



Filey School

Filey School
Muston Road
Filey
YO14 OHG

16th December 2022

Dear Parent/Carer,

Reminder of Uniform Expectations for January 2023

We value the strong support we receive from parents and this is very important when ensuring that the highest standards are maintained. The majority of our students always attend school in the correct uniform. However there have been a number of issues which have arisen recently and I would like to take the opportunity, as we are about to break up for half term, to remind you of uniform expectations in the event students are purchasing items over the Christmas and New Year which are not permitted in our uniform policy.

We do not permit students to wear false nails or eyelashes, nose studs, hoodies or Converse-type footwear. Hoodies are not permitted anywhere on the school site but we do encourage students to come to school and leave school in a coat.

Following this reminder, upon our return to school on Tuesday, 3rd January, staff will be carrying out uniform checks and sanctions will be put in place for students not wearing the correct uniform.

Mental Health Support

Should you have any safeguarding concerns over the Christmas holiday please do not hesitate to contact our safeguarding team on DSL@fi.coastandvale.academy and we will reply to you at our earliest opportunity. Should your child require mental health support over the holiday, please find attached to this letter information containing links to available support in the local area.

Wishing you all a very Happy Christmas and New Year.

Yours sincerely,

Mrs J Emmerson
Senior Year Group Manager



Filey School

Self care

There are lots of things you can do to look after your mental wellbeing. Visit www.thegoto.org.uk/im-a-young-person/ or scan the QR code for some top tips on feeling good and advice for coping with common issues

Scan the QR code using the camera on your smartphone or tablet



Are you a Young Person needing help with your mental health?

Do you need some more information?

Talk to family, friends or an adult you trust.



Visit: www.thegoto.org.uk



Visit: www.thesleepcharity.org.uk



Visit: www.childline.org.uk/info-advice



Adults aged 18+ Visit: www.qwell.io



Visit: www.youngminds.org.uk



Visit: www.recoverycollegeonline.co.uk

Would you like to talk to someone?

If you are concerned about your mental health speak to a member of school or college staff as soon as possible. They will have access to a range of services that will be able to help you.



Teams available in some schools across Craven – speak to a member of school staff for more information



Teams available in some schools across Scarborough, Ryedale, Harrogate, Selby, Hambleton and Richmondshire – speak to a member of school staff for more information.

Text 07520 631168, Monday – Thursday 9am-5pm and Friday 9am-4:30pm (excluding Bank Holidays).



Specialist CAMHS referral Visit: www.thegoto.org.uk/im-a-young-person/getting-support-need/camhs/



Call 0800 1111 24 hours, 7 days a week for free or visit: www.childline.org.uk/info-advice



Call 01904 661916 or visit: www.compass-uk.org/services/compass-phoenix/

Do you need urgent support or help?

If there is immediate danger of serious risk or harm call 999

If you need someone to talk to and the problem isn't immediately life threatening call 111



Call 0800 1111 24 hours, 7 days a week for free or visit: www.childline.org.uk/info-advice

Text SHOUT to 85258



Call 0800 068 4141 or text 07860 039967 9am - midnight everyday

Age 18+ call 116 123

