



# Malbank School & Sixth Form College

*Rejoice in being the best that we can be.*

## **Support for over the Christmas break**

**Christmas is finally here!** For many, this time of year is a great opportunity to relax, reflect and to create special memories with your family. However, we also know that it can also be very stressful and a challenging time. We would always encourage families to seek support from relative or friend networks in the first instance. Alternatively, you can seek support from your designated social worker or family support worker. If you do not have a worker, please use the guidance below should you require extra support over the break. We wish you all a Merry Christmas and a very Happy New Year!

## **Social Care support**

- **Stoke-on-Trent** 01782 235100 Out of hours 01782 234234
- **Staffordshire** 0300 111 8007 Out of hours 0345 604 2886
- **Cheshire East** 0300 123 5012 Out of hours 0300 123 5022



## **Parental Guides for electronic devices**

[Apple Iphone/Ipod and Ipad parental set up guide](#)

[Use parental controls on your child's iPhone, iPad, and iPod touch - Apple Support](#)

[Samsung phone or tablet parental set up guide](#)

[Parental controls available on your Galaxy phone or tablet \(samsung.com\)](#)

[Xbox parental set up](#)

[How to use Xbox parental controls: a parents guide | Kidslox](#)

[PS4 PS5 parental set up guide](#)

[How to set up PlayStation parental controls - Uswitch](#)



**Top Tip\*\* Look out for the CEOP button online and report any website to report online sexual abuse or bullying. You can also use this website for helpful hints/tips and advice. [CEOP Safety Centre](#)**

🎓 Headteacher: John D. Harrison B.A. (Hons.)

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Parents helpline—0800 802 5544 (free service)

Young People's helpline—Text YM to 85258  
(free service)

Website: [YoungMinds | Mental Health Charity](#)  
[For Children And Young People | YoungMinds](#)



**For mental health crisis advice and support -**

**Stoke** 0800 0328 728 (option 1)

**Staffordshire** 0300 123 0907 (option 1)

**Cheshire** 0800 145 6485

Or alternatively contact 111

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