



Easter Holiday- Self-Care 2024

I really do like this time of year, in particular, the clocks going forward, the days getting longer and lighter (and hopefully drier) and Spring can actually be heard. However, we all must not lose sight that for some, this time of year will naturally create anxiety and stress as our Year 11's and 13's focus on their 'final push'. All of their hard work so far, as well as their teachers' hard work is the grounding for making sure that they are as prepared as possible for their final summer exams. During this final phase for our students, making sure that they get the balance right between 'work and play' is essential. Having time to do the things that they enjoy outside of their revision work is equally as important.



Additionally, for our students to understand that everyone including your parents, carers and teachers, all want the very best for you, so expect to be asked what they can do to help you and how your revision is going. As always, if you require any specific support or if the situation gets too challenging for you, please get in contact with us, because if we don't know it is hard for us to support you.



Have a lovely Easter break. Kind regards Mr T

Exam Anxiety - Blogs of the month

[How I help my son tackle his anxiety | Parent Blog | YoungMinds](#)

[How to Talk to a Friend You're Worried About | Blog | YoungMinds](#)

[How to Look After Your Mental Health During Ramadan | YoungMinds](#)

[Guide to CAMHS | Mental Health Services | YoungMinds](#)

[Exam Stress Tipsheets \(place2be.org.uk\)](#)

[Exam stress | Campaign Against Living Miserably \(CALM\) \(thecalmzone.net\)](#)

[Exam Stress | Coping Strategies | DEAL | Samaritans](#)

[Help your child beat exam stress - NHS \(www.nhs.uk\)](#)

[Information for 11-18 year olds – Exam stress - Mind](#)

[7 Tips To Beat Exam Anxiety \(youtube.com\)](#)

[How to Beat Test Anxiety and Take on Exams Without Stress \(youtube.com\)](#)



BE RESPECTFUL
BE RESPONSIBLE
BE KIND & BE SAFE

BEFORE COLLEGE · BREAK · LUNCH · AFTER COLLEGE

BAN THE BANTER

STOP BULLYING

TAKE A STAND : SPEAK OUT

If you are worried about something,
TALK TO US!

Tutors : Heads of Year : All staff
Mr Thompson : Mrs Dickens

Everyone has the right to:

- Speak out and be heard
- Be safe
- Get help when they need it

If you are worried about something,
TALK TO US!

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ARE YOU SAFE ?

MRS DICKENS Designated Safeguarding Lead (DSL)	MR THOMPSON Deputy Designated Safeguarding Lead (DSL)	MRS BEESLEY Safeguarding Coordinator (DSL)	MRS CHARD Safeguarding Lead (DSL)
MRS SHADBOLT Sixth Form Manager	MR CLEMENTS Head of Year	MRS SILVERTHORNE Head of Year	MR LAMB Head of Year

MENTAL HEALTH

If you are worried about something,
TALK TO US!

Tutors : Heads of Year : All staff
Mr Thompson : Mrs Dickens

STOP THE HATE

If you are worried about something,
TALK TO US!

Tutors : Heads of Year : All staff
Mr Thompson : Mrs Dickens

SAFE ONLINE?

If you are worried about something,
TALK TO US!

Tutors : Heads of Year : All staff
Mr Thompson : Mrs Dickens

BAN THE BANTER

If you are worried about something,
TALK TO US!

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TALK TO US!

MRS DOWN Head of Year	MISS WRIGHT Head of Year	MRS SKINNER Safeguarding : Attendance
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Remember, no matter how you feel, there is always someone to talk too!

There is *always* someone to talk to; use one of these free services to use if you feel low, lonely, or vulnerable. ¶

- *CHILDLINE--<https://www.childline.org.uk/>---0800-1111-open 24hrs/7 days a week¶
- *SAMARITANS--<https://www.samaritans.org/>---116-123-open 24hrs/7 days a week¶
- *NHS Mental Health Line 0800-0309-500 open 24hrs/7 days a week¶
- *SHOUT---Text 85258¶
- *YoungMinds--[text YM to 85258](https://www.youngminds.org.uk/about-us/contact-us)--27hrs/7 days a week <https://www.youngminds.org.uk/about-us/contact-us>---

Anxiety---what strategies do you use, listen to a music list, walk around the garden, read some of a book, have you made a Self-Soothe box---find out at: <https://www.youngminds.org.uk/young-person/blog/how-to-make-a-self-soothe-box/> or 0844-967-4848 open 27hrs/7 days a week.....or the ClearFear app¶



Suicidal---Call 999 or go to A&E if you or someone is feeling suicidal¶

Papyrus Hopeline UK 0800-068-4141 or text 07860-039967 or email pat@papyurs-uk.org all open 9:00am-midnight everyday¶

Download the StayAlive app from Google playstore¶



#StayAlive

Parent Support---YoungMinds and WSCC¶

West-Sussex Safeguarding Hub: 01403-229900 Mon-Fri 9am-5pm and 0330-022-26664 5pm-9am and weekends¶

For detailed advice, emotional support and signposting about a child up to the age of 25. Call free 0808-802-5544 from 9:30am--4pm, Mon--Fri <https://www.youngminds.org.uk/parents>¶



Self-harm---what have you planned as your distraction techniques---go for a walk, make someone a cup of tea, bake some cakes, walk the dog, look at your favourite photos, doodle/draw.....or engage with the CalmHarm app.¶

