

Safeguarding & Wellbeing Support: Summer Holidays.

We hope that everyone has a happy, safe and enjoyable summer holiday.

However, we would like to remind you that support remains available should you need it during the break.

Details of how to access support can be found on the academy website.

www.sheffieldpark-academy.org

In addition, members of the Safeguarding Team are available on site between 10:00am and 2:00pm on the following dates:

In school between 10am and 2pm on the date	Staff
Tuesday 21 July 2026	Mrs Wright
Wednesday 22 July 2026	Mrs Mills & Mr Ratcliffe
Thursday 23 July 2026	Mrs Mills & Mr Ratcliffe
Monday 3 August 2026	Mrs Wright
Tuesday 4 August 2026	Mr Ratcliffe
Thursday 13 August 2026	Mrs Wright & Mrs Mills
Thursday 20 August 2026	Mrs Mills
Tuesday 25 August 2026	Mrs Mills & Mr Ratcliffe
Wednesday 26 August 2026	Mrs Mills & Mr Ratcliffe

If you have any safeguarding concerns, are worried for your safety or feeling at risk then you can access support via the following services:

Safeguarding & Mental Health Support - Help Lines, Apps and Websites:

- Young people aged 12-18 living in Sheffield can now access support with issues such as low mood and anxious thoughts by calling 0808 275 8892 Monday to Sunday 9am-9pm. The helpline is run by wellbeing practitioners who are part of the Door 43 wellbeing service at Sheffield Futures and Sheffield Community and Adolescent Mental Health (CAMHS) workers at Sheffield Children's Foundation Trust. The team can speak to young people who might be struggling with challenges such as



exam stress, relationship issues, bullying or feelings of loneliness and isolation.

- **Childline is available on 0800 1111 or via www.childline.org.uk** You can speak to a Childline counsellor online or on the phone from 9am – midnight daily.
- **You can call Samaritans for support any time and it is a free service. Get in touch by calling 116 123 or email jo@samaritans.org** For more information click <https://www.samaritans.org/how-we-can-help/contact-samaritan/>
- **By texting ‘SHOUT’ to ‘85258’ a Texter will be put in touch with a trained Crisis Volunteer who will chat to you via text. The service is Available 24/7 and is designed to help individuals to think more clearly and to take their next steps to feeling better. See <https://www.giveusashout.org/about-shout/> for more info.**
- You can visit www.mind.org.uk for guidance on how to look after your mental wellbeing.
- Visit www.kooth.com for free, safe and anonymous online support for young people.

You can download some apps to help!

- **Calm Harm— Reduce urges to self-harm and manage emotions**
- **Cove— Create music to reflect how you feel**
- **Chill Panda—Use breathing techniques to help you relax more.**
- **Catch it—Learn to manage negative thoughts**
- **SilverCloud—Course to help you manage stress, anxiety and depression.**

The **Safeguarding and Wellbeing** sections of **Sheffield Park website** also has lots of links to support and advice around mental health, wellbeing and safety. You can access via:

- <https://www.sheffieldpark-academy.org/information/spa-wellbeing> (Wellbeing)
- [Sheffield Park Academy > Information > Safeguarding](https://www.sheffieldpark-academy.org/information/safeguarding) (*Safeguarding)

***Please note: if you use the Safeguarding Portal over the holidays, there will be a delay in contacting you as this will not be checked until staff return to school on Tuesday 1 September 2026 for INSET Day.**

Sheffield Safeguarding Children website also has information on how to access a number of support services:

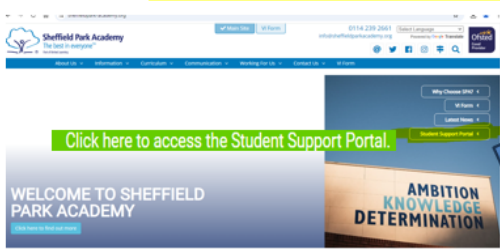
<https://www.safeguardingsheffieldchildren.org/sscb/children-young-people/support-and-advice>

Sheffield Safeguarding Hub 0114 273 4855 – access to a social worker (8:45am - 4:45pm Monday to Friday. All other times, the call will be responded to by emergency duty team)

If you are worried for your safety, in danger and/or at immediate risk then call the Police on 999.

One Community, One Park

Safeguarding & Wellbeing Summer Support



Click here to access the Student Support Portal.

WELCOME TO SHEFFIELD PARK ACADEMY
Support & Wellbeing

**AMBITION
KNOWLEDGE
DETERMINATION**

Please be aware that the support portal is not monitored daily during the school holidays.

The service will be resumed from Tuesday 1st September 2026 at 8am when all staff and the Safeguarding Team are back on site.

If you are worried for your safety, in danger and/or at immediate risk:

- ✓ call the Police or Ambulance on 999.
- ✓ You can also call the Sheffield Safeguarding Hub on 0114 2734855 (24hrs per day) and speak to a social worker.

The Safeguarding and Wellbeing sections of Sheffield Park website also have lots of links to support and advice around mental health, wellbeing and safety. You can access via:

- <https://www.sheffieldpark-academy.org/information/spa-wellbeing> (Wellbeing)
- <https://www.sheffieldpark-academy.org/information/safeguarding> (Safeguarding)

Community Ambition Respect Endurance

Stay safe this summer from the
Safeguarding Team and everyone at
Sheffield Park Academy



Best wishes,
Mrs Kelly Mills
Assistant Principal: Safeguarding
Designated Safeguarding Lead (DSL)
One Community, One Park



Sheffield Park Academy
The best in everyone™
Part of United Learning