

THE EGG

Spring Term 1 – Wellbeing Edition

Dear Parents/ Carers,

As we move through this term, I would like to reflect on an area that sits at the heart of everything we do: **Wellbeing**. In schools, academic success is often the most visible measure of progress, but behind every achievement is a young person’s sense of safety, belonging and emotional stability. These elements form the foundation on which confidence grows, resilience develops and learning truly thrives.

Young people today navigate pressures that many of us never experienced at their age—online influences, academic expectations, and the fast pace of modern life. As a school, we remain committed to providing a supportive, nurturing environment where every student feels valued and heard. We continue to embed a culture where wellbeing is not an add-on, but a daily practice. This includes:

- **Open conversations about mental health**, helping students recognise that seeking help is a sign of strength, not weakness.
- **Staff trained in pastoral care and safeguarding**, ensuring that support is accessible early and consistently.
- **Wellbeing-focused lessons and assemblies** that encourage self-awareness, healthy relationships and emotional literacy.
- **Spaces for calm and reflection**, recognising that some students need quiet moments throughout the day to reset. We are soon to be opening our own wellbeing hub in school which will provide therapeutic support and continuing to link in with external agencies.

02.03.26	Start of Spring Term 2
04.03.26	Y9 final options in.
05.03.26	Y10 subject parents evening, 3.35-7pm
19.03.26	Y12 subject parents evening, 3.35-7pm
02.04.26	Year 11 Wellbeing Walk
03.04.26	Good Friday – school closed
06.04.26 – 19.04.26	Easter Holidays
20.04.26	Start of summer term.

Wellbeing is strongest when it is a collective effort. I would like to thank parents and carers for the open dialogue you maintain with us. When school and home work together, we can identify challenges early and ensure that every child receives the most appropriate support. Please remember that you can reach out to us at any time if you have concerns about your child’s emotional or mental health. No worry is ever too small, and we are always here to help.

As we continue our journey through the year, our focus remains on building a school where students feel confident to be themselves, to try, to fail, to succeed—and above all, to grow. We want every young person to leave our care not only with strong academic foundations, but with the resilience, kindness and self-belief they need for the future.

Thank you, as always, for your continued partnership. Together, we can ensure that wellbeing stays at the centre of our school community.

Neil Gittins (Head of School)



'Turning the page' on another brilliant term in English

It has been another busy and inspiring term in the English department, with students across all year groups immersing themselves in a rich and diverse range of texts.

Year 7 students have been exploring the theme of *Innocence versus Experience*, linking their ideas to *Victorian Voices*. Through their study of William Blake's poetry, students have examined how innocence and experience are presented as contrasting states of being. Alongside this, they have delved into the works of Charles Dickens, exploring how he used literature to highlight social injustice and give a voice to the vulnerable in Victorian society. It has been wonderful to see students making thoughtful connections between context and character.

Year 8 have ventured into the dark and mysterious world of Edgar Allan Poe. From analysing his suspenseful and unsettling texts to crafting their own Gothic creative writing pieces, students have shown fantastic imagination and flair. Their descriptive work has captured the eerie atmosphere and psychological tension that define the Gothic genre. We are also excited to see Miss Parnell trialling debate skills with Year 8 as part of our commitment to developing oracy. These sessions aim to build confidence, sharpen critical thinking and encourage respectful discussion. It has been fantastic to watch students grow in confidence as they articulate and defend their viewpoints.

Year 9 have been studying Willy Russell's play *Blood Brothers*, delving into the heart of Liverpool and unpicking the complex themes of social class, fate and inequality. Students have engaged maturely with the play's powerful message, exploring how environment and upbringing shape identity and opportunity.

Our **Year 10** students have had some particularly exciting opportunities this term. They attended the annual *Poetry Live!* event, where they met and listened to GCSE poets including Simon Armitage, Carol Ann Duffy, John Agard and Imtiaz Dharker. The experience brought their anthology to life, and students thoroughly enjoyed hearing the poets discuss their inspirations and perform their work first-hand.

EGGLESCLIFFE NEWS

A Message to Our Fantastic Year 11 Students

We would like to take a moment to recognise our incredible Year 11 cohort. Your commitment to attending revision sessions, your focus throughout the mock examination period and your consistently mature, determined attitude towards your studies have truly impressed us all.

Preparing for GCSEs is no small task, yet you have approached this important year with resilience, positivity and growing independence. The effort you are putting in now, whether that's refining essays, revising quotations, practising exam technique or seeking feedback, is laying the foundations for your success.

We are immensely proud of the dedication you are showing, not only in lessons but also in the extra time you are investing to achieve your very best. Your hard work does not go unnoticed.

We look forward to celebrating a well-deserved Results Day that reflects the effort, perseverance and ambition you have demonstrated throughout the year. Keep going! You are capable of achieving great things, and we are behind you every step of the way.

Shakespeare Trip – “Weird” at Newcastle Theatre Royal

Our recent trip to Newcastle Theatre Royal to see “Weird”, a reimagined adaptation of *Macbeth* told from the perspective of the witches, was a real highlight of the term. The production offered a bold and inventive interpretation of Shakespeare's tragedy, encouraging students to reconsider character, motive and perspective in exciting new ways. Seeing a live performance brought the play to life beyond the classroom, deepening students' understanding of theme, staging and dramatic tension.

We were particularly proud of the exemplary way our Year 10 students conducted themselves throughout the visit. The theatre staff commented positively on their conduct, and it was clear that our students were a true credit to the school.

Opportunities like this are invaluable, not only in enriching academic study but also in developing cultural awareness and confidence in new environments. We are delighted that our students represented us so brilliantly and embraced the experience with such positivity.

‘In Someone Else’s Shoes’ Y7 Poetry Workshops

In January, we were delighted to welcome Will Dalziel, Charlie Dixon and Pickle the guide dog to our English department. Working for the charity, ‘Never Such Innocence,’ set up in 2014 for the centenary of World War 1, their aim is to give young people a voice on conflict through art.

All students in Y7 participated in a workshop in which they considered the experiences of many different people in conflict and through this empathy created moving and thoughtful poetry. A number of students have chosen to enter their responses into the NSI's international competition for this year and we wish them the best of luck. We will be welcoming Charlie and Pickle back to work with all Y8 students in the very near future.

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Most importantly

As always, we are incredibly proud of our students. Each week, we make it a priority to recognise their hard work, resilience and kindness. Members of the English team send postcards home, make positive phone calls and have meaningful conversations with students to celebrate their achievements. Whether it is a thoughtful analytical response, an imaginative piece of creative writing or consistent effort in lessons, we believe every success deserves recognition. Our students continue to impress us with Being the Best they can Be.

Looking ahead to next term, there is much to anticipate. **Year 7** will be studying *Diverse Voices* through poetry, with a focus on race, inclusivity and neurodivergence, broadening their understanding of identity and representation. **Year 8** will explore War Poetry, delving into symbolism, context and deeper meaning. **Year 9** will turn their attention to the dramatic poetry of Robert Browning, examining characterisation and the power of voice.

We look forward to another term of creativity, curiosity and academic excellence in English.



WHAT'S ON IN PSHE THIS HALF TERM?

Our PSHE curriculum ensures that our students are well prepared to be active citizens in modern Britain. The focus for half term 4 is:

Year 7 – Celebrating Equality and Diversity – antibullying, tackling racism, protected characteristics.

Year 8 – Life in the Wider World – Jobs and careers, financial education, role of the media.

Year 9 – Health and wellbeing – eating disorders, risk taking behaviours and our core values.

Year 10 – Life in the Wider World – employability routes and gambling.

Year 11 – Staying Safe and Celebrating Equality and Diversity – online safety, tackling racism, equal rights.

EGGLESCLIFFE NEWS

National Year of Reading 2026



In 2026, a national spotlight is being put on reading and on the simplest way to help children enjoy it: connecting it to what they already love. From dinosaurs to dancing, from comics to cooking, passions make stories feel natural and fun.

Across the UK, children are reading less than they used to and stories aren't getting the same space they once did. It is disappearing from daily life and it's happening across all age groups, from toddlers to teenagers.

When reading drops, confidence, imagination and learning take a hit as well. Children feel the impact: reading helps children focus, express themselves, develop their curiosity, and it gives families an opportunity to connect.

The National Year of Reading 2026 is your chance to help your child discover new worlds, grow confidence and build a lifelong love of reading, all through the everyday moments you already share.

For families, the National Year of Reading also means more support, more ideas and more opportunities to weave reading into busy routines, whatever age your child is.

It's never too early to start sharing stories. Babies in the womb can already hear sounds and recognise familiar voices, so reading and talking to them during pregnancy is a lovely way to begin.

For tips, advice, book lists, library finder and an event calendar, please visit:

<https://goallin.org.uk/get-involved/families/>

World Book Day – 5 March 2026



World Book Day will be bigger and better than ever during the National Year of Reading, 2026. World Book Day is a proud delivery partner of National Year of Reading.

To listen to new free audiobooks, tips, reading resources and how to use your £1 book token. Please visit the World Book Day's website [here](https://www.worldbookday.com).

Why is reading important for my wellbeing?

Reading for just six minutes daily can lower stress levels by up to 68%, significantly boosting mental health by reducing heart rate and easing muscle tension. It enhances cognitive function, fosters empathy, improves sleep, and offers escapism from daily pressures. Regular reading builds "cognitive reserve" which can help protect against dementia and memory loss.

EGGLESCLIFFE NEWS

Choose to Success Year 11 Support

Year 11 Revision Timetable

Session	Day – WEEK A				
	Monday	Tuesday	Wednesday	Thursday	Friday
Lunchtime	Science Maths	English German	French History RS Drama	Business GCSE PE	CNAT Sport Geography
After school		German RS	English Comp Sci History Drama	Geography	
Session	Day – WEEK B				
	Monday	Tuesday	Wednesday	Thursday	Friday
Lunchtime	Science Maths	English German	French Drama	Business GCSE PE	CNAT Sport Geography
After school		German	English Comp Sci Drama	Geography	
Date	Monday	Tuesday	Wednesday	Thursday	Friday
w/c 2 nd March	Launch assembly – 'What if?'		After school targeted revision – ENGLISH		
w/c 9 th March	Mock results & assembly – Year 12 speakers		After school targeted revision – MATHS (2 buses)		English revision assembly RTE 
w/c 16 th March	Rewards breakfast	Basics evening	After school targeted revision – SCIENCE (1 bus)	Science revision assembly IJS	MFL speaking exams assembly
w/c 23 rd March	Targeted activity				Maths revision assembly ABE 
w/c 30 th March	Targeted activity		After school targeted revision – GEOGRAPHY (1 bus)	Wellbeing walk (issue hoodies)	
Date	Monday	Tuesday	Wednesday	Thursday	Friday
w/c 20 th April	1:1 interviews – final push		After school targeted revision – MFL		Exam regs assembly C2S day 
w/c 27 th April	Managing stress/MHWP year group activity		After school targeted revision – HISTORY		
w/c 4 th May	Final rewards assembly – last minute advice 		After school targeted revision – OPEN		
w/c 11 th May			After school targeted revision – OPEN		

EGGLESCLIFFE NEWS

Skiing to success in PE:

On the 17th January, we took 30 Y9 pupils to Serre Chevalier in France. Students demonstrated remarkable perseverance in a physically demanding activity, and the progress each group made was truly impressive.

Arthur W won the award for most improved and Elodie P won the award for biggest contribution.



Sixth Form

TUTOR GROUP TRIUMPHS

At the start of the year, every Y12 tutor group chose a charity to support throughout the year. 12GG sold roses and asked students to wear pink or red for Valentine's Day. They have raised an amazing £140 for their tutor group charity, Zoe's Place. Well done!



12JM have started the term in a really positive way. They have decided to walk a circuit of the school site once a month to raise money for their charity, each paying £1 to complete the challenge. What a great way to start the new term, fresh air and a bit of exercise!



ANTHONY NOLAN TRUST

In January, Sarah from Anthony Nolan visited the sixth form and invited students to sign up to the stem cell donor register. An amazing 51 students joined the register and became potential donors. Richard, Pierce and Lewis also trained to become student champions to support the charity even further. We are extremely proud to be a life saving student body!

If you would like to see the fantastic work they do, head down to their website and consider signing up yourself.

[Saving lives through stem cells | Anthony Nolan](#)



Sixth Form

Theatre Studies

In January, Y13 student, Zohra M, performed her devised piece "Baggage" supported by Y12 student Eve S. Based on the theatre of John Godber, this fast-paced witty piece looked at institutional racism. Set aboard the imaginary "Teesside Air", Zohra and Eve multirole as Airline Hostess, and an array of passengers to create this thought-provoking piece.



Also our A Level Theatre Studies students popped along to the Darlington Hippodrome to watch The Woman In Black. It was scary and made everyone jump, but everyone had a great evening.



Academic Support Assistants

Welcome to our new academic support assistants (ASAs). We utilise the skills of our 6th form students to help our school cohort in their maths and English. Whilst also supporting our younger students, it provides our ASAs with valuable experience for their future. They have now completed their training and will be supporting KS4 pupils in English and Maths lessons. We wish them good luck in their new roles.



In addition, our Y12 reading mentors meet with their mentees every week. It is really great to see the outstanding progress that is being made through the reciprocal reading program for both the mentors and the mentees.



Supporting your child's mental health and wellbeing

Teen Mental Health: When to seek support and how families can support young people.

Many young people experience emotional challenges as they grow up, and it can be difficult for families to know when to worry or where to turn for help.

It's increasingly common for teenagers to struggle with worry, low mood, or panic. These experiences can sometimes lead to withdrawing from friends, or avoiding everyday activities. Families often share that they're unsure what's happening or how best to support their child.

The positive news is that **early support can make a big difference**. Many young people who access talking therapies—such as Cognitive Behavioural Therapy (CBT)—report learning practical tools to manage their emotions and slowly re-engage with school, friendships, and hobbies.

Why Mental Health Challenges Increase in the Teen Years

The teenage years are a time of major change. Young people navigate:

- Academic pressures
- Friendships and relationships
- Identity and independence
- Physical and hormonal changes

Experts also highlight that the part of the brain responsible for strong emotional reactions develops earlier than the part responsible for planning and self-control. This means teens may feel emotions deeply before they've fully developed the skills to regulate them. Combined with sleep pattern changes and increased pressure, emotional ups and downs are common.

What's "Normal"—And What Might Need More Support

It's completely normal for teenagers to show:

- Occasional irritability or moodiness
- Wanting more privacy
- Worry about school or friendships
- Big emotional reactions
- Experimenting with identity

If these behaviours aren't severely affecting daily life, parents can often support from home in the ways outlined below.

Supporting Low Mood

Encourage:

- Regular routines around sleep, food, and activity
- Staying connected with family and friends
- Doing enjoyable activities
- Breaking problems down into small, manageable steps

Supporting Anxiety

You might try:

- Breathing exercises and calming techniques including mindfulness activities
- Grounding strategies, such as focusing on what they can see, hear, or touch
- Allocating a daily “worry time” to discuss concerns
- Gently encouraging your child to face rather than avoid difficult situations

Building Resilience at Home

Parenting experts emphasise the importance of resilience—helping young people learn that challenges are part of life and can be overcome. It’s natural to want to reassure children constantly, but too much reassurance can sometimes reinforce fears. Balanced, calm conversations are usually more helpful.

Families can support this by:

- Talking openly about setbacks and sharing your own examples
- Encouraging young people to make decisions and learn from mistakes
- Challenging “black-and-white” thinking
- Reinforcing to your child that they play an active role in shaping their own happiness

Parents don’t have to “fix” everything. Sometimes the most powerful support is simply listening without judgement and giving young people space to talk when they’re ready.

When to Seek Professional Help

While many emotional challenges settle with support at home, there are times when extra help is essential. Families should reach out to professionals if they notice:

- Self-harm or talk of suicide
- Significant changes in eating or sleeping patterns
- Dramatic shifts in personality or expressions of hopelessness
- Avoiding school or dropping activities they previously enjoyed
- Withdrawal lasting several weeks or more

There is no shame in seeking support. Mental health struggles are common, and early help often leads to better outcomes.

Where to Find Support

If you are worried about your child, you can contact the following professionals who will be able to guide you in the right direction to get support:

1. *Their GP/ family doctor.*
2. *School pastoral or safeguarding staff*
3. *Local charities/support organisations. Please see avenues of support throughout this newsletter.*
4. *Specialist mental health services e.g. CAMHS and Alliance Psychological Services work alongside us at Egglecliffe School. We can discuss your child at our monthly discussion meetings with your consent or the child’s consent if they are over 14 and deemed Gillick competent and refer to other agencies.*

EGGLESCLIFFE NEWS

wysa

Use Wysa, Feel Better

Alliance
Children, Young People & Families

Free Emotional Wellbeing Support for Young People in Stockton & Hartlepool



Private



Anonymous



Secure



Wysa's **AI wellbeing coach** provides a safe, non-judgmental space to talk about anything on your mind. Whether you're struggling with **sleep, exam stress**, or just need support, Wysa is here to listen, **anytime, anywhere, 24/7**.

Get FREE student wellbeing support !

Scan the QR code from your phone OR use the link: <https://get.wysa.uk/8674pEw0AWb>

If asked for a code, please enter: **tsidecyp2025**

Please note: Free resources for students can ONLY be accessed via the QR code, not by downloading the Wysa Everyday Mental Health App from the Google Play or App Store. Only accessible via mobile device, not accessible from a desktop device.

Student download:



EGGLESCLIFFE NEWS

YOUNGMINDS

Mental health support

Support us

For professionals

About us

Real stories

Donate



Parents Helpline

Parents and carers are often the first place young people go when they're struggling – whether that's relationships, school or their mental health. However experienced you are, it can be hard to know the right thing to say when someone you love is hurting, or what next steps to take.



Speak to us on the phone



Call our Parents Helpline for free on [0808 802 5544](tel:08088025544).

We're open Monday to Friday. You can call us:

- from 9.30am - 4pm on Mondays, Thursdays and Fridays
- from 9.30am - 6pm on Tuesdays and Wednesdays



Chat to us online



To chat to us online, click on the chat icon in the bottom righthand corner of your screen. Our chat is open Monday to Friday, 9.30am - 4pm.

When we're closed, you can leave us a message by clicking on the chat icon in the bottom righthand corner of your screen. We'll reply to you by email in 3-5 working days.

Our [Parents Helpline](#) advisors are just a click or phone call away with free, expert, confidential, 1-1 advice. And we have hundreds of [online guides](#) and [real stories](#) from parents who get it.



Do you want to Be Heard?

If you're aged 11-16 why not come to one of our Be Heard drop-ins - safe spaces for young people?

Why should I drop in?

We know life can be challenging.

If you want somewhere to go where you can switch off for a while, meet other young people and chat to our team of mental health youth workers, then we're here for you.



What will I do?

You can do as much or as little as you want to.

- If you want to come and sit in a quiet corner for a while, you can do that.
- If you want to do some activities and mix with other young people attending the drop-in, you can do that.
- If you want to learn some ways to help you support your mental health and wellbeing, we can show you that.
- If you think that you need more support for your mental health but you're not sure where to start or who to speak to, we can guide you in the right direction.

Where and when can I drop in?

If you're aged 11-16 why not come to one of our Be Heard drop-ins in Thornaby or Guisborough.

- Thornaby Family Hub
Every Tuesday starting 12 November
4-5:30pm 11-13 year olds
5:30-7pm 14-16 year olds
- Guisborough Youth Centre
Every Thursday starting 14 November
4-5:30pm 11-13 year olds
5:30-7pm 14-16 year olds

Want to find out more?



Mind Teesside
Supporting the Teesside 16-25



EGGLESCLIFFE NEWS



**WELLBEING
HUB**
STOCKTON-ON-TEES

A 'ONE STOP' Wellbeing Hub for You!

No appointment needed, drop by and meet our friendly team Monday to Friday, 9am to 5pm. We're here for you when you need us.

What to Expect:

- A warm welcome
- Information on how to access wellbeing and mental health
- Activities to support wellbeing
- Pre-booked appointments with a range of support organisations.
- ... and most importantly a supportive and friendly environment.

We're here for you when you need us!



In partnership with core services:



CONTACT DETAILS:

- ☎ 01642 611922
- ✉ hello@stocktonwellbeinghub.org
- 🌐 www.stocktonwellbeinghub.org/
- 📘 The Wellbeing Hub Stockton

Wellbeing Hub
Unit 5, Wellington Square,
Stockton-on-Tees TS18 1RG

SEND Peer Support Group

Feeling overwhelmed by the health and education system? You're not alone. Come join us in a kind and safe place for parents of children with additional needs.

- Enjoy a warm drink and have a friendly chat
- Get helpful advice to support you and your child
- Talk to people who know how the system works and can help
- Meet other parents who get it—share ideas, stories and support

Whether you're just beginning the SEND journey or have been finding your way for a while, let's build a community where we learn and support each other.



Every 2nd Tuesday of the month.



1-2.30pm



Thornaby Family Hub, Tedder
Ave, TS17 9JP

For more information, please contact
Emma.Bullock@stockton.gov.uk



In partnership with



Stockton-on-Tees
BOROUGH COUNCIL



EGGLESCLIFFE NEWS



MENTAL HEALTH FORUM

If you provide services that benefit people's mental health, even if mental health isn't the main focus of your organisation, we would love to see you!

 Thursday, 2 April, 2026

 Catalyst House, TS18 3NJ

 1pm - 3pm

Reserve your space at:



auTEEstic
Neurodivergent Adults
Teesside Support Network

Teessides New Peer Support Network
For Neurodivergent Adults

Starting on

Monday 30th March

Weekly Meetings

7pm Until 8.30pm

Portrack Lane ASDA Café

Join Fellow Peers for a Chat, Cuppa and Support!

For information please email
james@auteestic.me

Starting Wednesday 25th February Diabetes Peer Support Group

This is a safe space to talk to others who are affected by diabetes. You will be able to share your experience and listen to others. The group is led by a diabetes volunteer who has over 50+ years of lived experience. Group meets:

 last Wednesday of the month

 1-3pm

 The Wellbeing Hub, unit 5
Wellington Square, Stockton,
TS18 1NA



Please email for more information:

 sccc@pcp.uk.net

DIABETES UK
KNOW DIABETES. FIGHT DIABETES.

 **WELLBEING HUB**
STOCKTON-ON-TEES

The Queen's Award for Voluntary Service
PCP
Health, wellbeing
and learning for all

Stockton-on-Tees
Community
Wellbeing Champions

EGGLESCLIFFE NEWS



Supporting emotional health and wellbeing from 0-19+

Free online courses for all parents, carers, grandparents and teens, including:

- Antenatal and postnatal baby bonding
- Understanding your child or young person
- Your child or young person with additional needs
- Teenager's feelings and brain development
- And lots more specialist courses

Designed by clinical psychologists in partnership with practitioners and parents



Residents of Stockton-on-Tees

In partnership with



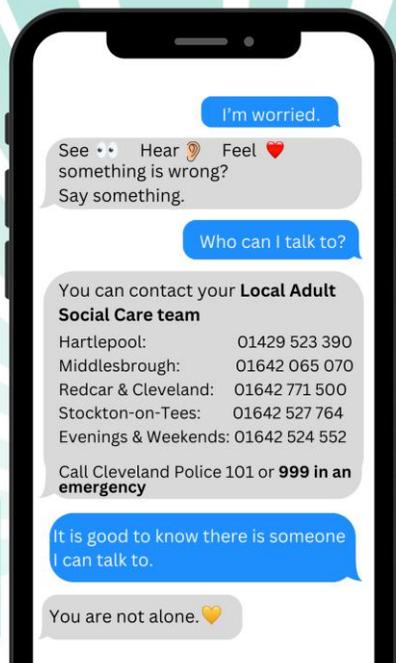
In paid partnership with:

Use Access Code
INFINITY

Are you worried that an adult is being neglected or abused, or you need help yourself?

Say something.

For details on how to report abuse or neglect visit:
www.tsab.org.uk/report-abuse



Scan me



Keeping Kids Safe Online

A Parent's Guide

Does technology baffle you?

Looking at:

- Apps and sites children use
- Safe internet use
- Parental controls
- What to look out for

Free to Stockton-on-Tees residents

For more information or to book on contact us on:

📞 01642 528525

✉ familyhubs@stockton.gov.uk

📱 @SOTFamilyHubs



EGGLESCLIFFE NEWS



Foodbanks

Crisis-point food support in Stockton-on-Tees



Scan with phone camera to view interactive map



Please double check with the organisation before travel, as details are subject to change. Usually, foodbanks require a referral from an organisation.

Billingham & Stockton Foodbank, Stockton Central <i>(referral essential)</i>	Open Wednesdays & Fridays, 10 - 1pm	Proof of identification is required when collecting a food parcel, such as a letter with recipient's name and address. Hebron Church, Corner of Vicarage Street & Bishopton Road, TS19 0AJ. Email: info@billinghamstocktonborough.foodbank.org.uk Telephone: 07583 575522
Billingham & Stockton Foodbank, Billingham Central <i>(referral essential)</i>	Open Tuesdays & Thursdays, 11 - 2pm	Proof of identification is required when collecting a food parcel, such as a letter with recipient's name and address. 4-6 West Precinct, Billingham Town Centre, Billingham, TS23 2NH. Email: info@billinghamstocktonborough.foodbank.org.uk Telephone: 07583 575522
Salvation Army Stockton Foodbank, Stockton Central <i>(referral essential)</i>	Open Mondays & Fridays, 9 - 12pm	Palmerston Street, Stockton-on-Tees, TS18 1NU. Does not run on bank holidays. Telephone: 01642 617629 Email: stockton.citadel@salvationarmy.org.uk
Thornaby Foodbank, Thornaby <i>(referral essential)</i>	Open Thursdays, 12 - 1pm	Thornaby Baptist Church, Thorntree Road, Thornaby, TS17 8FZ. Donations can be left directly on Wed 10.30 - 12pm & Thurs 10-12pm. (Other drop off points are available, please message their Facebook page for more details). Telephone: 07469 920606 Email: thornabyfoodbank@gmail.com

How-to guide: accessing emergency food parcels from a foodbank

If you need help, a foodbank can provide an emergency food parcel containing three days nutritionally balanced food. Parcels may also include other essentials like toiletries.

In order to get help from a foodbank you will need to be **referred with a food voucher**.

The voucher is then **exchanged at the foodbank for a food parcel**.

Organisations that can be contacted for food parcel voucher referrals include:

Stockton District Advice & Information Service (SDAIS): 01642 633877

NHS Social Prescribing: 01642 061047 **Stockton Borough Council – Housing:** 01642 528389

Other organisations include: housing associations, advice charities, schools and GPs.

Leaflet updated:
August 2025

Catalyst Stockton-on-Tees Ltd are a company registered in England whose registered address is 27 Yarm Road, Stockton-On-Tees TS18 3NJ and whose registered charity number is 1083231 and company number is 04016295

EGGLESCLIFFE NEWS

No Smoking Day



No Smoking Day (Wednesday 11 March) is all about helping you to make a quit attempt for better health, more money, and more time with the people who matter most.

Smoking causes 16 types of cancer, and just one cigarette a day increases the risks of heart attack and stroke.

Whether it's your first try or your tenth, support is available to help you quit for good.

Visit [FreshQuit.co.uk](https://www.freshquit.co.uk) for tips and advice.

Support is available locally for those aged 12 and over from the Stockton Specialist Stop Smoking Service.

If you have recently had a baby, you can access our postnatal pregnancy voucher incentive scheme. Refer yourself to the Specialist Stop Smoking Service and you will get a high street voucher to spend at key points of your smoke free journey. This is available until the baby reaches the age of one year.

Email nth-tr.smokingcessation@nhs.net or call 01642 383819 to make a referral, or visit www.nth.nhs.uk/services/stop-smoking-service to find out more.

And residents of Stockton-on-Tees can [download the free Smoke Free app](#) and access premium features including personalised support and a Swap 2 Stop offer.

Find NHS urgent dental care



Adults and children can access NHS urgent dental appointments to diagnose and treat problems like:

- toothache that causes pain that does not stop or ease with over-the-counter pain relief
- swelling in the mouth or face, like abscesses or infections, that causes pain or fever
- broken or knocked-out teeth
- bleeding from the mouth or gums
- loose or broken fillings that cause pain
- problems with the soft areas of the mouth

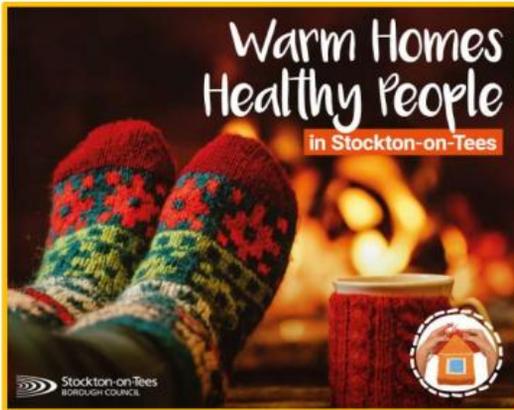
You now have three ways to find urgent dental care. Appointments are available by:

1. contacting an NHS dentist
2. booking an appointment at an urgent dental access centre
3. contacting 111.nhs.uk or calling 111

Normal NHS charges and exemptions apply.

EGGLESCLIFFE NEWS

Warm Homes Healthy People



Cold temperatures can have a serious impact on your health and wellbeing. Keeping warm and healthy during the cold weather can help keep illness away.

Working with Cleveland Fire Brigade and Stockton District Advice and Information Services, we can help with:

- Boiler repairs
- Emergency heating
- Energy saving advice and energy saving schemes
- Advice and support to help keep you healthy and more able to cope with cold weather

The boiler repair scheme is only available to homeowners with gas central heating systems, living in the Borough of Stockton-on-Tees, and runs from Wednesday 1 October 2025 until Tuesday 31 March 2026.

You may be eligible for a boiler repair if you are the homeowner and claiming a means-tested benefit and you are any of the following:

- 65 or over
- Under 65 and in receipt of disability benefits
- Under 65 and have a long term illness made worse by the cold or live with a

child (under 5) who has a long term illness made worse by the cold

- Living with dementia

If you would like advice or further information, please call 01642 528215.

Opening hours are:

- Monday to Thursday, 8:30am to 5pm
- Friday, 8:30am to 4:30pm

In a heating emergency outside of office hours, contact the Cleveland Fire Brigade on 01429 874063, who can provide heaters and other equipment 24 hours a day, 7 days a week.

For more information please visit: [Warm Homes Healthy People - Stockton-on-Tees Borough Council](#)

A Second Dance – Prom Pop-ups



We have collected over 200 outfits and accessories that young people who are preparing for Prom 2026 can choose from. To date over 30 outfits have found new owners. Our [video](#) will give you a flavour of what we have planned.

We will be holding a series of pop-up shops over the months that follow so you can come and browse the rails at times that suit you. The dates are as follows:

- Wednesday 25 February - 1 - 4pm
- Wednesday 8 April - 1 - 4pm
- Wednesday 15 April - 1 - 4pm
- Wednesday 27 May - 1 - 4pm

It is not too late to donate an outfit. If you would like to donate, please contact fsot@stockton.gov.uk



A SECOND *Dance*



A Second Dance is our pre-loved prom attire shop that is your one stop destination! Come along to one of these events for the chance to win vouchers for the big day!



A SECOND *Dance*



Wednesday, 1-4pm
22 Wellington St.

Pop Up Shop

Feb
25
2026



Saturday, 10-2pm
22 Wellington St.

Pop Up Shop

Mar
21



Wednesday, 1-4pm
22 Wellington St.

Pop Up Shop

Apr
08
2026



Wednesday, 1-4pm
22 Wellington St.

Pop Up Shop

Apr
15
2026



Wednesday, 1-4pm
22 Wellington St.

Pop Up Shop

May
27
2026

EGGLESCLIFFE NEWS

CULTURE OF VIGILANCE AT EGGLESCLIFFE



SAFEGUARDING TEAM AT EGGLESCLIFFE SCHOOL & SIXTH FORM COLLEGE



Mrs C Wright

Designated
Safeguarding Lead



Dr C Lear

Deputy Designated
Safeguarding Lead



Mr L Henderson

Deputy Designated
Safeguarding Lead



Mrs L Aitchison

Deputy Designated
Safeguarding Lead



Mrs C Hewitt

Deputy Designated
Safeguarding Lead



Miss R Granycome

Deputy Designated
Safeguarding Lead



Miss K Winter

Deputy Designated
Safeguarding Lead



Miss G Crook

Deputy Sixth Form
Safeguarding Lead

At Eggescliffe School & Sixth Form College, we are committed to keeping every student safe, happy, and supported. If you ever feel worried, unsafe, or if something doesn't feel right—whether at school, at home, or online—please talk to a trusted adult. You can speak to a teacher, form tutor, head of house, a member of staff, or any designated safeguarding lead.

More information regarding Safeguarding and Child Protection please visit sparkeducationtrust.org.uk

LEARNING FOR LIFE

SAFE SPACE REPORTING

As discussed in previous assemblies and PSHE lessons, students have the opportunity to inform staff of something in a discrete manner by completing our SafeSpace report.

Please see the link: [SafeSpace Reporting \(egglescliffe.org.uk\)](http://egglescliffe.org.uk)