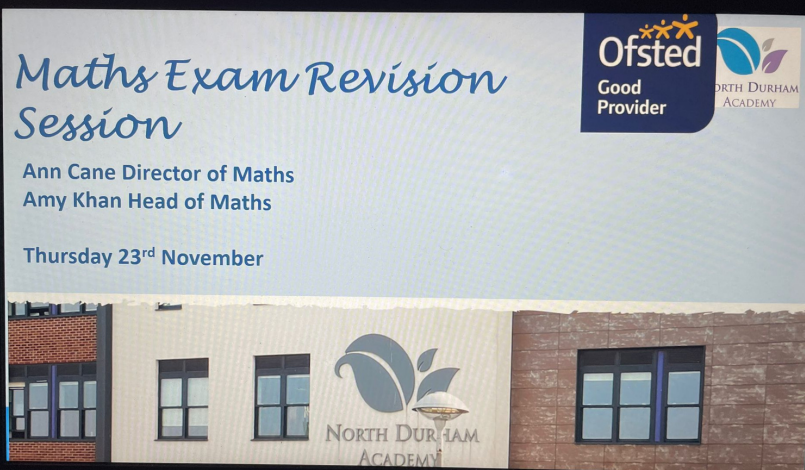
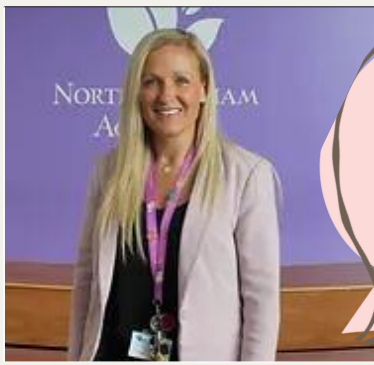


**November 2023**  
**Week 11**

# MATHS SUPPORT EVENING



Maths (Foundation) Science (Higher)- 27th November  
Maths (Higher) & Science (Foundation) - 4th December



Mrs Menear  
DSL

Need someone  
to talk to?

# BEING SAFE

We all have mental health, just like we all have physical health. Sometimes we feel well, and sometimes we don't. It's ok to not feel ok and very normal to have a 'bad' day. Mental health is complicated because it's about how we think, feel and act, and this is always changing.

When our mental health is good, we enjoy being around other people and we feel able to take on challenges and new experiences. But when our mental health is not so good, we can find it much harder to cope.

Remember, if your child is struggling with how they think, feel or act, you are not alone and things can get better.

I have listed below some useful apps, website links or phone numbers, for you as a parent/carer to share with your child or to contact for additional support or advice.

- The Mix – Telephone service [0808 808 4994](tel:08088084994) Opening times: 4pm-11pm 7 days per week.
- Child line - [Sign up](#) for a free Childline locker to use their [free 1-2-1 counsellor chat](#) and email support service. Open 24/7
- Samaritan's – A listening service 116123
- [Home - Kooth](#)
- [YoungMinds | Mental Health Charity For Children And Young People | YoungMinds](#) – Excellent website for advice & guidance
- [Free mental health support - Mind](#) - Mind has a 6 week program you can register to gain support as a adult.
- <https://www.papyrus-uk.org/papyrus-hopelineuk/> - Useful Website if you are feeling overwhelmed with mental health
- Text SHOUT to [Shout's textline](#) on 85258

As a school we have our own school counsellor, Mrs Rayson. She is an invaluable member of our team, and I am sure you can understand, very much in demand. We do have a waiting list for pupils to access this support, but we do try our best to support every pupil when possible. Another alternative would be to go to your local GP. They often have excellent self-help guides or may suggest a CAHMS referral. This can be completed by parents but does have a 3 year waiting list at the moment.

If you have any trouble accessing the above links, please feel free to email myself on [d.menear@ndacademy.co.uk](mailto:d.menear@ndacademy.co.uk) I'd be more than happy to share many more services available to you and your child when struggling to manage mental health issues.

# OUR WEEKLY ATTENDANCE WINNERS

Year 7  
Logan W

Year 8  
Ava L

Year 9  
Finley W

Year 10  
Paige J

Year 11  
Omar H



## ***FRIDAY NIGHT TAKEAWAY***

*84.12% this week for average attendance.  
Year 8 & 9 have held us back!  
We can be better! #attendancematters  
571 of you had 100% attendance Mon- Thurs*





**Key Contacts at North Durham Academy**  
**Our phone lines are often busy with inbound calls.**  
**You can also use the following methods to contact key staff:**

**Year 7**

Head of Year - Ms K Hodge  
**t: 01207 292180**  
**e: K.Hodge@ndacademy.co.uk**  
Year Manager - Ms H Wynne  
**t: 07780 431905**  
**e: H.Wynne@ndacademy.co.uk**

**Year 10**

Head of Year - Ms B Robson  
**t: 01207 292180**  
**e: B.Robson@ndacademy.co.uk**  
Year Manager - Mr S Findlay  
**t: 07780 431903**  
**e: S.Findlay@ndacademy.co.uk**

**Year 8**

Head of Year - Mr J Lee  
**t: 01207 292180**  
**e: J.Lee@ndacademy.co.uk**  
Year Manager - Ms E Hanlon  
**t: 07535 536293**  
**e: E.Hanlon@ndacademy.co.uk**

**Year 11**

Head of Year - Ms S Graham  
**t: 01207 292180**  
**e: S.Graham@ndacademy.co.uk**  
Year Manager - Ms A Graham  
**t: 07780 431895**  
**e: A.Graham@ndacademy.co.uk**

**Year 9**

Head of Year - Ms K Clydesdale  
**t: 01207 292180**  
**e: K.Clydesdale@ndacademy.co.uk**  
Year Manager - Ms K Smith  
**t: 07780 431891**  
**e: K.Smith@ndacademy.co.uk**

**SEND/CO**

Ms V Mattless  
**e: V.Mattless@ndacademy.co.uk**

