

## Support for student wellbeing and mental health over the summer holidays:

<https://www.place2be.org.uk/about-us/news-and-blogs/2023/july/10-tips-to-help-your-wellbeing-this-summer/>


<https://www.annafreud.org/on-my-mind/>

### Emergency support for students:

<https://www.annafreud.org/on-my-mind/urgent-help/>

Remember to use **My Voice** to record any concerns you have. This will be monitored over the holidays:



Are you worried about something?  
 **MYVOICE**® is an online form you can use to let us know about your concerns.  
Please click on the link on your home screen when you log-on to a school laptop/PC, or the link on the Chantry Academy website.

I used MyVoice to let school know that other students were making me feel depressed and angry with the comments they were making. My year manager has helped me to deal with this.

I was really upset about some things going on at home. I used MyVoice to let the school know and they have helped me.

I'm worried about how some students behave at break – if I report it will people find out it's me?

The form is anonymous, so you do not have to give us your name if you do not want to.

### Support for parents:

[https://parentingsmart.place2be.org.uk/?\\_ga=2.138453235.1969050309.1689925475-1910905530.1689925475](https://parentingsmart.place2be.org.uk/?_ga=2.138453235.1969050309.1689925475-1910905530.1689925475)

<https://www.annafreud.org/parents-and-carers/>

remember you can e-mail [safeguarding@chantryacademy.org](mailto:safeguarding@chantryacademy.org) with any safeguarding concerns.

### GCSE results:

Please see these documents for tips –

<https://chantryacademy.org/docs/Exams/results-day-tips-for-students.pdf>

<https://chantryacademy.org/docs/Exams/results-day-tips-for-parents-and-carers.pdf>

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