



# NEWSLETTER

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							JOYFUL JUNE 2025

## DEAR PARENTS AND CARERS

I hope you have enjoyed the warmer weather we have been having recently, lets hope we have this during the summer break too.

In this edition you will find lots of updates and important information. In the next week I will also write to you all to outline the arrangements for the last day and also September. Please be advised that the school will close for summer at **12.15pm on Friday 18th July** and re-open on **September 3rd at 8.00am**.

Following feedback from students and families we will move to **Class Charts** as our main homework platform; we hope this will help with your ability to check and monitor homework completion; more information can be found in this newsletter.

You will see, that yet again, our students have been extremely busy by experiencing different opportunities linked to the curriculum. We have welcomed local artist **Paul Curtis** who worked with our **Year 10** class; our **Year 10 Hospitality and Catering** cohort took over the running of **The Halyard Hotel**; **Year 9** took on the challenge of a **Duke of Edinburgh** expedition in **Lancashire** and students took part in **Halewood's Culture Fest** by playing cricket and students in **Re-engage** making a scarecrow.

Also contained within this newsletter is the usual safeguarding information with advice and guidance on mobile phone use and keeping safe on-line. The use of smart phones is a much talked about topic and we recognise the

negative impact these can have on students; hence we do not allow them to be seen in school past **8.30am**. If you need to contact your child(ren) during the school day then please can you contact the main office.

Last week we also said goodbye to our brilliant **Year 11 students**; they really worked hard during their exams and I hope they achieve the results they deserve in summer. Next week we welcome our new **Year 7** cohort for their transition events; we will share pictures and updates in the next edition of the newsletter on these events.

Best wishes,

**Mr I Critchley**  
Executive Principal



A GREAT  
PLACE  
TO BE A  
PART OF

### KEY DATES 2025

Thursday 26th and Friday 27th June	GEOGRAPHY FIELD TRIP
Monday 30th June	INDUCTION EVENING FOR PARENTS / CARERS OF NEW YEAR 7 IN SEPTEMBER
Tuesday 1st and Wednesday 2nd July	NEW YEAR 7 INDUCTION DAYS
Friday 4th July	YEAR 10 ANIMAL CARE TRIP TO CHESTER ZOO
Monday 7th July	YR 10 LJMU MATHS TRIP

# SAFEGUARDING, EMOTIONAL WELLBEING AND MENTAL



HALEWOOD  
ACADEMY

## TOP TIPS FOR BETTER SCROLLING

Doomscrolling getting you down? Our tips will help make scrolling through your socials a more positive experience. Whilst we limit the chance for scrolling during the school day as phones are not allowed to be used at any point in school after 8.30 am we hope that parents/carers and students find this article from the NSPCC useful.

### Find your own positive space

Follow accounts that make you feel good about your feed. Whether it's your favourite band, or someone's best skateboarding tricks, we can all find something we love online. When you find what you enjoy, your time online will feel much better.

### Take a scrolling break

When your scrolling starts making you feel not so great, taking a break and doing something different can really help you feel better. You could try listening to music or a podcast, going for a walk, or playing a game.

### Forget About Likes

It can feel important to know how many people have liked or commented on something you've posted. But focusing on it can leave you feeling like you're not good enough.

If you've posted something you know you'll want to check the like count on, turn on airplane mode and do something to distract yourself. You could watch a film, do some gaming, or chat to a friend to keep your mind off things. Remember that likes aren't everything, and there are always other ways to build your confidence.

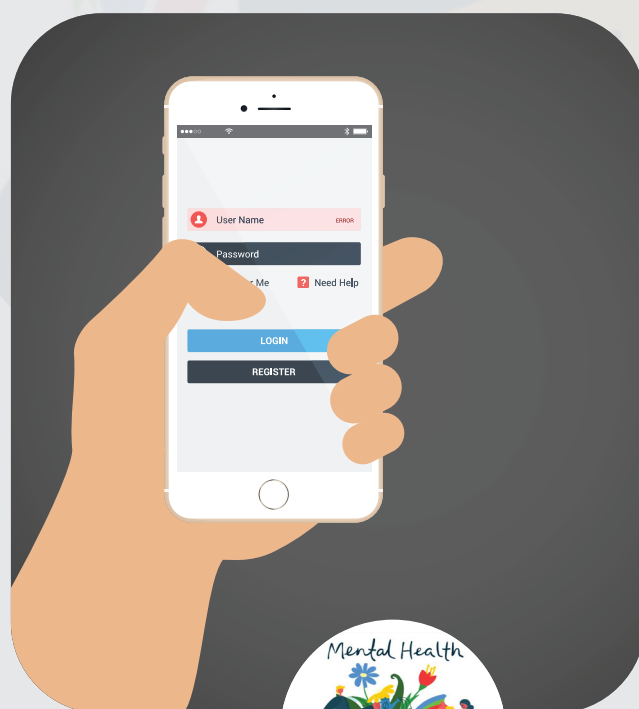
## Mute notifications

Checking for comments or messages can be stressful sometimes, or you might feel pressure to keep up with what's happening online. Try turning off notifications for certain apps, or set your phone on mute or do not disturb. It might even help you sleep or focus better.

Get help if you see something upsetting

Sometimes people might post things online that you find upsetting or disturbing. If you've seen something you're worried about, you don't have to cope alone. It can help to:

- Report it to the platform or website, especially if it involves violence or abuse
- Avoid sharing or commenting on it, even if you want to say you disagree
- Talk about what you've seen with an adult you trust



# STUDENT FRIENDLY SAFEGUARDING INFORMATION



## What is safeguarding?

- Keeping you safe and healthy at school and at home
- Making sure that you feel safe in your environment and are protected from harm from both adults and other young people
- Educating you to know how to keep yourself safe

### Who is available to help?

- At school you can talk to;**
- Your Form Tutor/Progress Leader/ Assistant Progress Leader/Learning Mentor/Any trusted adult, e.g. Teacher, TA, Mid-day Assistant
  - The Safeguarding Team
  - The School Nurse
- Outside of school you can talk to;**

- Trusted family member, trusted adult such as sports coach or friends
- Your family doctor
- Kooth/CAMHS
- The police

### Who can I go to?

- In school you can go to:**
- Pastoral Hub - F10
  - Pupil Support - S01
  - Progress Leader / Assistant Progress Leader
  - A Classroom Teacher
  - School Nurse drops ins
  - Any member of staff
- Outside of school;**
- The School Website
  - Online Support Websites
  - Childline - 0800 1111

### How will you keep me safe?

- We will educate you to ensure a strong culture of diversity and inclusivity where difference is celebrated positively;
- We will educate you to stay safe online and out in the community;
- All **Halewood Academy** staff are trained to spot the signs of abuse or neglect;
- Staff are trained to deal with incidents of abuse from adults to children and also abuse which can occur between young people;
- We will always listen and act upon your concerns. This may involve working with your parents or carers or getting help from other services outside of school;
- Your wishes and feelings will always be considered.

### Why is it important?

From time to time, children can suffer abuse from adults and also young people. Abuse can be physically, sexually or emotionally harmful or neglectful and can happen in person or online, at home, within the community or in school.

We want to make sure that everyone at **Halewood Academy** is protected from abuse and harm.

### When can I speak to someone?

#### At school you can talk to;

You or a family member can talk to a member of staff at anytime about a worry or a concern that you may have about yourself or a friend.



### Our Safeguarding Team



Mrs Cross



Mrs Campbell



Mr Day



Mr Harrison



Mrs Smallwood

# SAFEGUARDING, EMOTIONAL WELLBEING AND MENTAL



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Remember, not everything you see online will be real. But if you're not sure, it's always OK to ask for support.

## TRUSTING WHAT YOU'RE SEEING ONLINE

People don't always show what their lives are really like online. Loads of people will:

- Only show the best bits
- Stage their photos, even if they look spontaneous
- Use filters or edit their photos
- Exaggerate their personality or pretend to be a different version of themselves

And you might even do that yourself! But it's a good idea to remember that if you're creating an online persona, then others are likely doing the same. And sometimes, seeing only the best bits of other people's lives can make us feel worse about our own.

So next time you recognise that someone's posts are making you feel worse about yourself, you could try:

- Remembering if it's too good to be true, that's probably because it is.
- Taking a break from scrolling.
- Finding people who make your time on social media feel positive.
- Muting accounts or people's stories if you feel you can't unfollow them.
- Unfollowing accounts whose content feels unrealistic.

And for every day scrolling, keep in mind that social media doesn't actually show us every part of someone's life. Reminding yourself of this can help you feel kinder to yourself, and kinder to others.

The information above comes from the NSPCC website which has lots of helpful guides and resources to keep children and young people safe both in the virtual and real world.

If you feel you would benefit from any support or practical advice in terms of online safety please contact your child's Progress Leader, Assistant Progress Leader, Learning Mentor or any of the safeguarding team outlined on the safeguarding poster below

## 'CULTURE FEST'

We held our annual **Halewood 'Culturefest'** fun cricket match on **Tuesday 17th June 2025**. It's was a fantastic event that brought the local community together! Each year, teachers, students and members of the local community participate in a fun cricket match at the **New Hutte Centre** in **Halewood** with the first ball bowled at 6.30pm. The event is part of the overall **Halewood 'CultureFest'**.

The event was lots of fun and a brilliant way to build positive relationships with the local community.

Well done to all who took part at this event.

Mr Rylands PE Teacher



WE SEEK THE BEST



# MEASLES UPDATE



HALEWOOD  
ACADEMY

Appendix 1 – Letter to parents/carers



**Knowsley Council**

June 2025

Dear Parent/Carer

## **Measles is spreading in Knowsley**

Measles is spreading in Knowsley. Please read this information on how to protect your family.

### **How serious is measles?**

Measles can be a serious illness, and most people who catch measles become very unwell, with many people admitted to hospital. Babies and young children, pregnant women, and people with weakened immunity are at increased risk of complications. In rare cases, people infected with measles will die.

Measles is very infectious, and spreads easily. Spending 15 minutes or more with someone who has measles is enough to catch the infection. A child who has measles will infect nearly all of the unprotected children they come into contact with. This means that if an unvaccinated child spends time with someone who has measles, it is highly likely that they will catch measles.

Although most children who live in Knowsley have been vaccinated against measles, there are still many children who have not had two doses of MMR vaccine. This means that many children are at risk from measles.

### **What are the symptoms of measles? What do I need to look out for?**

Measles usually starts with runny nose, sneezing and coughing, and a high temperature. People may have conjunctivitis or red, sore eyes.

The measles rash usually appears a few days later. The rash starts on the face and behind the ears before spreading to the rest of the body. The rash looks like red-brown spots which may join together to form blotchy patches. People of any age can catch measles if they have not been vaccinated.

Knowsley Council Nutgrove Villa Westmorland Road Huyton Knowsley L36 6GA  
Telephone: 0151 489 6000 [www.knowsley.gov.uk](http://www.knowsley.gov.uk)



# MEASLES UPDATE

HALEWOOD  
ACADEMY

If you or your child has a rash which could be measles, they must not attend school, and you must contact your GP as soon as possible.

It is really important to phone ahead, and not just turn up at a GP practice, A&E or walk in centre, because you will need to wait in a separate room.

People with measles are infectious for four days before the rash appears, and for four days afterwards. People with measles must stay at home during this period, and not go to school or work.

## **How can I protect my child against measles?**

Vaccination is the best way to protect children and adults from measles. MMR vaccination has been proven to be safe, with millions of doses given in the UK. It is really important that children receive two doses of MMR vaccine to ensure that they are protected.

Please check your child's red book, or contact your GP if you are unsure whether your child has had their MMR vaccinations.

## **My child has not had two doses of MMR vaccine – what do I need to do now?**

It is really important that anyone who has not had two doses of MMR vaccination contacts their GP practice as soon as possible to get vaccinated. Children and adults of any age can have free MMR vaccinations. If you have any questions about MMR, the nurse will be happy to answer these at your appointment before your child has the vaccine.

You can also phone the School Aged Immunisations Service on 0151 351 8805, and they can vaccinate your child.

The MMR vaccination is also available on the Living Well bus. Information about when and where the Living Well Bus will be can be found on [www.knowsleynews.co.uk](http://www.knowsleynews.co.uk) (search Living Well Bus).

## **What will happen if someone at my child's school or nursery catches measles?**

If someone at your child's school catches measles, the Headteacher will work closely with the UK Health Security Agency (UKHSA). You will receive a letter with further information about what is happening.

# MEASLES UPDATE



HALEWOOD  
ACADEMY

## Where to find out more advice and information

If you would like more information, visit [www.nhs.uk/conditions/measles](http://www.nhs.uk/conditions/measles) - this website has a picture of the measles rash.

More information about MMR vaccination is at [www.nhs.uk/vaccinations/mmr-vaccine](http://www.nhs.uk/vaccinations/mmr-vaccine).

Yours faithfully

Dr Sarah McNulty

**Assistant Executive Director, Public Health**

# CLASS CHARTS RETURNS

HALEWOOD  
ACADEMY

## EXCITING NEWS: HOMEWORK MONITORING RETURNS TO CLASSCHARTS THIS SEPTEMBER!

Dear Parents and Carers,

We are pleased to announce that from September, we will be reintroducing **ClassCharts** as the primary platform for setting and monitoring homework. This user-friendly system is designed to strengthen the home-school partnership and ensure that students stay organised, supported, and successful in their learning.

### Why Homework Matters

Homework plays a vital role in reinforcing classroom learning, building independent study habits, and preparing students for future academic challenges. It helps embed knowledge, encourages responsibility, and gives students the chance to practise key skills at their own pace.

### The Role of Parental Support

Research consistently shows that parental involvement has a powerful impact on student achievement. By keeping informed about the homework your child is set, you'll be better placed to support them with time management, encourage their efforts, and celebrate their successes.

### Preparing for September

To make the most of this system, we encourage all parents to download the free ClassCharts app ahead of the new academic year. The app allows you to view your child's homework tasks, deadlines, and completion status in real-time, right from your phone or tablet.

### Login Details Coming Soon

We will be sending out individual login details before the end of term, so please keep an eye out for further communication. If you need assistance with setup or have any questions, drop me an email at [jmarsh@halewoodacademy.co.uk](mailto:jmarsh@halewoodacademy.co.uk)

Thank you for your continued support. We look forward to working together to help every student thrive!

Warm regards,

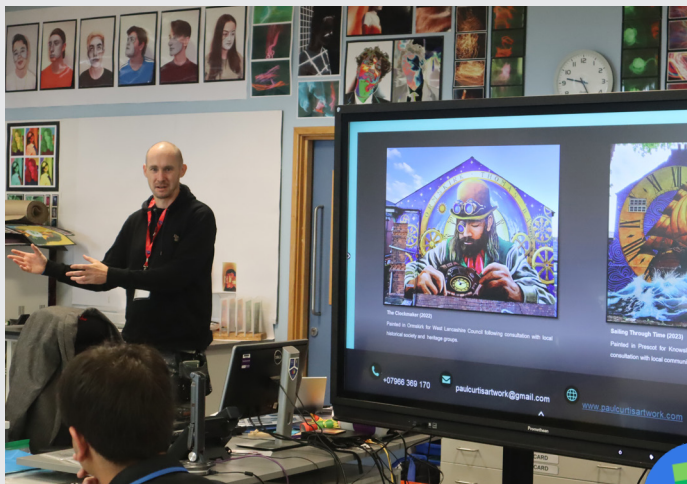
Mr J Marsh - Homework Lead



# LOCAL ARTIST VISIT



HALEWOOD  
ACADEMY



This week we welcomed a local artist **Mr Paul Curtis** into the school working with the **Year 10 GCSE Art group** in our Art department.

**Paul Curtis** is a Liverpool artist specialising in street art and large murals. He came to public attention with his very first piece of street art, "**For All Liverpool's Liver Birds**" (aka **The Liver Bird Wings**), which became a massive hit with locals, tourists and many famous faces too.

Since 2017, Paul has created more than 250 public pieces, across the UK, with most of his work found around Merseyside and Wirral. His work is well-known and sells all over the world.

We are extremely lucky to be able to offer our pupils the opportunity to work with Paul, and this will support students with the development of their own mural as part of their portfolio.





# THE HALYARD HOTEL WORK EXPERIENCE VISIT



HALEWOOD  
ACADEMY



Last week, our talented **Year 10 Hospitality and Catering** students swapped the classroom for a real-world experience in an exciting **Hotel Takeover**. Students stepped confidently into a range of front and back-of-house roles, giving them an authentic taste of the hospitality industry in action.

From welcoming guests at reception to working behind the scenes in the kitchen, students immersed themselves in the daily operations of the hotel. Whether it was preparing dishes, managing bookings, serving guests or ensuring rooms were ready, each student demonstrated professionalism, enthusiasm, and teamwork.

The feedback from the hotel staff was nothing short of glowing:

*"The group were really good kids – they should be extremely proud of themselves."*



***The departments have loved having them, and some even wanted to keep the students!"***

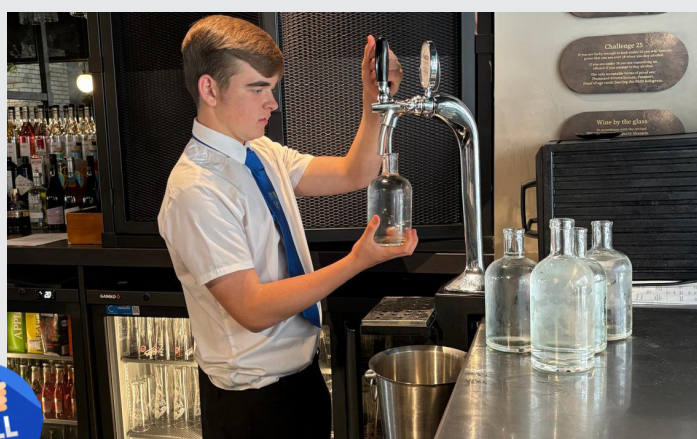
*- Rachael Bennett, Head of HR*

Our students not only met but exceeded expectations, proudly upholding the school's **RACER** values throughout their placement. Their conduct, curiosity, and willingness to learn made a lasting impression on hotel staff and guests alike.

**Mrs Bayliss**  
Food Technology



# THE HALYARD HOTEL WORK EXPERIENCE VISIT

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## LOST PROPERTY

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The school's lost property collection is growing with an increasing number of items such as coats, bags, shoes, trainers, and folders. If your child has misplaced any belongings, please encourage them to check the lost property area at their earliest convenience.

Items Available: **Coats, bags, shoes, trainers, folders, and more**

**Final Notice:** Any items remaining in lost property after the end of term will be donated to a local charity.

We hope to reunite students with their belongings as soon as possible. Your cooperation in this matter is greatly appreciated, and it helps ensure that all lost items find their way back to their rightful owners.

Thank you for your attention to this matter.

Kind Regards

**Halewood Academy**





# DUKE OF EDINBURGH UPDATE



HALEWOOD  
ACADEMY

## Fantastic Effort, Year 9!

A huge well done to all our Year 9 students who took part in the recent **Duke of Edinburgh** expedition at **Rivington**! You embraced every challenge with enthusiasm and showed incredible perseverance as you navigated your route, set up camp, and worked closely as a team. Your positive attitude and commitment were clear throughout the weekend, and it was truly inspiring to see you support one another from start to finish.

From reading maps and managing your kit to cooking your own meals outdoors and pitching tents in unfamiliar surroundings, you rose to every task with determination. You kept going with smiles

on your faces and a strong sense of purpose. It wasn't just about walking the distance – it was about pushing yourselves beyond your comfort zones and learning how to adapt and overcome challenges together.

You demonstrated real character, maturity, and **resilience** – qualities that will serve you well in all areas of life. This experience has not only built vessential life skills but also strengthened friendships and created lasting memories. We are so proud of everything you've achieved. Well done, everyone!

*Miss Patel*

Teacher of Science &  
Duke of Edinburgh Coordinator





# SCARE CROW TRAIL



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ACADEMY

Well done to our fabulous students who have worked so hard in our **Achievement Centre** creating a Scarecrow for **Halewood CultureFest Programme 2025**.

It was a joint effort by the students and staff and our **Scarecrow** will be included as part of the Scarecrow

Trail around Halewood and is on view near to the visitor entrance to Reception.

Huge thanks to Mrs Irons, Mrs Magee and Ms Moorhead for their continued support and encouragement.

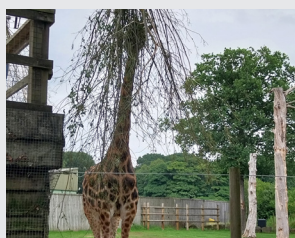


# ASDAN AWARDS



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Congratulations to our students who achieved their **Bronze, Silver, and Gold Awards** through the **Award Scheme Development and Accreditation Network (ASDAN)**! Their hard work, dedication, and perseverance have truly paid off. As a well-deserved reward, they enjoyed a fantastic trip to **Knowsley Safari Park** — a fitting celebration of their achievements. Well done!



# ICE BUCKET CHALLENGE THANK YOU

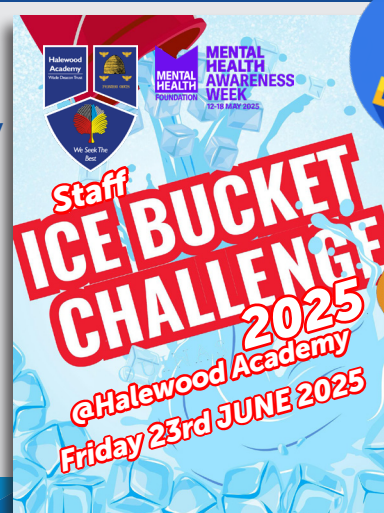


HALEWOOD  
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We would just like this opportunity to thank staff who all participated and supported in the **Ice Bucket Challenge** on the final day before half term. Whether it involved being drenched, covering a lesson or all the logistics to make it happen; everyone played a vital role in this activity. It was a great way to end the term on such a positive and charitable event which the students thoroughly enjoyed.

£300 was raised in total which will be donated to **YPAS** and **The Megan Hurley Foundation** to support our local community.

Thank you again,  
**Mr Harrison**  
Vice Principal



£300  
raised

# WELL DONE YEAR 11



HALEWOOD  
ACADEMY

## Congratulations to Our Year 11 Students

Congratulations to our Year 11 students who completed their final GCSE exams this week. Students have shown remarkable perseverance by staying calm, focused and confident in their knowledge.

We look forward to seeing everyone for their final assembly on **Friday 20th June** and then **Prom on Thursday 26th June**.



## ICE BUCKET CHALLENGE

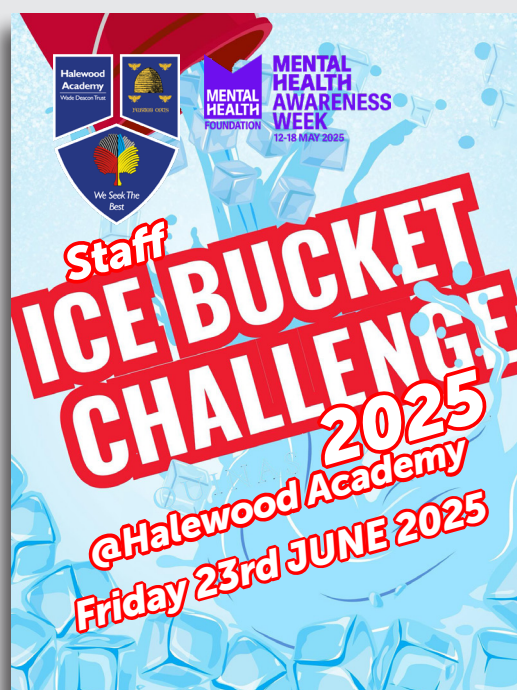
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£300 was raised in total which will be donated to YPAS and The Megan Hurley Foundation to support our local community.

Thank you again,  
Gareth



**£300**  
raised





# SUMMER SCHOOL 2025

HALEWOOD  
ACADEMY

*Monday 4th August to Friday 8th August for all  
New Year 7 students commencing in September 2025.  
Sessions run from 9.15am - 2.45pm.*

**FREE** snack, lunch and drinks  
will be provided.

**All sessions will be fun, engaging and a  
great opportunity to meet new friends!**

To book a place, please email  
[summerschool@halewoodacademy.co.uk](mailto:summerschool@halewoodacademy.co.uk)

MEMBER OF THE WADE DEACON TRUST



A GREAT  
PLACE  
TO BE A  
PART OF




# NUMERACY CHALLENGE



HALEWOOD  
ACADEMY

## Maths Challenge

Can you work out  
the value of each  
item?

	<input type="text"/>
	<input type="text"/>
	<input type="text"/>

## NUMERACY

$$\text{Rainbow Swirl Lolly} + \text{Pink Cupcake} \times \text{Rainbow Swirl Lolly} = 40$$

$$\text{Chocolate Donut} + \text{Chocolate Donut} + \text{Rainbow Swirl Lolly} = 52$$

$$\text{Chocolate Donut} + \text{Pink Cupcake} + \text{Chocolate Donut} = 52$$

$$\text{Chocolate Donut} + \text{Rainbow Swirl Lolly} \times \text{Pink Cupcake} = ?$$

[Solveemoji.com](https://www.solveemoji.com)

## Year 7 Sparx Competition Update



Sparx  
Maths

The top 3 classes as it  
currently stands are....

1-7HN1

2-7HN3

3-7WN1



Remember to be in with a chance of winning ensure  
all your homework is completed each week. The  
winning class will receive a Dominos Pizza Party the  
final week of term. Good Luck!

N

## NUMERACY



# HALEWOOD ACADEMY UNIFORM SHOP (NEW ADDRESS)



HALEWOOD  
ACADEMY

## kittedoutschoolwear.co.uk



**Halewood Academy**



## SHOP INSTORE & ONLINE



**SHOP  
ONLINE**

**Click &  
Collect**

**HOME  
Delivery**

**5-17 Bleasdale Road,  
Allerton, Liverpool L18 5JB**

**0151 727 2000**

email us at

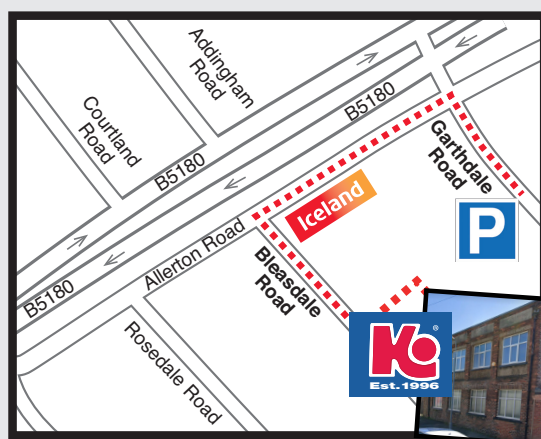
**info@kittedoutschoolwear.co.uk**

**We are open Monday to Saturday 9.00am to 5.00pm**  
(Extended opening hours during Summer Holidays)



**CAR PARKING** is available  
behind Barclays Bank on  
**GARTHDAL ROAD - L18 2DH**

From car head to Allerton Road,  
turn left walk past **ICELAND** and turn  
left again where you will find us.



# HALEWOOD ACADEMY UNIFORM SHOP OFFER



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SWi

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**10%**  
**off**  
**Everything!**

25th June - 1st July

Use Code: **SAVE10** at checkout.

[swischoolwear.co.uk](https://swischoolwear.co.uk)

# HALEWOOD ACADEMY TALENT SHOW 2025



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# TALENT SHOW! 2025

THURSDAY 17TH JULY

Performance begins 6.30 p.m.

Tickets are FREE for EVERYONE  
to attend and can be  
collected from Reception

WE SEEK **THE BEST**



# What Parents & Carers Need to Know about PHONE SCAMS

In a three-month period during 2021, no fewer than 45 million people in the UK experienced a suspicious attempt at being contacted via their mobile. Phone scams are a common form of cyber-attack where fraudsters engage directly with their intended victim through their smartphone. As our phones carry so many sensitive (and therefore potentially valuable) details about us, it's vital that trusted adults are alert to the tactics that scammers use to get access to user accounts, personal data and private information for financial gain.

## WHAT ARE THE RISKS?

### SMISHING

SMS phishing, or 'smishing' is one of the most common forms of mobile-based cyber-attack. Smishing is when a scammer texts their target, pretending to be a reputable person or organisation. They aim to trick the victim into supplying sensitive data such as bank details and personal information, so that they can then access the target's bank accounts and remove money.

### IMPERSONATION

Fraudsters often impersonate someone else to trick the victim into actually transferring money directly. They might claim, for example, to be a friend or relative using a different number who urgently needs funds. Other common cons include sending fake texts informing the target that they have a package which requires a fee to be delivered, or that they have an unpaid bill to settle.

### NUMBER SPOOFING

Here, the scammer takes impersonation cons a step further by cloning the phone number of a genuine company. So when the target receives a call or text, their phone recognises the sender's number as legitimately belonging to Amazon, HMRC, the NHS or the DVLA (who have all been impersonated in these cons). This makes the scam far harder to spot and the victim much more inclined to comply.

### FAKE TECH SUPPORT

Attackers contact a target, pretending to work for their employers' IT support team. They then advise them to download some software to fix 'a technical issue' with their device. In reality, however, the software grants the scammers access to the victim's private data and sensitive information. This con is more common on desktop and laptop devices, but is still possible to accomplish on mobiles.

### SIM HIJACKING

SIM hijacking switches control of a phone account from the victim's SIM card to one in the scammers' possession. Criminals use personal details pieced together from social media (birthday, address, pet's name and so on) to pose as you, then instruct your phone network to transfer your number to *their* SIM – giving them access to all calls and texts meant for you, including one-time login passcodes.

## Advice for Parents & Carers

### DO SOME DIGGING

If you've received a call or text asking for specific information, research the caller's number. There are several websites that allow you to enter a phone number and will then display any relevant information about it – this usually includes feedback and comments from other people, so you can easily see if that particular number has been implicated in potential scams.

### TRY A CALL BLOCKER

If a suspicious call comes through on your mobile, you can manually block the number if you believe it to be dubious or a nuisance caller. Alternatively, you could consider installing a call blocker service on your phone. They automatically stop calls getting through from numbers which have been reported as suspicious, halting potential scammers in their tracks before they can reach you.

### VERIFY THE SOURCE

Never disclose confidential details to an individual or organisation you're unfamiliar with. If the caller claims to represent a company you trust but is *still* asking for personal information or payment on an outstanding charge, end the conversation. Then find the company's genuine number on a bill or on their website and call them directly to confirm if there really *is* an issue you need to address.

### BREAK OUT THE TECH

Lots of anti-virus software now also protects mobiles. Some anti-virus apps can detect phishing links in text messages and alert you to the risk. When you're out and about, try not to use public WiFi for sensitive transactions: it's far less secure than your home WiFi network. Instead, you could consider installing a VPN (virtual private network), which encrypts all data travelling to and from your phone.

### REPORT INCIDENTS

If you or a family member *does* give out confidential information to a caller you aren't sure about, contact the actual company mentioned to check if the call was genuine. If they confirm that the call was not made by their organisation, you should report it as a potential scam via the Action Fraud website and (depending on exactly what information was divulged) consider involving the police.

### BE WARY OF LINKS

If you get a message from an unknown number asking you to click on a link, report it as spam and do not open the link. One recent example 'warned' victims they'd been exposed to the Omicron variant and needed to click a link to buy a special test – only to find they had paid their money to scammers. Links can also install malware onto your device, so always treat them with extreme caution.

## Meet Our Expert

Formed in 2016, Kryptokloud provides cyber security and resilience solutions to its customers. With offices in the UK, the company offers managed service operational packages including cyber security monitoring and testing, risk audit, threat intelligence and incident response.



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Sources: <https://www.ofcom.org.uk/news-centre/2021/45-million-people-targeted-by-scams> | <https://www.cpaiblockers.com/blog/news/shocking-new-uk-fraud-statistics-financial-scams-committed-every-15-seconds> | <https://www.which.co.uk/news/2022/01/the-five-biggest-scams-of-2021/>



# Joyful June 2025

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



1 Decide to look for what's good every day this month

2 Say positive things in your conversations with others

3 Re-frame a worry and try to find a helpful way to think about it

4 Take a photo of something that brings you joy and share it

5 Think of 3 things you're grateful for and write them down

6 Get out into green space and feel the joy that nature brings

7 Do something healthy which makes you feel good

8 Find joy in music: sing, play, dance, listen or share

9 Ask a friend what made them happy recently

10 Bring joy to others by doing something kind for them

11 Eat good food that makes you happy and really savour it

12 Write a gratitude letter to thank someone

13 Take a light-hearted approach. Choose to see the funny side

14 Share a happy memory with someone who means a lot to you

15 Look for something to be thankful for where you least expect it

16 Speak to others in a warm and friendly way

17 Take time to notice things that you find beautiful

18 Look for something good in a difficult situation

19 Get outside and find the joy in being active

20 Rediscover and enjoy a fun childhood activity

21 Send a positive note to a friend who needs encouragement

22 Watch something funny and enjoy how it feels to laugh

23 Create a playlist of uplifting songs to listen to

24 Bring to mind a favourite memory you feel grateful for

25 Show your appreciation to people who are helping others

26 Make time to do something playful, just for the fun of it

27 Be kind to you. Do something that brings you joy

28 Notice how positive emotions are contagious between people

29 Share a friendly smile with people you see today

30 Make a list of the joys in your life (and keep adding to it)



ACTION FOR HAPPINESS

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