



resilience A circular arrow icon representing resilience.



# Staying Safe

Social Distancing

Self-Isolation

Online Safety

Being safe in the community

Useful Contact Details

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# Staying Safe if School is closed

If school is closed as part of the Coronavirus outbreak, you should follow the government's guidelines for 'social distancing', to help keep more vulnerable people protected.

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# Social Distancing

- Try not to travel
- Avoid large groups of people
- Avoid crowded places
- Try to limit the number of people you come into contact with
- Make sure you do the school work that has been set for you

# Self-isolation:

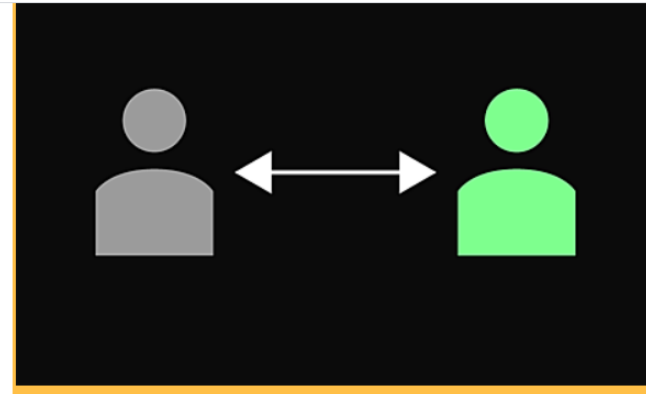
- If you have symptoms of Covid-19, such as a dry cough or fever, you must remain at home for 14 days.
- YOU MUST NOT LEAVE YOUR HOUSE.
- There is lots of information about what to do on the NHS website.

# Click on the picture to see government guidance:



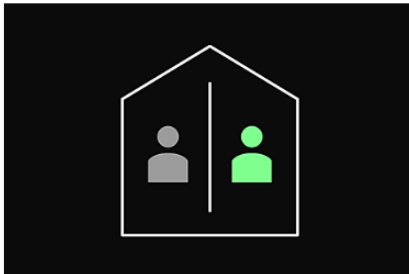
## Coronavirus (COVID-19): guidance

Find guidance about coronavirus (COVID-19) for health professionals and other organisations.



## COVID-19: guidance on social distancing and for vulnerable people

Guidance on social distancing for everyone in the UK and protecting older people and vulnerable people.



## COVID-19: stay at home guidance

Stay at home guidance for people with confirmed



## NHS information: coronavirus (COVID-19)

### Latest

#### [Travel Advice: Foreign Secretary Statement, 17 March 2020](#)

17 March 2020 Press release

#### [Travel advice: coronavirus \(COVID-19\)](#)

17 March 2020 Detailed Guide

#### [Coronavirus \(COVID-19\) guidance for employees, employers and businesses](#)

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# Social Distancing

This may mean you rely more on technology to stay in touch with people until the outbreak is under control.

Technology may help us to feel less lonely.

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# Staying safe online:

- Remember that high use of social media can have a negative impact on our mental health
- Keep your phone away from you when you're doing school work, like you have to do at school
- Try to limit your time online
- Don't constantly check the news – this could make us more worried.

# Staying safe online:

- Make sure your social media accounts are set to be 'private'
- Don't overshare! Think carefully about the information you post, including what is in the background of your pictures.
- Only allow real people that you know to see your accounts.



# Staying safe online:

- Stranger danger!
- Consider the future: think about how long your posts, pictures or videos might live online.
- Cyberbullying: will your words, pictures or actions be hurtful to someone else?

## Staying safe in general:

- You are still Shuttlesworth College students – remember that your behaviour outside of school is still a reflection of our school community.
- It might be tempting to spend your time relaxing, but remember that ‘social distancing’ is in place to protect our whole society.

# Staying safe in general:

- Avoid being in large groups of people
- Consider your behaviour
- Avoid swimming in open water or reservoirs
- Do not put yourselves in dangerous situations where you could get hurt.
- Do not get involved with people who are not trustworthy.
- Do not do something that you would get into trouble for if you were in school.

## Staying safe in general:

- Do make sure your parents or an adult knows where you are – keep your phone charged!
- Do take pride in yourself by showing respect to all members of the community at all times.

# Information

- The school website and twitter account will be regularly updated.
- Show My Homework will be updated by your teachers.
- We will keep your parents and carers informed about changes that may affect you.
- Take responsibility for yourself and your own learning.



Achievement

resilience Resilience icon featuring a circular arrow.

PERSEVERANCE Perseverance icon featuring a person running.

Community icon featuring three stylized figures. Community

Pride Pride icon featuring a thumbs up gesture.

## Useful contacts:

- YMCA Blackburn 01254 51009 [enquires@blackburn.ymca.org.uk](mailto:enquires@blackburn.ymca.org.uk)
- Home-Start Rossendale, Burnley & Hyndburn 01706 214621
- Home-Start Pendle & Ribble Valley 01282 690536
- Children's learning and disability/ complex needs services 01254 283195
- Burnley Safe-net – 01282 425011
- Food Banks with BFCitC: Community Kitchen 01282 704716
- Young Addaction (support for substance misuse) 0808 164 0074
- Burnley Children's Social Care 0300 123 6720, Out of hours 0300 123 6722

Think BIG icon featuring a lightbulb. Think BIG

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Succeed Together icon featuring two hands shaking. SUCCEED TOGETHER



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PERSEVERANCE



Community

Pride 

# Useful contacts: Mental Health Support

- **Lancashire County Council: Youth Zone;** [talkzone@Lancashire.gov.uk](mailto:talkzone@Lancashire.gov.uk); Text 07786511111; Call 0800 511111
- **NSPCC:** Call 0800 1111; email [help@nspcc.org.uk](mailto:help@nspcc.org.uk)
- **The Mix:** 0808 808 4994 1pm-11pm, [www.themix.org.uk](http://www.themix.org.uk), You can talk on phone, by email or webchat.
- **SHOUT:** For support in a crisis, text: SHOUT to 85258
  
- Lancashire Mind – 01257 231660, [admin@lancashiremind.org.uk](mailto:admin@lancashiremind.org.uk)
- CAMHS (Children & Adolescent Mental Health Services) 5-16YRS Preston 01772 777344
  
- ELCAS (East Lancs Child & Adolescent Services) 01282 804496/01254 733716
- Early intervention into Psychosis services The Mount Accrington 01254 226390
- Parent support team – 01772 777467
  
- The Magdalene Project: Counselling Service for the whole family 01706 870939
  
- Minds Matter (NHS mental health services for 16yrs +) Burnley – 01282 657268
- Mental Health Helpline – 0800 915 4640
- Mind (mental health support charity for young people)– 0300 123 3393 Or text 86463 **Mind** offer free counselling you can refer online or by phone.
- <https://www.nottinghamshiremind.org.uk/counselling/>
  
- For students who already see Hayley Quinn (our Psychological Wellbeing Practitioner): [h.quinn@burnleyfc.com](mailto:h.quinn@burnleyfc.com), [hquinn@shuttleworth.lancs.sch.uk](mailto:hquinn@shuttleworth.lancs.sch.uk)
  
- **If there is an immediate risk to life please go to Blackburn A&E where a mental health assessment will take place and the correct support provided to protect from immediate harm.**

  
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