



# HOT OFF THE PRESS



STOKE  
DAMEREL

ISSUE 3

Dear Parents/Carers,

Throughout the Christmas term, our calendar has been filled with enriching activities that have enhanced our students' learning. From engaging talks to hands-on workshops, each day has provided valuable experiences.

The Music department has been especially active, performing at our Christmas service, market, and a Livewire event in Saltash. Their performances were a true highlight, showcasing the skills they've developed over the year.

Our sports teams also celebrated impressive victories in various tournaments, demonstrating teamwork and determination. Congratulations to all involved!

As we wrap up this term, we look forward to more exciting events in the New Year, continuing to foster a dynamic learning environment.

Best wishes,

Anita Frier, Headteacher

## SIXTH FORM EXAM BOOSTER SESSION

Miss Gratton took our Year 12 and 13 Health and Social Care BTEC students to Birmingham for an intensive exam booster session.

The students spent the day engaging in interactive revision on Units 1 and 2, participating in various activities, answering questions, and winning prizes! The session boosted their confidence, improved their exam skills, and helped them feel more prepared for their January exams.

[CLICK HERE TO READ MORE...](#)



## SDCC POET LAUREATE CHRISTMAS POEM

### A Community Christmas

In a classroom bright with festive cheer,  
Christmas comes; it's that time of year.  
With tinsel strung and lights aglow,  
Though outside the winter winds blow.

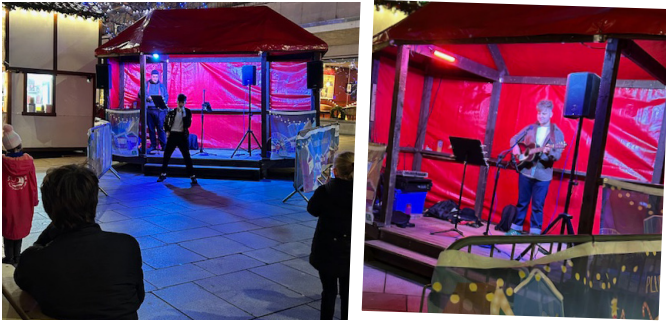
In the halls of school, the season's bright  
Christmas lights twinkle; it's a lovely sight.  
Crafts and cards made with care,  
We share our wishes - in a  
moment that's rare.  
With hot chocolate warming our hands,  
We celebrate together, as  
friendship stands.

Though the skies may stay a muted grey,  
In our hearts, it's a magical day.  
No snowflakes fall but warmth we find,  
In laughter shared and friends so kind.  
A Christmas spirit, warm and true  
This is Christmas in our school.

By Paula



# CHRISTMAS NEWS



## WINTER MELODIES WARM PLYMOUTH CHRISTMAS MARKET

Despite the chill of a winter evening, our talented musicians delivered a heartwarming performance at the Plymouth Christmas Market for the second year running. Taking to the stage, students showcased a variety of festive songs, original compositions, and even a captivating dance tribute to Michael Jackson.

Braving the cold, the performers demonstrated incredible commitment and confidence, captivating the crowd as the evening progressed. It was wonderful to see so many of our pupils in the audience, cheering on their peers and adding to the supportive atmosphere.

[CLICK HERE TO READ MORE...](#)



## CHRISTMAS LUNCHES

In the final week of term, students from all year groups embraced the festive spirit with special Christmas lunches, celebrating the end of an amazing half-term. Sharing a meal together as a community was a heartwarming way to honour everyone's hard work and accomplishments over the past four months.

With plenty of laughter, holiday cheer, and delicious food, it was truly a week to remember. We're so proud of what everyone has achieved this term and can't wait to see what exciting adventures lie ahead in the next!



## SDCC CHRISTMAS TREE!

The SDCC Christmas tree proudly stands at the heart of The Street, adorned with intricately crafted birds, each a testament to the imagination and dedication of our Year 7 students.

These unique creations bring a touch of festive charm to our school, filling the air with holiday cheer. Beyond being a seasonal centerpiece, the tree symbolizes the remarkable artistic talent and collaborative spirit of our students, who worked tirelessly to create this captivating display.



# YEAR 12'S FANTASTIC START AT SIXTH FORM

Our Year 12 students have made an amazing start to Sixth Form. In just 8 weeks, 34 students have volunteered across various areas, from assisting in Catering, Drama, and Maths to mentoring younger students. Some have even extended their efforts to local Scouts and youth clubs!

Their dedication is an inspiration to the whole school, and their hours help count towards their Wider Curriculum Award. We look forward to seeing what they will accomplish throughout the rest of the year.

Vlada commented on her volunteering journey stating, *"The greatest happiness in my life comes from trying my best, learning, and helping others. I volunteer because it helps me understand what I want to pursue as a profession, how I can grow, and the opportunity to meet new people. It's not just about me—it's about being helpful and gaining more knowledge."*

[CLICK HERE TO READ MORE...](#)



## GINSTERS VISIT

Fourteen of our 6th form business students visited Ginsters, the renowned food manufacturer in Callington, Cornwall. The trip offered a behind-the-scenes look at the company's operations, helping students gain a deeper understanding of its business and production processes.

During the visit, the students toured the facility, observed how pasties and other products are made, and participated in a Q&A session, gaining valuable insights into the business.

This enriching experience allowed students to connect their classroom learning with real-world business practices.

[READ MORE ON OUR WEBSITE...](#)



## REMEMBRANCE DAY 2024

Our school community came together to honour and remember those who served in both World War I and World War II. Through the heartfelt efforts of staff and students, we paid tribute to the heroes who sacrificed for our country, fostering a deep sense of gratitude and remembrance within our school.

At 10:55 am, all classes paused as the school gathered for a special reading by our talented Poet Laureate, Paula. Her original poem resonated throughout the building, setting a reflective tone. At 11:00 am, a profound silence enveloped the campus as everyone observed a two-minute period of contemplation.

Following this, Head Student Oscar, the House Captains, and a representative from the Combined Cadet Force (CCF) laid poppy wreaths in a moving gesture of respect for those who have served and sacrificed for our country, both past and present.

A particularly touching part of the day was the participation of students from the Combined Cadet Force (CCF), RAF, Army Cadets, Sea Cadets, Scouts, and Guides. Dressed in their respective uniforms, they formed a moving parade, joined by select students who had demonstrated exceptional dedication.

Throughout the week, the history department helped enrich the commemorative atmosphere by curating a poppy wall. History students contributed their handmade paper poppies to this evolving display, fostering a shared reflection on the sacrifices made by those who served.





## STUDENTS LEARN ABOUT COMPOSTING AND ENVIRONMENTAL RESPONSIBILITY

Our students enjoyed an incredible hands-on experience at "Zoofield" in Central Park with the "Green Communities Group," an organisation we've previously collaborated with on school planting projects.

During the workshop, students actively participated in learning about composting, minimising food waste, and exploring the ecosystems in our local environment. Many described the experience as both "fun" and "educational," providing a valuable opportunity to connect with nature and understand how their actions can contribute to positive change.

[CLICK HERE TO READ MORE...](#)



## CHILDREN IN NEED 2024

The school buzzed with excitement as the community came together to raise funds for 'Children In Need.'

A huge thank you to our dedicated House leaders and captains. Their hard work and enthusiasm were truly inspiring as they organised and led a variety of activities throughout the day, playing a key role in the success of our fundraising efforts.

Students from all year groups got involved, bringing an incredible energy to the day. Break A featured a lively karaoke sing-along challenge, where students donated 50p to watch staff perform their favourite songs.

During Break B, students paid £1 for the chance to sponge a teacher, an event that quickly became a crowd favourite. The playground was filled with laughter as students eagerly lined up to soak their willing teachers, creating a fun and spirited connection between students and staff.

We are thrilled to announce that our fundraising total across campus reached £235! This incredible achievement is a reflection of the generosity and dedication of our school community. A heartfelt thank you to everyone who participated, donated, and supported this worthy cause.

[READ MORE ON OUR WEBSITE...](#)

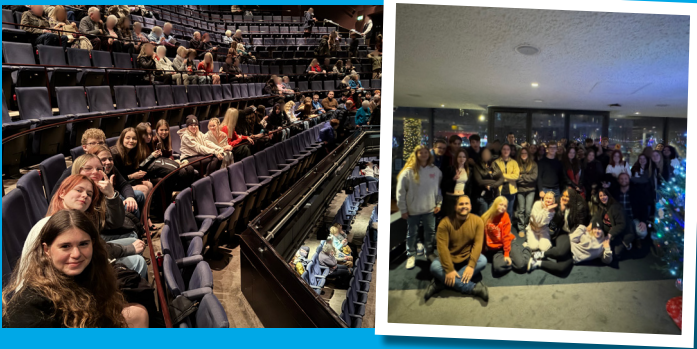


## CADETS EMBARK ON THEIR FIRST FIELD ADVENTURE

The cadets spent their first night camping under the stars, fully immersing themselves in the outdoor experience while learning essential survival skills. The weekend was packed with hands-on activities that not only taught them valuable techniques but also fostered teamwork and resilience.

They practiced camouflage in an escape and evasion activity, tried their hands at air rifles with experienced instructors, and even built water-powered rockets in a fun STEM challenge!

[READ MORE ON OUR WEBSITE...](#)



## STUDENTS EXPERIENCE THE MAGIC OF 'WAR HORSE'

Our Year 10 & 12 Drama students had an unforgettable time watching the National Theatre's award-winning production of 'War Horse' at Theatre Royal Plymouth!

The production left everyone in awe, particularly with its stunning use of puppetry. The gripping storyline kept every student on the edge of their seat, and by the end, there wasn't a dry eye in the auditorium.

Rori, one of our Year 12 students, commented, "The experience, from the seats to the atmosphere, was truly captivating. The emotion the performance evoked made everyone feel included and left people wanting more. It was a 10/10 performance—I'd definitely go to see it again if it ever returns to Plymouth!"

[READ MORE ON OUR WEBSITE...](#)

## DRAMA STUDENTS INSPIRED BY WEST-END STARS AT STOKE DAMEREL!

Our drama students had an amazing day working with 'Blood Brothers' stars Michael Southern and Steven Palfreman! These West-End actors brought their expertise to two exciting workshops, leaving nearly 90 students inspired and eager to dive deeper into drama.

Year 9 began their workshop, participating in activities based on 'Blood Brothers', a play they'll be studying in the summer term. The Year 10 Drama students took part in a workshop centred around 'The Curious Incident of the Dog in the Night-Time', which they studied for their Component 1 exam.

It was wonderful to see the students fully engaged in the sessions, blending learning with laughter.

[READ MORE ON OUR WEBSITE...](#)



## 'OLIVER JR' REHEARSALS ARE WELL UNDERWAY

Great progress is underway for the campus-wide production of 'Oliver Jr'. With four weekly rehearsals focusing on acting, singing and dancing, the Performing Arts department is in full swing.

The cast is now moving into Act 2, with most of Act 1 already blocked. Students are fully embracing the challenge of mastering their characters and cockney accents, even practicing during breaks. The goal is to complete the production by Christmas, with after-school and Sunday sessions dedicated to refining lights, sound, set, props, and costumes.

Maisie, cast as Bill Sikes, shared her thoughts on rehearsals, "The energy in every session is incredible, and it's amazing to be part of such a brilliant group for this year's production. Being cast as Bill Sikes has felt like a dream—villains are so much fun to portray, and it's an honor to take on this role alongside Liam. The singing can be challenging, but it's so rewarding to overcome those struggles in my solo."



# SAVE THE DATE

## 'Oliver Jr'

Show dates: **11th, 12th and 13th February**  
Time: **7pm**

Location: **Performance Theatre**

**Tickets will be released in January, keep an eye out for notifications in the new term!**

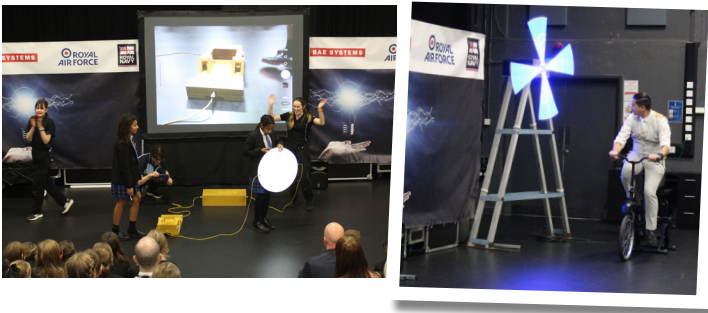
## YEAR 7 STEM ROADSHOW

Our Year 7 students had an amazing time at a STEM roadshow with BAE Systems. Filled with fun experiments and activities, the event offered a glimpse into the world of electricity and energy.

The excitement began with two students volunteering to feel electricity's effects through a vibrating metal bar. They experienced an unusual sensation that intensified as the electrical current increased. One student described it as "a weird buzzing sensation." The afternoon continued with another pair of students putting their science knowledge to the test by building a full-scale circuit. Their challenge was to wire it correctly so that flipping a giant switch would light up a bulb.

The grand finale featured our own Mr. Hatherley, who demonstrated how a spin cycle connected to a fan could be transformed into a working generator. It was a great opportunity for students to see how classroom learning connects to real-world science and engineering.

[READ MORE ON OUR WEBSITE...](#)



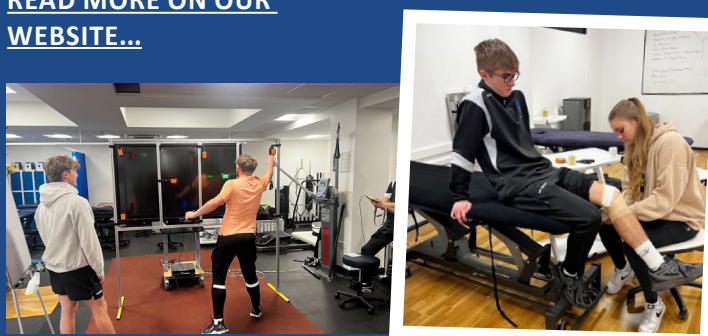
## SPORTS THERAPY IN ACTION

Our Level 3 BTEC Sport students had an amazing day at City College, diving into the world of sports therapy!

The students took part in a variety of hands-on activities, including on-field assessments, shockwave therapy, bandaging techniques, and a range of movement exercises. These tasks introduced them to essential skills and methods commonly applied in real-world sports therapy.

This experience will prove invaluable as the students begin developing their own rehabilitation programs, applying their newfound practical knowledge to their coursework.

[READ MORE ON OUR WEBSITE...](#)



## BTEC MUSIC STUDENTS LIVEWIRE PERFORMANCE

Our Year 11 BTEC Music students had a fantastic opportunity to showcase their solo and group performances as part of their coursework at Livewire in Saltash. This event was a major highlight in their musical journey, allowing them to demonstrate the skills they've developed throughout the year.

All of their performances were impressive, with many students confidently delivering their pieces with great skill. It was a wonderful opportunity for them to build confidence and celebrate the music they've worked so hard to create, with friends, family, and teachers there to cheer them on.

Andy, who runs LiveWire, remarked on how impressed he was with all of our students.

[READ MORE ON OUR WEBSITE...](#)



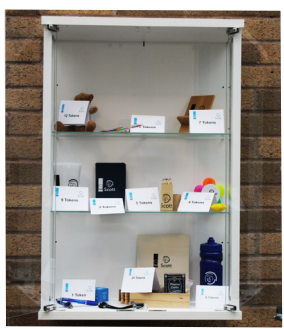
## CELEBRATING SUCCESS WITH THE ATTENDANCE SWAP SHOP!

We're excited to celebrate the success of our first term with the Attendance Swap Shop! As part of our initiative to encourage excellent attendance, students earn a token for every week they achieve 100% attendance. These tokens can be spent in the Swap Shop for a variety of prizes.

Some students have been eagerly exchanging their tokens for smaller rewards, while others are saving up for bigger prizes! The more tokens they collect, the larger the prizes they can unlock. It's a fun way to motivate everyone to stay on track and reward commitment to school.

Over 400 prizes have been claimed so far!

We look forward to seeing how many more students can make it to 100% attendance in the next term—and what exciting prizes they'll claim!

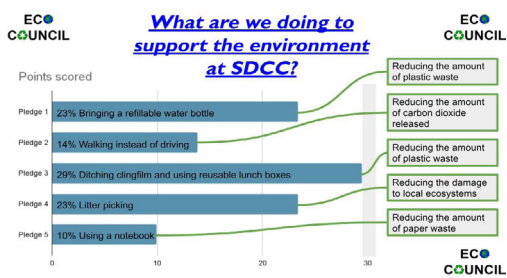


## ECO COUNCIL PLEDGE

Our Eco Council has been busy promoting environmental care and sustainability here at SDCC. Through a series of assemblies presented to their peers, they have inspired students to adopt small, eco-friendly habits such as bringing refillable water bottles, walking to school, using reusable tupperware, reducing paper waste, or becoming litter champions.



During breaktime, students showed their commitment by "signing up" to pledges in a creative way—placing rubbish into bins representing their chosen actions. This fun and interactive approach not only highlighted the importance of sustainability but also encouraged students to take practical steps toward protecting the environment.



## GREENSHAW LEARNING TRUST LAUNCHES "FOOD CHECKER" TO ENHANCE ALLERGEN TRANSPARENCY

Greenshaw Learning Trust is pleased to announce the launch of "Food Checker," a new online tool designed to make it easier for students, staff, and visitors to access allergen and nutritional information about the food served in its facilities.

The Food Checker is a user-friendly platform that allows users to quickly view allergen and nutritional details for various recipes and menu items. The tool is accessible via mobile devices, making it convenient for users to access information on the go.

*"We are committed to providing a safe and inclusive environment for all members of our community,"* said Head of catering Luis De Aberu. *"The Food Checker is an important step in ensuring that individuals with allergies or dietary restrictions can make informed choices about the food they consume."*

Greenshaw Learning Trust is proud to offer this innovative tool as part of its ongoing commitment to promoting health and well-being.

### Key Benefits of the Food Checker:

- Easy Access to Allergen and Nutritional Information
- User-Friendly Interface
- Mobile-Optimized Design
- Customizable to Meet Individual Needs
- Enhances Transparency and Communication

### About Greenshaw Learning Trust:

Greenshaw Learning Trust is committed to providing high-quality education and support services to its students. The Trust values inclusivity and strives to create a welcoming environment for all members of its community.



# HOUSE SYSTEM NEWS!



## TALENT SHOW

SDCC's Got Talent was a resounding success, celebrating the incredible abilities and creativity of students from all year groups. Featuring a wide range of acts, the afternoon truly showcased the diverse talents within our school community.



The event opened with a captivating solo performance by Electra, setting the tone for an unforgettable show. Hosts Archie and Mr. Bullard kept the energy alive, engaging the audience and ensuring a vibrant atmosphere throughout.

Standout moments included Year 8's Eszley, who amazed the crowd by solving a Rubik's cube in under 30 seconds—an impressive feat! Year 12's River delivered a thought-provoking original poem about the future, while Year 8's Sam stunned everyone by reciting the first 200 digits of Pi—what a whizz kid!

Year 11's Levi, electrified the audience with a Michael Jackson-inspired dance performance, and the event concluded with another breathtaking solo performance by Year 9's Izzy, leaving everyone in awe.

SDCC's Got Talent was a wonderful occasion for students across all year groups to come together to showcase the remarkable talent SDCC has.



## READING COMPETITION

Our 'Reading Fun Friday' has been a resounding success! Every week, EB5 has been filled with enthusiastic readers who are diving into books and enjoying some peaceful downtime with a cozy hot chocolate.

We are thrilled to see so many students embracing the joy of reading and earning 5 house points for each book they finish. Even more impressive, many are going the extra mile to complete book reviews and earn 10 additional house points!

Well done to everyone who has already participated—we can't wait to see more of you there!



## KEY DATES

**Year 11 Parents Evening**  
Thursday 16th January 2025

**Sixth Form Open Evening**  
Thursday 30th January 2025

**'Oliver Jr' Performance**  
11th, 12th and 13th February 2025

**Year 9 Parents Evening / Options Event**  
Thursday 27th February 2025

# SDCC SPORTS NEWS

## RUGBY

### YEAR 8 RUGBY CUP

Congratulations to our Year 8 rugby team for their outstanding performance at the Plymouth Schools Cup!



The team showcased brilliant rugby throughout the tournament, winning all three of their group stage matches to top their group. Their hard work and exceptional teamwork carried them to the final, where they narrowly lost to Hele's, earning a well-deserved second place overall.

### YEAR 9 BOYS RUGBY

The Year 9 rugby team celebrated an incredible triumph in the Plymouth Schools Rugby Cup, dominating the competition by winning all five of their matches.



Every player had standout moments, contributing to the team's overall success. Notable amongst them were top try scorers Jaxon, Freddie, and Danny, whose remarkable efforts were key to securing the victory.

### ISCA RUGBY 7'S TOURNAMENT

Our school had the privilege of sending two teams to the ISCA Rugby 7's Tournament in Exeter, where both our teams successfully made it through the group stages and advanced to the quarter-finals, with Year 9 winning all of their group matches.



[CLICK HERE TO READ MORE...](#)

## CROSS-COUNTRY

### INTENSE CROSS-COUNTRY COMPETITION

Our Year 7, 8, and 9 students competed in the Plymouth and West Devon Schools Cross Country at Staddiscombe, facing tough competition from across the region.

Our pupils gave their all, showcasing remarkable determination and sportsmanship as they tackled a challenging course against strong opponents.

A special mention to Jack in Year 9, who finished an impressive 10th place out of approximately 60 participants.



## NETBALL

### STARS AND DIAMONDS SHINE IN NETBALL MATCHES AGAINST PHSG

Our Stars and Diamonds teams proudly hosted Plymouth High School for Girls in a series of exciting netball matches.

The Stars kicked things off with a tough game against PHSG's strong defense, showing great determination despite a challenging loss.

The Diamonds followed with an intense, goal-for-goal battle and secured a fantastic win thanks to teamwork and grit, displaying excellent leadership and collaboration!



# SDCC SPORTS NEWS

## FOOTBALL

### YEAR 9 BOYS' FOOTBALL TEAM WIN IN PENALTY SHOOT-OUT

A huge win for our Year 9 boys' football team! After a tough 0-0 draw, they triumphed 5-4 in a penalty shoot-out against one of Tor Bridge's toughest teams, featuring several players from Argyle Academy.

The incredible attitude and team spirit displayed by the whole squad was truly inspiring. Everyone gave their best effort, and their hard work paid off.

[CLICK HERE TO READ MORE...](#)



### GIRLS PERFORM WELL IN EFL FOOTBALL TOURNAMENT

Our Year 7 and 8 girls' football team participated in the EFL football tournament, competing against 14 teams and over 120 players.

They demonstrated incredible teamwork, skill, and sportsmanship in all six of their group-stage matches. Although the girls narrowly missed advancing to the knockout stages after drawing three of their games, they showcased excellent football throughout.

A special mention goes to Year 8 student Izzy, who captained the team brilliantly. Her leadership, and positive attitude made her an outstanding role model for the squad.

[CLICK HERE TO READ MORE...](#)



## BASKETBALL

### YEAR 8 BASKETBALL TEAM IN DOUBLE VICTORY



The Year 8 team delivered an impressive performance at the Life Centre, earning two commanding wins! They kicked off with a 35-0 victory over All Saints Academy and continued their strong play with a 29-0 win against Plympton Academy.

Rueban was the standout player of the day, earning 'Man of the Match' for his leadership on and off the court. He guided his teammates through the rules and led by example, scoring crucial points under the basket and making impressive three-pointers.

[CLICK HERE TO READ MORE...](#)

### YEAR 9 BASKETBALL TEAM VICTORIOUS IN LATEST FIXTURE



Our Year 9 Basketball Team faced off against Lipson Academy in an action-packed game and came away with an outstanding 44-15 victory!

Building on lessons learnt from their previous fixtures, the boys took the time to carefully analyse their performances and develop a solid game plan. With their strategy in place and a strong determination to succeed, the team was ready to take on the challenge.

[CLICK HERE TO READ MORE...](#)

# PSHE AND SAFEGUARDING

## HEALTH AND WELLBEING, RELATIONSHIPS AND SEX EDUCATION

In PSHE, the focus for next term is all around health and wellbeing and relationships; including sex education. Students will be exploring elements around physical health, mental health and gain practical skills to live safe, healthy, productive lives to meet their full potential.

A large number of children and young people will experience behavioural or emotional problems at some stage. For some, these will resolve with time, while others will need professional support. It might be difficult to know if there is something upsetting your child but there are ways to spot when something is wrong.

### ***The NHS advises to look out for:***

- Significant changes in behaviour
- Ongoing difficulty sleeping
- Withdrawing from social situations
- Not wanting to do things they usually like

For advice on how to help support and look after young people's mental health from the NHS, [click here](#). The [NSPCC](#) also shares information and tips on how to start the conversation.

Relationships, Sex and Health education (RSHE) is the curriculum subject that gives young people the knowledge and understanding on how to have positive and healthy relationships. The Relationships and Sex Education (RSE) curriculum is taught throughout the school in every year group through PSHE/RSHE lessons and curriculum collapse sessions. The curriculum is monitored and reviewed regularly by the staff and governing body.



## PSHE LESSONS SDCC: SPRING HALF TERM 1

Year 7	Introduction to puberty Puberty (boys) Puberty (girls) Consent and Boundaries Pressure, Influence and Friends
Year 8	Periods and Menstrual Cycle Introduction to contraception Sexual Orientation What is Mental Health?
Year 9	Sexual Consent FGM and the Law Relationships and Partners Why have sex? Delaying Sexual Activity
Year 10 <i>(through RSHE)</i>	Relationships and Families Human Sexuality Sexual Relationships Marriage Sexting Online Pornography
Year 11 <i>(through RSHE)</i>	Relationships and Families Same Sex Marriage Sex outside Marriage Health and Wellbeing What are STI's? Contraception Teenage Pregnancy

[Click here to view the 'The Parent's Guide's' top tips on how to talk to your teen about relationships and sex.](#)

# PSHE AND SAFEGUARDING

## SUPPORTING ANTI-BULLYING

**What is Bullying:** The Anti-Bullying Alliance defines bullying as, *“The repetitive, intentional hurting of one person or group by another person or group, where the relationship involves an imbalance of power.”*

### Bullying can take many forms:

- **Physical:** Hitting, kicking, or other acts of physical harm.
- **Verbal:** Name-calling, threats, or offensive comments.
- **Psychological:** Exclusion, spreading rumors, or manipulating relationships.
- **Online (Cyberbullying):** Hurtful messages, posts, or actions via digital platforms.

**What Bullying Isn't:** It's important to distinguish between bullying and normal relational conflicts, such as arguments or falling out among friends. These disagreements, often called relational conflict, are a normal part of growing up and learning how to navigate relationships.

### Key Differences:

- **Relational conflict** is usually a one-time or occasional event, involves equal power between individuals, and can often be resolved with guidance.
- **Bullying** is repeated, intentional, and involves a power imbalance.

**Why Conflict is Important:** Learning to handle arguments and challenges is a vital life skill. With your support, children can learn to:

- Express themselves respectfully.
- Resolve disagreements peacefully.
- Build resilience and emotional intelligence.

By understanding the distinction between bullying and conflict, parents can provide the right kind of support and help their children grow into empathetic, confident individuals.

**We have a zero tolerance to bullying but recognise it can happen. For further information please go to the Anti-bullying Alliance page <https://anti-bullyingalliance.org.uk/aba-our-work> or contact [safeguarding@sdcc-smhc.net](mailto:safeguarding@sdcc-smhc.net).**

## KOOTH SUPPORT OVER CHRISTMAS

With the winter break fast approaching, Kooth Digital Health appreciate there will be some young people who may struggle during the holidays without the access to the daily pastoral support, teaching staff and friends that the school community provides. Seasonal illness and the closure of many services at this time of year can also lead to extended wait times for support across both adult and young people's NHS and community services. **KOOTH ARE STILL HERE!**

Kooth Digital Health offers free and anonymous therapeutic mental health and wellbeing support to young people in Plymouth aged 11-19. Their services remain available over the winter period, offering 'on the day' wellbeing support from the comfort of your own home, via any web-enabled device via the following website:

**Ages 11-19:** [www.kooth.com](http://www.kooth.com)

Kooth offers free access to online text-based practitioner chats, self help tools and activities, journal spaces and advice from our non-judgemental, safe and moderated peer:peer communities.

## CONTACT US!

Have concerns or worries?

Contact: [safeguarding@sdcc-smhc.net](mailto:safeguarding@sdcc-smhc.net)

Talk 2 us is available for students to raise any concerns or worries. [talk2us@sdcc-smhc.net](mailto:talk2us@sdcc-smhc.net)

The graphic features the Kooth logo at the top left, with accreditation logos for bacp, Accredited Service, and NHS Providing NHS services on the right. The main text asks 'Need support this winter? We're here to help.' Below this, it states: 'Winter can bring many challenges, but you don't have to face them alone. Kooth is here to support you. Visit Kooth for free, confidential, and non-judgemental support whenever you need it. Let's get through this winter together.' To the right, there is an illustration of a person in a winter coat standing in a doorway, surrounded by speech bubbles containing the words: Loneliness, Anxiety, Low Mood & Depression, Money worries, and Family Struggles.