



KEEPING BOTELER SAFE

WELLBEING NEWSLETTER

OUR WELLBEING CHRISTMAS NEWSLETTER | DECEMBER

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A CHRISTMAS MENTAL HEALTH POEM

IN THE HEALTHY GLOW, WHERE THE LIGHTS TWINKLE BRIGHT,
SOME HEARTS FEEL HEAVY, HIDDEN FROM THE LIGHT.
UNDERNEATH THE JOY, SOME FOLKS MAY SWAY,
A CHRISTMAS WISH FOR WELL-BEING, I CONVEY.

SNOWFLAKES SOFTLY FALL, LIKE THOUGHTS IN THE MIND
WRAPPED IN WARMTH, LET KINDNESS BE ENTWINED.
IN THIS FESTIVE SEASON, LET COMPASSION STAY,
A GIFT OF LOVE, LIKE SUNSHINE ON A WINTER'S DAY.



Christmas and New Year Helpline Numbers

If you urgently need any advice or support during the Christmas period or have any safeguarding concern please ring MASH on 01925 443400 (9:00 – 5:00pm).

First Response Team for aged over 18 is 01925 443322

Out of hours - Emergency number for 01925 444400

NHS Direct 111

Warrington Hospital 01925 635911

Warrington Women's Aid 01925 417138

Kooth.com – Online counselling for young people

LGBT Foundation Helpline – 0345 3 30 30 30

Drinkline – 0300 123 1110 (www.drinkaware.co.uk)

HOPELineUK – 0800 068 41 41 (suicide prevention - Papyrus)

Frank (national drugs helpline) - 0300 123 66 00 (www.talktofrank.com)

Samaritans – 116 123

Childline – 0800 1111

NSPCC – 0808 800 5000

Mind – (for better mental health) 0300 102 1234

MASH – 01925 443400

Wakefield House – 01925 666660

Pathways – 01925 415176/07919558644

Foodbank—01925 977630

Domestic Abuse Hub 01925 243359

Health visitor — 01925 946856 (Spencer House), 946528 (Grappenhall Clinic), 946915 (Penketh)

Community Midwives—01925 662092

Face Book Pages with free food available - Free Food Warrington, Helping Hands Changing Lives CIC

Emergency line for gas leaks - 0800 111 999



Tis the season

to be kind to your mind



bacp | Accredited Service

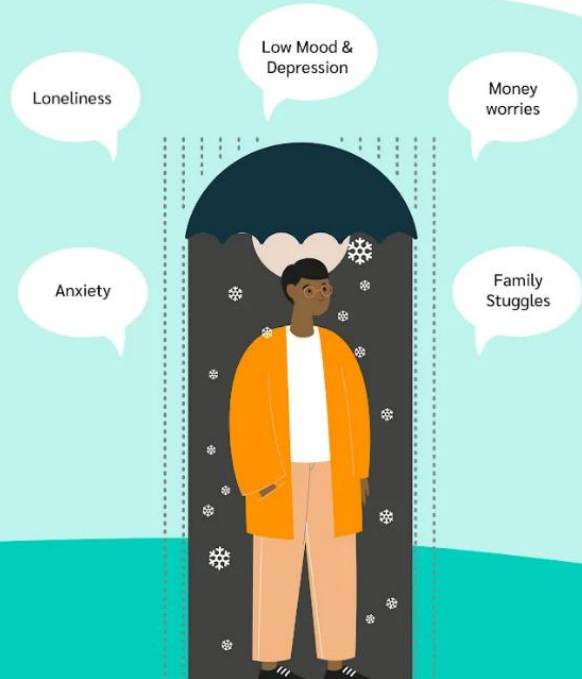
NHS
Providing NHS services

Need support this winter? We're here to help.

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.



kooth.com

You're not alone - Kooth is still available to access during the Winter holiday period.

If you or someone you know needs extra mental wellbeing support during the holiday season, Kooth are here.

Visit www.kooth.com to find out more.

Kooth's live chat hours over the holiday period

24th December	(Christmas Eve)	12pm – 8pm
25th December	(Christmas Day)	4pm – 8pm
26th December	(Boxing Day)	12pm – 8pm
31st December	(New Years Eve)	12pm – 8pm
1st January	(New Years Day)	4pm – 8pm

Other days over the holiday period will follow our usual live chat hours of 12pm – 10pm on weekdays and 6pm – 10pm on weekends.

Helpful Links:

[Place2Be: Parenting Smart: Articles](#)

[Looking after your mental health during the holidays | Mental Health Foundation](#)

[Financial distress and anxiety during the holidays | Mental Health Foundation](#)

[Christmas and mental health - Mind](#)



10 Top Tips for Parents and Educators

SAFETY OVER THE FESTIVE SEASON

The holiday season, marked by Christmas and New Year, brings joy and togetherness but also presents unique safety challenges for children, families and educators. From busy holiday shopping, traveling and family gatherings to managing digital activity during school breaks, staying safe during this period requires heightened awareness. This guide offers practical tips to help families and educators maintain a more secure and fulfilling festive period.

1 MONITOR DIGITAL ACTIVITY

Children spend more time online during school holidays, increasing exposure to potential dangers such as cyberbullying, inappropriate content and online predators. Balancing screen time, avoiding harmful websites and ensuring children engage positively online can be difficult without proper monitoring tools. Set clear boundaries, encourage open discussions about online safety and use parental controls to manage content exposure and screen time effectively. Regular check-ins and positive reinforcement around digital habits encourage safe online behaviour.

2 PRACTICE FIRE SAFETY PROTOCOLS

The incidence of house fires increases during Christmas due to greater use of candles, cookers and electrical decorations. Open flames, electrical overloads and the need for quick response plans can make fire safety challenging. Ensure smoke detectors are operational, keep fire extinguishers on hand and teach children how to respond in case of a fire emergency. Avoid leaving cooking unattended and use fire-safe candles to prevent mishaps.

3 CREATE TRAVEL SAFETY PLANS

More families tend to travel during the holidays, resulting in busier roads, increased traffic accidents and weather-related hazards. Weather conditions, road rage, fatigue and busy airports can all compromise travel safety. Pack emergency kits and adhere to seatbelt laws. Plan routes in advance and allow extra travel time to avoid rushing and mitigate risks on busy roads.

4 BEWARE OF ALLERGIES

Holiday meals often involve many foods that may contain allergens. Cross contamination, unclear labelling and lack of allergy-friendly options can lead to severe reactions. Communicate any allergy needs to hosts, provide safe food alternatives and carry necessary medications like antihistamines or EpiPens. Teaching children how to advocate for themselves and recognise dangerous foods also contributes to safer celebrations.

5 PREVENT THE SPREAD OF ILLNESS

Cold weather and seasonal socialising can increase the spread of viruses like flu and COVID-19. Crowded gatherings, schools out of session and frequent travel can lead to higher infection risks. Emphasise hygiene, encourage vaccination, disinfect surfaces and isolate symptomatic individuals. Communication with children about proper hygiene practices is essential to reduce the spread of illness.

6 STAY VIGILANT ON THE ROAD

Increased holiday traffic heightens the risk of accidents for both drivers and pedestrians. Distracted driving, pedestrian safety and inclement weather can complicate road safety. Encourage pedestrian safety practices, avoid distracted driving and never drive under the influence.

7 MAINTAIN SAFE DECORATIONS

Festive decorations such as Christmas lights and candles can pose electrical, fire and choking hazards if mishandled. Frayed wires, toppling Christmas trees, small ornaments and open flames can be difficult to control, especially in busy households with children. Inspect and maintain decorations, secure Christmas trees, place fragile or small items out of reach and ensure candles are never left unattended. Testing smoke alarms and using flame-retardant decorations can significantly reduce risks.

8 SET BOUNDARIES FOR GIFTS

Some toys and gadgets can present choking, sharp-edge or safety risks, particularly for young children. Ensuring that gifts meet safety standards and are age appropriate can be complex with so many options available. Inspect all toys carefully and ensure any tech devices have parental controls. Setting expectations around safe gift use and discarding packaging that poses a risk also helps to prevent accidents.

9 ADDRESS STRESS & FATIGUE

Holiday pressures can lead to burnout, which affects both physical and mental health. Overpacked schedules and a lack of downtime can cause stress and fatigue, leading to accidents or poor decision making. Incorporate rest, maintain regular routines and seek support to reduce stress. Encourage activities that promote relaxation to create a healthier, happier holiday experience for everyone.

10 DRINK RESPONSIBLY

Alcohol is commonly present at holiday events, raising concerns about safety and supervision. Excessive alcohol consumption can lead to accidents, impaired judgment and lack of supervision for children. Designate responsible adults, limit consumption and provide transportation alternatives for guests. Teaching moderation and modelling responsible behaviour in front of children ensures that celebrations remain positive and secure.

YOUR VOICE MATTERS

IF YOU HAVE ANYTHING YOU
WANT TO SAY - POST IT HERE...



USE THIS POST BOX TO TELL US HOW YOU FEEL, ASK FOR SUPPORT, REPORT SOMETHING OR JUST TO HAVE A VENT AND UNLOAD YOUR THOUGHTS ANONYMOUSLY.

YOU CAN ALSO TALK TO THE WELLBEING COUNCIL LEADS - MISS GIEBKA, MRS CHILTON AND MRS HORTON, PLUS ANY TEACHER, TEACHING ASSISTANT, SUPPORT STAFF - EVERY SINGLE MEMBER OF STAFF IS HERE FOR YOU.

**VISIT [HEALTHLINE.COM/HEALTH/BREATHING-EXERCISE](https://www.healthline.com/health/breathing-exercise)
FOR SOME CALMING BREATHING EXERCISES**

Mindful Moment:

Practicing mindfulness can have a positive effect on our mental health and wellbeing. It helps us slow down, pay attention to the present moment and develop better self-awareness and focus.

In every Wellbeing newsletter we will be including a short guided mediation video for you to do at home and help build in healthy mental health habits that support managing our students' impulsivity and restlessness.



[30 Minute Timer w/ Christmas Music & Animation](#) 🎄

Key contacts/ Help:

Life Signs: www.lifesigns.org.uk are a small self-harm charity that have so much information for people who are currently self-harming and for family members or friends of people who are self-harming. They also have information on cleaning self-harm wounds and treating wounds.

Parent Talk: Down-to-earth parenting advice you can trust. We're here for you, when you need us. Find answers to parenting questions in our advice articles. Or talk to a parenting coach about anything that's worrying you.

They can be found at: <https://parents.actionforchildren.org.uk>

<https://www.kooth.com/>

A promotional banner for the Kooth app. The background is a solid teal color. In the top left corner is the Kooth logo, which consists of the word 'kooth' in a bold, lowercase font with two stylized speech bubbles above the 'o's. In the top right corner is a white rounded rectangle with the text 'Log in' in teal. On the left side, there is a video player showing a smartphone screen. The screen displays the Kooth app interface with the text 'Hey, how do you feel today?' and 'Today I feel...' followed by a dropdown menu. Below the phone is a black video control bar with a play button, a progress bar, and a timer showing '01:30'. To the right of the video player, the text 'Whatever you're feeling, we're here to help' is written in a large, bold, white font. Below this text is the phrase 'Get free, safe and anonymous support.' in a smaller white font. At the bottom right is a yellow rounded rectangle with the text 'Sign up for free' in black.