



## Support over the holidays

Please use the safeguarding page on the school website [Nonsuch High School for Girls - Safeguarding \(nonsuchschool.org\)](https://nonsuchschool.org) you will find in tabs with contacts for Mental Health support and Child protection services. There is also a page with a range of local and national support services for a range of issues.

If a child is at immediate risk of harm please call 999.

Further support can be found here  
[https://suttoninformationhub.org.uk/Together for Sutton - Together for Sutton](https://suttoninformationhub.org.uk/Together-for-Sutton-Together-for-Sutton)

Cost of Living support in Sutton  
[Cost of living support - Sutton Council](#)

## Holiday activities and Youth Projects

Holiday Activities and Food information on how to sign up for the summer can be found on the Sutton Information Hub

<https://suttoninformationhub.org.uk/pages/haf>

Time out Youth Projects  
Host holiday activities and youth clubs at venues across Wallington, Carshalton and Sutton

<https://toyp.myclubhouse.co.uk/Home>

## Online safety update

### Kids, Puberty and Tech

When it comes to children growing up they face unique risks online, and when sexual exploration and technology mix this can be particularly difficult for parents, but those

conversations between parents/carers and their children becomes so important.

Thorn have got some excellent information and conversation starters for parent of children of all ages as well as something I really like - some virtual flip-cards for parents of children aged 8-12.

You can find all the information [HERE](#). There are also some discussion guides about a range of issues, such as screen time and online monitoring, making friends online, consent and more. You can find these guides [HERE](#).

### **Snapchat Updated Safety Features**

At the end of June Snapchat updated the app with further safety features, including updates to account blocking functionality and enhanced friending safeguards, e.g.:

- Block new friend requests sent from bad actors who were already blocked by the user, but sent from a different account from the same device.
- More frequent reminders about which friends they share their location with on Snap Maps.
- Further pop-up warnings if users add a friend who doesn't share mutual friends or is not a part of their contacts.

Further details can be found [HERE](#)

Further online safety support can be found on the below links

### **DIGITAL SAFETY**

#### **DOCUMENTS**

- [Online Learning](#)
- [Digital Safety](#)
- [Whatsapp Parent Guide](#)

#### **SHARED LINKS**

- [Keeping Safe Online and Reporting Issues](#)
- [Supporting Young People Online \(Childnet International\)](#)
- [Thinkuknow - A parent's guide to being social online](#)

### **Information from [Kooth](#)**

**Support for families over the holidays**

*For families, many of whom can't afford to take their children on holiday, to theme parks or to take time off work all summer, please see the following resources:*

- *Free KoothTalks webinars "Parenting pressures during the summer holiday and how we can help" - here's the [booking form](#) for parents*
- *[Activity sheets](#) to supplement all the good ideas of things to do that are available on Kooth.*

### **Support for students experiencing anxiety**

We'll be offering online sessions around anxiety management - especially helpful for new Year 7s and those entering exam years:

- For families: **KoothTalks training: Helping your child manage anxiety** [Booking form here](#) (for all parents and carers)