Others might disagree with me because...*

*I believe that violence within some of the protests is justified/unjustified. This is because...*

*Others might disagree with me because...*

*I believe protesting is/is not the best way of creating social change. This is because...*

*Others might argue...*

Well done to Alistair Bell, Annie Thompson, Erin Cato, Oliver Shepherd, Joshua Saunders and Ruby Church who submitted some excellent pieces of writing.

I believe that people are right to be protesting about the murder of George Floyd. This is because protesting is a way of people not in positions of power to express their anger of the murder and in large groups of people it can spark change and make justice. Furthermore I believe that it is wright for people to protest because the best way for society to improve is a collective agreement that something is unacceptable in this instance, police brutality.

Others might disagree with me because the presence of a protest can lead to violence and people taking advantage of the mass outrage, leading to looting and destruction of property owned by people who have nothing to-do with what is happening. Furthermore protests can lead to anomie and the break down of social norms and values, eventually the message of the cause is lost as the protests become less about fixing society and more about the destruction of society

I believe that violence within some of the protests is not justified. This is because the cause of the protests is to change the violence of the police and their unjustified brutality to minorities and the violence that the protesters can be seen as hypocritical and the violence does not help the cause and only ruins the good intent of the original protesters. Others might disagree with me because violence is justified because the violence is a build up of anger from many years of police brutality and the George Floyd incident was the tipping point for many people. Furthermore the violence could be seen as a way of people fighting the system and challenging authority which could lead to change.

I believe protesting is the best way of creating social change. This is because protesting is a expression that change is needed and the collective masses coming together openly challenging the system is more powerful than an online petition or sending angry letters. Furthermore protests have been successful in the past efficiently changing society for the better. Others might argue that protests are not the best way of social change because other methods are more efficient and more peaceful. One may argue that directly challenging the law in courts or changing laws in the parliament is a better use of time.

I believe that people are wrong to be protesting about the murder of George Floyd. This is because he wasn't an amazing guy, he was a drug dealer and was in prison, and everyone protesting is making it out like he was a saint when he wasn't. I think they are using his death as an excuse for the protests when they don't need to. These BLM protests should have happened years ago and not because an ex-criminal was killed by a police officer.

Others might disagree with me because they believe that the officer that killed George Floyd was a racist and that he only killed him because of the colour of his skin. The protests are also for all the other innocent black people that were murdered because of their skin.

I do believe that it is good they're protesting but they shouldn't be glorifying George Floyd and instead it should be for everyone who has been effected by racism.

I believe that violence within some of the protests is unjustified. This is because that if someone is violent towards you, you shouldn't be violent back because then you're both the bad person. If it is just the police being violent other people will be angry ant them and protest as well.

Others might disagree with me because they believe that the officers should have a taste of their own medicine and see how they like being attacked for no reason.

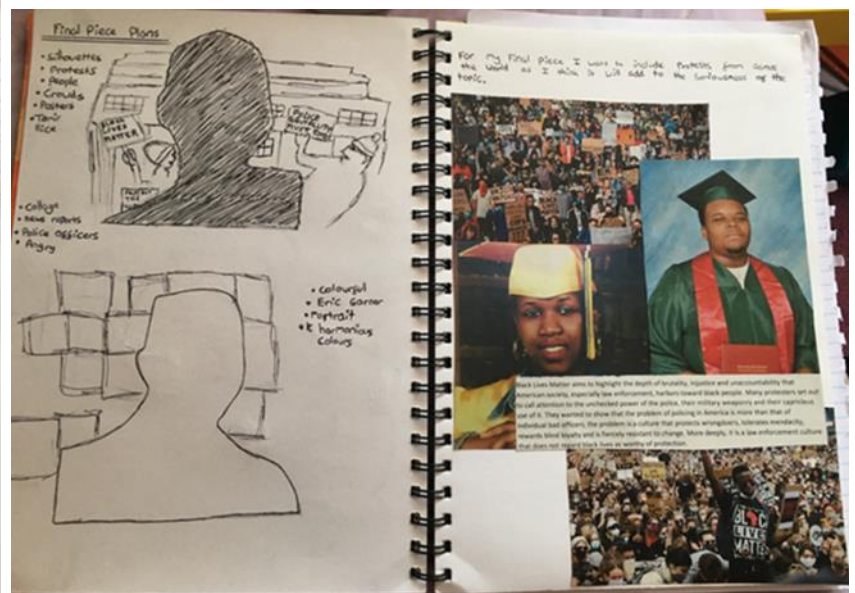
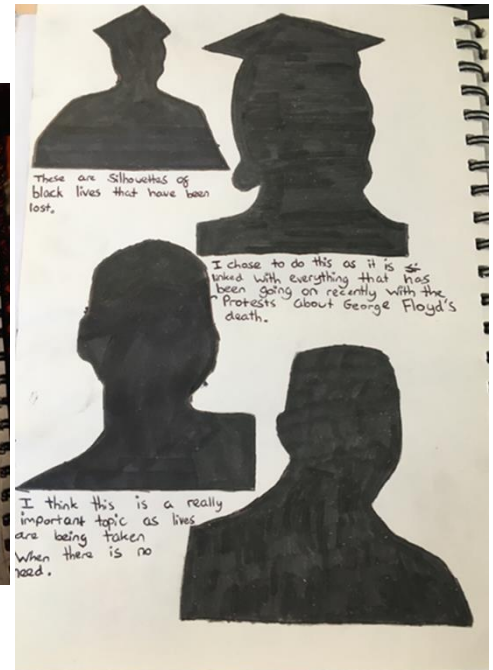
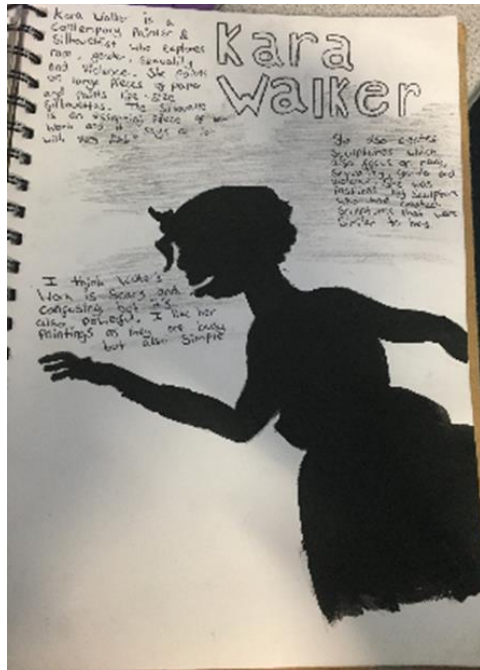
I believe protesting is not the best way of creating social change. This is because I think that they should be doing something bigger to show how much black lives matter and that society needs diversity and equality. Because protests aren't giving reasons for the police to agree with them.

Others might disagree with me because they believe that the protests are effective and they show the motivation these people have and show that they will not be giving up anytime soon.

## ARTIST OF THE WEEK

### ISABELLE KIBUUKA

Isabelle has been working hard on her Art coursework this term. She has based her ideas on the Black Lives Matter movement. Isabelle has done a lot of research and recognises the importance of making art that carries an important message. Here you can see she has explored the theme of protests. Isabelle is working towards a final piece and hopes to combine techniques such as stencilling, collage and text in her work. Well done Isabelle, we are really proud of you.

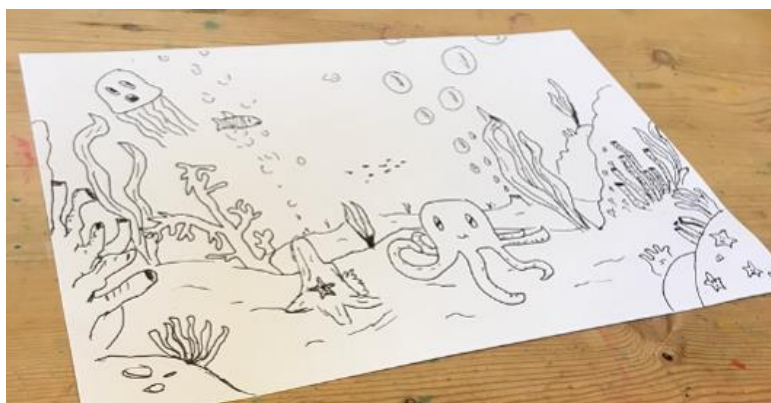
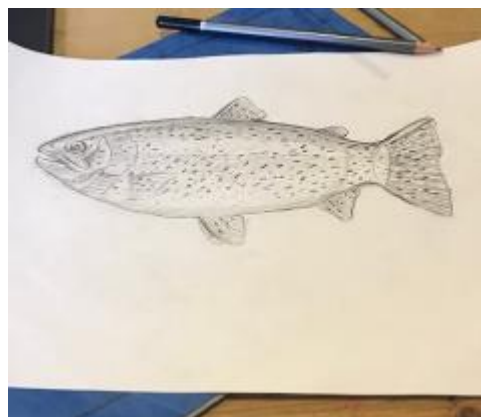




## ARTIST OF THE WEEK

### JOE WILBY

A big well done to Joe who has made fantastic progress over the lockdown period. Each week Joe has improved his art skills and really tried hard to achieve the objectives set. Here is a collection of his works. Well done Joe, we are really proud of you.



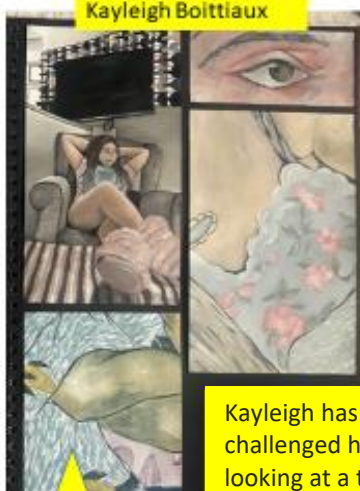
## YEAR 10 ARTWORK

Isabelle Kibuuka



Isabelle has created this stencil effect piece using acrylic paints. Isabelle plans to develop a project based on the Black Lives Matter movement.

Kayleigh Boittiaux



Kayleigh has really challenged herself by looking at a technique called foreshortening. This is really tricky and she has managed it really well. Well done Kayleigh

Emily Hill



Emily is planning for her final piece, here she has considered a range of different compositions. Well done Emily.

It has been lovely to see our Year 10's back in school over the past two weeks. They have been working very hard in getting prepared for their final pieces. Here are some of their latest sketchbook pages. Well done Year 10 Art, we are really proud of you.

10B Superstars



Ottlie Fox

Ottlie has been experimenting with creating water using acrylics. It was a great idea to use the whole page. I am particularly impressed with the ripple effects.

Mimi Tinn-Williams



Mimi has been developing a project based on 'Fears'. Here she has been looking at insects. These are confident experiments Mimi. Well done!

Holly has successfully used charcoal using loose lines to create these expressive portrait responses. Well done Holly.



Holly Cresswell

10B Superstars



Iris McAuliffe

Iris has been looking at the theme of nature and architecture and started to work from her own photographs.

10B Superstars



Veronika Ramm

Veronika has been focusing on creating texture. She has used marks and tone to give the illusion of light and texture. This is a highly accurate page!



Lauren Clements

Lauren has been looking at an artist who is interested in architecture. This response shows a real understanding of perspective.



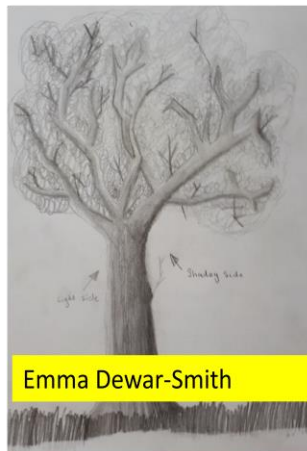
Lily Ella Waylett

This is a piece in response to the artist Edward Hopper. Here Lily has focused on mixing tones to show light and shade. A clever painting. Well done Lily.

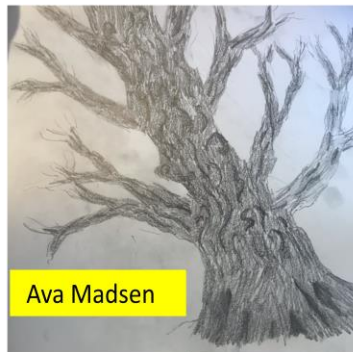


## YEAR 7 ART

Year 7 have been working on tonal drawings of trees. We are so proud of their use of shading and adding texture by crosshatching and using other mark making techniques. Well done to Year 7 we have had so many fabulous drawings sent in.



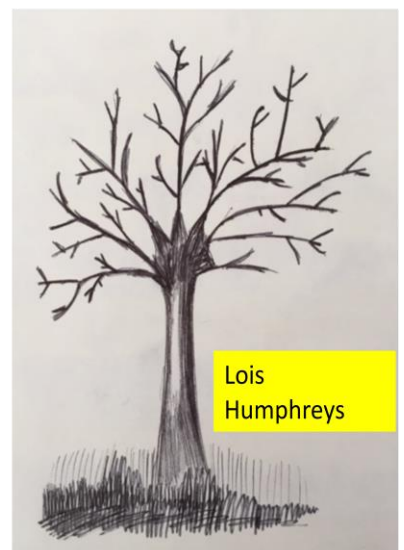
Emma Dewar-Smith



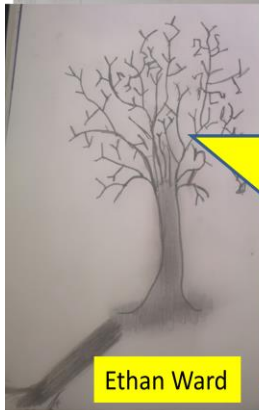
Ava Madsen



Poppy Macpherson



Lois  
Humphreys



Ethan Ward



Pearl Lau



Kira Lieven



Emily Hayes

## GCSE HISTORY REVISION

A Reigate History GCSE Quizlet has been created for Years 9 and 10 so they can use this regularly to revise knowledge for GCSE topics. Please use the link below to access the Quizlet.

<https://quizlet.com/join/9nFTm9MwZ>



## SCHOOL ASSEMBLIES

This term we will be running weekly assemblies for the whole school. The children will receive a link to the weekly assembly every Monday via Show My Homework.

This week's assembly is on the topic of "The Reigate School Values" and can be viewed on the link below. Please paste the link into your web browser if you have any difficulty accessing the assembly.

<https://www.loom.com/share/0234e5bf0ac042fabe57383a675d8f89>

**Reigate School**

*Helping children achieve their academic, social and personal potential*



## CAREERS

The next week of career talks from a variety of professionals online through Speakers for Schools starts on Monday 29<sup>th</sup> June. For more information regarding the speakers and to access the talks please visit the link below.

<https://www.speakersforschools.org/inspiration/vtalks/upcoming-vtalks/>



DATE	SPEAKER	INFO
Mon 29 <sup>th</sup> June 2pm	Mark Maciver, Slider of Slidercuts	Barber Mark Maciver, better known as the 'Slider' of SliderCuts, shapes up a list of high-profile clients, including Stormzy, Tinie Tempah, Anthony Joshua and Marvin Humes. Having started out as an apprentice over 20 years ago, in June 2018 he launched his own barbershop on Hackney Road and has since worked with Facebook and Nike, while his razor-sharp styling sees booked by brands including Louis Vuitton and Burberry at London and Paris fashion weeks.  Mark is joining SFS to discuss his journey as a barber and entrepreneur and to encourage the next generation to consider hairdressing as a potential career. Be sure to tune in to put your questions to Mark!
Tues 30 <sup>th</sup> June 10am	Cathy King, Literary Agent, 42 Management & Production	Find out about the world of writing for film, television and theatre and what it's like to be a talent agent with SFS & Cathy King, Literary Agent at 42 Management and Production.
Tues 30 <sup>th</sup> June 2pm	Simon Hodgkinson Group Chief Information Security Officer, BP Plc	Join us Simon Hodgkinson, Group Chief Information Security Officer with BP discusses all things cybersecurity. Learn about Simon's life lessons from a career in tech and gain insights into the opportunities and careers that exist in cybersecurity!
Wed 1 <sup>st</sup> July 11am	Celebrating Women in Engineering with Thames Water & UTC Reading Dina Gillespie, Area Operations Manager at Thames Water; Katherine Whatley, ICA Technician at Thames Water; Cheryl Atkinson, Thames Valley East Systems Operator, Control at Thames Water; Stephanie Mitchell is the Executive Director of Careers and Destinations at UTC Reading; Year 11 Engineering Student at UTC Reading, Elise Hammond	Celebrating women in engineering! Engineering is a key part of the water industry - through engineering we can innovate and help shape our world. Women in engineering roles in Thames Water vary from on-site technicians to design engineers working on developing new projects. Today we will meet three Thames Water colleagues along with UTC Reading's Careers Lead and one of her engineering students to discuss how we can support a more diverse workforce, challenge stereotypes and provide greater opportunities for women and girls in engineering.  Please note, this event will be moderated and managed by Thames Water.
Thurs 2 <sup>nd</sup> July 2pm	In collaboration with Penguin Talks: Marlon James, Author & Ekow Eshun, Journalist	Multi-award winning author, Marlon James, joins British writer, journalist, broadcaster and curator, Ekow Eshun, to discuss what creativity means to them and how we can be more creative in our lives.
Fri 3 <sup>rd</sup> July 10am	Andy Haldane, Chief Economist, Bank of England	We're excited to welcome Andy Haldane, Chief Economist with the Bank of England to discuss the importance of economics in everyday life, current affairs and their link to economics and answer questions about his own career path and background!

## PSHE

Did you know that a **change in the law means that all secondary schools are required to teach Health, Relationships and Sex Education from September 2020?** We understand that naturally, you may have some questions and concerns about this and we welcome them. Parents and carers, please submit your views here: <https://www.surveymonkey.co.uk/r/PSHERSE1>



## 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 MONOPOLY COMPETITION

The MFL department are running a competition based around a Monopoly board. We would like you to create a colourful, eye-catching poster of all your answers, as you move around the Monopoly board. You can use the internet to find out the information. Full details and copies of the Monopoly boards for French and Spanish can be found on Show My Homework.

Once completed, please submit your entries via email to Mrs Monnery [J.monnery@reigate-school.surrey.sch.uk](mailto:J.monnery@reigate-school.surrey.sch.uk) before Friday 17<sup>th</sup> July. We will award 10 achievement points for the top three entries.



# Ready, Set, Play!

All entries to be emailed to  
[J.monnery@reigate-school.surrey.sch.uk](mailto:J.monnery@reigate-school.surrey.sch.uk)  
By 17th July



1

Choose any Spanish or French speaking country and roll the dice.



2

Do some research with the info given on your chosen country.



3

Write down all the information found.



4

Design an A4 poster with all the researched information.



5

Send your work by 17th of July.



## OUR CHANGING WORLD PHOTOGRAPHY COMPETITION

### Photography Competition 2020

This week I would like to invite all Reigate School children, parents/ carers and staff members to take part in the photography competition organised by the Royal Society of Biology.

'Our changing world' is the theme of the competition in 2020. Life on Earth is dynamic and we invite you to capture these transformations.

Your photograph could illustrate the changes which occur within nature, including metamorphosis and shifts from young to adult. You might wish to depict how habitats develop during ecological succession, how wildlife adapts, or the impacts humans have on nature. We also welcome entries that explore this theme at the cellular, genetic and molecular level, exploring how life can change at a variety of different scales.

#### Prizes

- **Photographer of the Year** (18 and over) - £1,000 top prize
- **Young Photographer of the Year** (under 18) - £500 top prize

#### Rules

- Each entrant may enter **up to three** photographs into the competition.
- Images should be high resolution JPEG or PNG files and no larger than 10MB in size.

**Deadline:** Friday 24th July 2020.

Please click below for more details and how to apply:

<https://www.rsb.org.uk/get-involved/rsb-competitions/photography-competition>

**Children please do not forget to email your photos to me too for a Reigate School Biology display.**

Thank you

Mrs Hudson



## SCIENCE QUIZ



**Fabulous Work Year 7 & 8 SUPER scientists!**  
**These are the Top 10 quiz performers**

**Year 7:** Afua Larbi-Yeboah, Lois Humphreys, Zain Gardiner, Emily James, Robert Sherriff, Archie Graham-Williams, Claudia D'Angelo, Fred Mason, Amy Hedges, Jasmine Setterfield

**Year 8:** Sophia Bryant, Anna Mitchell, Tamar McLoughlin, Noa White, Luke Stone, Nicholas Jaschinski, Finley Taylor, Alexander Knowles, Joel Stratton, Jack Dewey

A big thank you to all the other children who also submitted the quiz. I really appreciate it.

Enjoy the Sunshine, stay safe

Mrs Hudson



## DRAMA QUIZ



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



### Year 7:

Dominic Jacques  
Sophie O'Connell  
Muhammad Mutaf Javaid  
Robert Sherriff  
Leah Motton  
Jayden Langdale  
Edward Dewar  
Daisy Miller  
Amy Bloomfield

### Year 8:

Spencer Hawley  
Nandini Joshi  
Alexander Knowles  
Patrycja Skiba  
Anna Mitchell  
Sophia Bryant  
Mathilda Houghton  
Lilly-May Fiech  
Callum Humphry

### Year 9:

Daisy Bamford  
Greta Delany  
Rosie Tiller

### Year 10:

Ashleigh Norman  
Finlay Garrett

### Year 11:

Jessica Munro

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

## HEGARTYMATHS

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



Top Correct Answers 20<sup>th</sup> June – 26<sup>th</sup> June

Year 7	Year 8	Year 9	Year 10
Daisy Miller Keifer Nicholas Ella-Rose Davidson Isabella Cserenyecz Harry Wickens Zaine Brathwaite Mia Luckins Poppy Macpherson Adile Yavuz Frankie Lynn	Maddy Friday Chloe Richardson Emilia Marriott Jaimie Murray Luke Bartley Evie Lord Thomas Durward Finley Taylor Tremain Benjamin Jaydel Edge	Emily Dansie-Smith Anya Sedgwick Lucy Mascal Scarlett Richards Jessica Leary Rosie Tiller Kayla O'Neill Sophie Jackson Eleanor March Romilly Marshall	Alisha Haider Paige McNulty Alfie Taylor Wyatt Blakeley Jacob Mizon Lilia Dobson George Apostu Ellie Shopland Kayleigh Gough Jacob Dewar

## 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!



20<sup>th</sup> June – 26<sup>th</sup> June Challenge – Congratulations to the following children:

Year 7	Year 8	Year 9	Year 10
Cerys Wilson - 510 Nila Nasekhian - 355 Evie Pawlowicz - 340 Rafe Stevenson - 310 Isobel Grant - 260	Tristyn Bean – 1,620 Raven Cheung - 1550 Anna Mitchell - 995 Matthew Ainsworth - 745 Tilly Richardson - 575	Anya Sedgwick – 1,780 Nina Mehmood - 175 Alex Cheung - 150	Lilia Dobson – 1,640 Thomas Goodbourn - 890 Wyatt Blakeley - 180



## EDUCAKE

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



Top Correct Answers 20<sup>th</sup> June – 26<sup>th</sup> June

Year 7	Year 8	Year 9	Year 10
Claudia D'Angelo Liam Williamson Rian Whatsley-Parsons Harry Peters Chloe Smallman Olivia Thompson Owen Haacke Ella Garrett Eva-Christina Smart Adam Smith	Finley Taylor Nandini Joshi Jake Holmes-Williams Chloe Richardson Ramatoulie Saidy Theo Murray Thomas Romaine Aleeza Pervaiz Jaimie Murray Oscar Yermo	Lucy Mascal Albion Hysa Rosie Tiller James Cattermole Gracie Budgen Farhad Ashrafi Jack Dempsey Eva Smallman Samuel Dyke Caitlin Holloway	Devontie Etienne Matilda Skyrme Veronika Ramm Lilia Dobson Paige McNulty Tristan De-Grads Paige Barlow Cicely Dennis Ella Bryant Ashleigh Norman

## TASSOMAI

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



Top Correct Answers 20<sup>th</sup> June – 26<sup>th</sup> June

Year 7	Year 8	Year 9	Year 10
Olivia Thompson Summer Leuchter-Stevens Derren Mitchell-Belton Jesse Parker Henry Robinson James Turnbull Fred Mason Rafe Stevenson Jack Borrett Charlie Marsden	Tilly Richardson Madeleine Powell Nandini Joshi Elliot Bartley Sophia Crabtree Harry Judge Keeley Weller Luke Arnell Max Gardner Keeley Weller	Theo Perry-Brown Oscar Nott Nyah Fisher Amelia Macpherson Greta Hall Alex Cheung Louis Jackson Christian Larbi-Yeboah Jayden Reynolds	Alexander Walters Thomas Goodbourn Harry Frupp Lana Payne-Olufunwa Annie Thompson Lilia Dobson Paige Barlow Bertram Bramham Alistair Bell Ella Bryant


## NOTICES

Swots Reigate is now open Monday – Friday 10am – 4pm for online orders (click and collect) and kerbside customer service. Please visit the website for full details on how to order and their new safety measures.



[www.schooluniformsonline.co.uk](http://www.schooluniformsonline.co.uk)

# GET STARTED IN




## HEALTH & SOCIAL CARE

June 16th-18th North Surrey  
July 7th-9th East Surrey  
July 14th-16th West Surrey

Are you 16-30 years old and looking for a job?

Join our 3-day employability programme and take part in live video interviews for a wide range of entry-level Health and Social Care roles!

For further info, please email  
[healthandcare@princes-trust.org.uk](mailto:healthandcare@princes-trust.org.uk)



Prince's Trust

## NOTICES

St Matthews Primary School, Redhill would like to share with you a parent talk via zoom on **Behaviour, Learning and Trust** which will take place at 8.15pm on Thursday 9th July. The talk will be delivered by author, SENCo and mother of three boys - Ali McClure. Please click on the link below for more information and ticket purchase.

<https://billetto.co.uk/e/behaviour-learning-and-trust-tickets-408102/>

(If this link does not work for you - please try copying and pasting it into your google search bar).

## 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



## 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>

## 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](#) on Twitter.

## NOTICES



### 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**



## 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.

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 website below.

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

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 articles please visit the website below.

[Parent Info](#)



**#OnlineSafetyAtHome**  
From Thinkuknow



## 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>

## 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.



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



[www.apprenticeships.org.uk](http://www.apprenticeships.org.uk)



[www.allaboutschoolleavers.co.uk](http://www.allaboutschoolleavers.co.uk)



[www.notgoingtouni.co.uk](http://www.notgoingtouni.co.uk)



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