



## Welcome

Welcome to this Mental health and Wellbeing newsletter.

We are heading closer to the end of term, however we are well aware that we have packed a lot into these last few weeks, sports days, school plays, and our amazing Learning Beyond the Curriculum Week!



E-motion offers free email counselling and instant message sessions – up to 12, weekly sessions.

Online support works best if the young person is struggling with low mood and anxiety and the risk is relatively low.

Issues such as complex trauma, chronic eating disorders are better suited to face-to-face support.

Email [enquiries@e-motion.org.uk](mailto:enquiries@e-motion.org.uk) to discuss referrals and explore level of risk.

[Young people can self-refer easily by going to the website.](#)

## Parent Mental Health & Wellbeing Workshops

In response to parents' feedback, we are going to organise more events around the mental health and wellbeing of teenagers, as well as understanding their brain development.

Our school counsellor, Nick Pope, will invite representatives from the different support groups and associations that are available in the community.

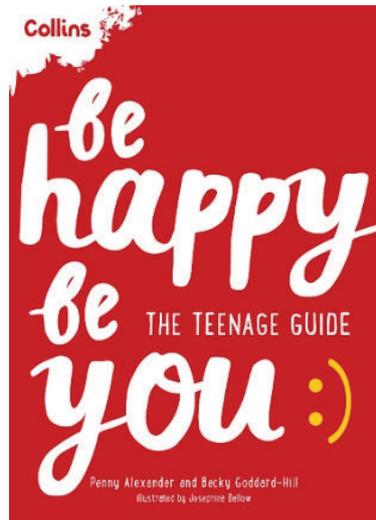
These events are a great way to understand more about what is normal and what should be a concern when it comes to teenagers' mental health.

## Children & Young People Book Recommendation

### Teenagers & Their Parents

*Be Happy be You* by Penny Alexander and Becky Goddard-Hill

This book is based on the idea that there are things you can do to take control of your well being – even when you're dealing with the difficult bits of life as a teenager. The book looks at different issues you might face and includes actions you can take to make your life more positive, and explanations of the science behind how they work.

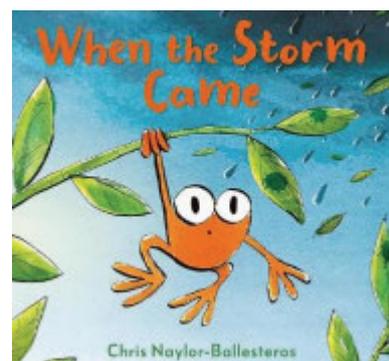


### Younger children

As we know that some of you have younger children, we thought it would be a nice idea to share a book recommendation for primary school aged children.

*When the storm came* by Chris Naylor-Ballesteros

Discover that a little bit of kindness can bring an entire community together in a crisis. The frog family love their home on the riverbank, but they know to always stay away from the old tree stump – because a Big Scary Thing lives in there. When a huge storm comes and his friends and family are swept away, Little Frog is blown right into the terrifying stump . . .



. but what he finds inside changes his community forever.

# register





## Online Safety

We are delighted to announce that from September, the safeguarding team will be sending out weekly online safety tips for parents and carers.

This will be called:

## WakeUpWednesdays

and we hope these will be helpful.

Throughout the year we, as a school, have continued to educate our students around how to keep safe online.

Unfortunately, we do have students who are still using social media in a way that causes upset, this is a form of bullying to other students despite the constant messages they are being given. If we all work together, we hope to combat this.

We would like to remind parents and carers that All Apps that allow social interaction have the potential for abuse. There is a minimum age requirement in the sign-up agreements, and it is important that parents are aware of this, as it indicates the level of protections offered.

Typically, if the minimum age is 18, there are no protections offered by the service to prevent inappropriate communication, and no parental controls.

Apps with a minimum age of 13 generally have some way of reporting and or blocking inappropriate content along with some parental controls.



## Supporting Your Child With Anxiety

If your child is experiencing high levels of anxiety, it can be worrying for you as a parent or carer.

The Charlie Waller organisation provides mental health training, resources and consultancy with a focus on children and young people.

They work with young people, parents and carers, schools, colleges, universities and employers.

All their work is based on sound evidence. It gives people the confidence and skills to look after their mental health.

They have put together a very useful booklet that looks at anxiety and its impact, while offering practical ideas for your child – and you – to deal with this common but distressing experience.

[You will find a link to the booklet here.](#)



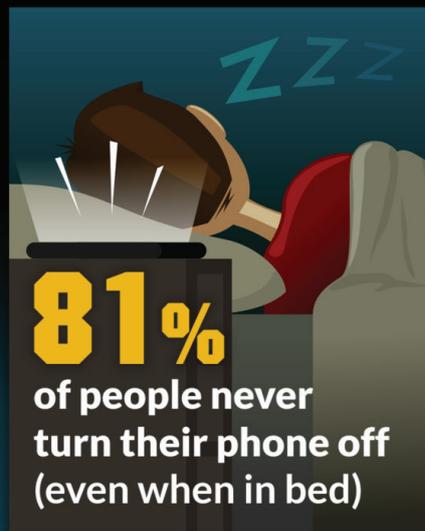
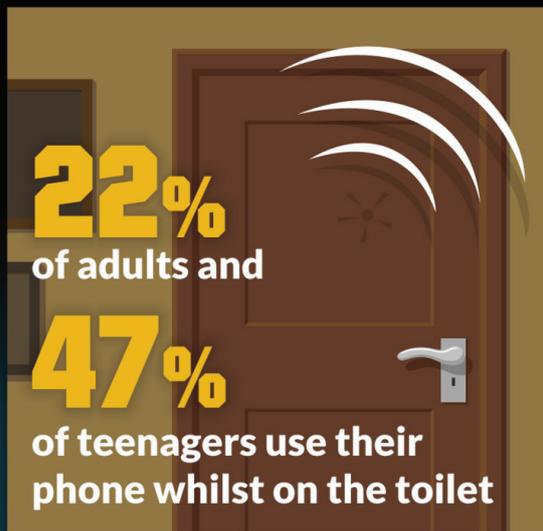
PLATFORM	MINIMUM AGE TO SIGN UP
Live.Me	No PEGI rating yet, recommended for 17+ only
Live.Ly	12
Sayat me	13
Facebook	13
Instagram	13
Pinterest	13
Snapchat	13
WhatsApp	16
YouTube	18 (13-17 with parental permission)
Musical.ly	18
Loovoo	18
SimiSimi	18



## Mobile phones - A help or hindrance? | Phone Addiction

### ARE YOU ADDICTED?

Mobile Phones are now essential  
but some people use them to excess



### Your phone is a great tool but it can also hurt your performance unless it is managed

- Students who perform a task just in sight of their phone (regardless of if they are using it) do about 20% worse as it still distracts them
- Phone use every day for longer than 20 minutes at a time leads to poor sleep quality and duration
- Being on your phone within an hour before bed means that you are almost three times as likely to get less than five hours sleep
- Students who are on their phone more get worse grades, regardless of gender or previous grade average



by @inner\_drive | [www.innerdrive.co.uk](http://www.innerdrive.co.uk)

As with all technology, it is not what it is but how it is used that ultimately defines whether phones will help or hinder someone.

Understanding the impact of constantly being on their phone and being reliant on it will allow students to make more informed decisions about their usage and end mobile phone addiction.

#### THE 3 MAIN DANGERS

Being addicted to a phone can negatively hinder all areas of life, from physical well-being to achievement and success at school.

Here are three reasons why students should use the mobile phone less...

#### 1) REDUCED CONCENTRATION

**A study found** that students were less attentive and performed worse when trying to multi-task and use their phones while doing other activities such as walking, working or learning. While **many think that multi-tasking is easy**, the reality is that it requires more time, energy and focus to shift between different tasks than it would to simply do one at a time.

Interestingly, the same study also found that the simple presence of a phone, even if it's not in use, also had the ability to distract and decrease task performance by 20%.

#### 2) POOR SLEEP

Phone use every day for longer than 20 minutes at a time **has been found to** lead to:

- Shorter sleep durations
- Later wake-up time on weekends
- Greater daytime tiredness
- Lower quality sleep

In fact, being on our phones within an hour before bed makes us almost three times as likely to get less than five hours of sleep.

This is due to the backlight of the mobile phone tricking our brains into thinking it's still daytime, suppressing the sleep hormone,



melatonin from being released, making it more difficult to fall asleep.

**3) WORSE SCHOOL PERFORMANCE**  
Research has found a significant correlation between phone use and reduced academic achievement. This is because constant interaction with their phone divides students' focus, making it harder for them to study effectively.

## 5 Top TIPS

When it comes to phones, just like everything, moderation is key. Here are five strategies that can help students become less reliant on their phone.

### 1) PUT AWAY YOUR PHONE WHEN STUDYING

If a student's phone is out of reach out of sight, it is much easier to stop the habit of constantly checking it. This is the perfect opportunity to let it charge in a different room, or to give it to a trusted adult to look after for a certain period of time.

### 2) TURN OFF SOUND NOTIFICATIONS

The "ding" noises and vibrations are designed to shout for our attention. This encourages students to check their phone immediately.

By turning off sound notifications or, even better, putting their phone on airplane mode while they're studying, students can become in control of when they actually check their phone.

### 3) PUT A TIMER ON YOUR PHONE USE

It is important for students to give themselves a deadline. It's important to take breaks and relax, but apps

and websites are created to be addictive and make time fly. Checking their phone for one message can quickly turn into students checking all their social media. Next thing they know, it's been 2 hours. A timer can help them monitor their phone use – for example, setting one for 10 minutes allows for a guilt-free break that doesn't eat into precious study time.

### UNDERSTAND THAT MULTI-TASKING IS A MYTH

We all love to think we're great at multi-tasking, but the truth is that when we think we're doing several things at once, we're actually only switching rapidly between them. Each switch has an attention and energy cost.

This not only makes everything take longer – it also makes us less accurate and more prone to making errors. If students focus on one task at a time and devote their full attention to it, they'll be done much faster with less mistakes.

### TURN DOWN THE PHONE BACKLIGHT

Ideally, students should not use their phone at all in the couple of hours leading up to bedtime. But if that's too difficult, they should at least turn down their backlight, hold their phone at least 12 inches from their eyes and use a blue light filter – this feature now comes built into most phones, but many apps also exist to help.

While they don't suppress it entirely, these tips should help reduce the negative impact phones have on our production of melatonin, the hormone that makes us sleepy.



## LGBTQ+ Support

### Support for Young People & Families

Young people and their families can find support on LGBTQ+ questions with Allsorts Youth Project who listens to, connects & supports children & young people under 26 who are lesbian, gay, bisexual, trans or exploring their sexual orientation and/or gender identity (LGBT+) and their families.

### You will find a link here

Young people and their parents/carers can also find support with **MindOut**, by providing specialist mental health and wellbeing support for LGBTQ+ people, including:

- [mental health advocacy](#)
- [peer support group work and peer mentoring](#)
- [counselling](#)
- [telephone befriending](#)
- [daily & out of hours online support](#)
- [suicide prevention initiatives](#)
- [trans and non-binary specific and specialist support](#)
- [volunteering opportunities.](#)

Phone: 01273 234839



# Rise & Shine

Rise & Shine is a mental health alarm clock app that wakes you up feeling great!! With guided meditations, metaphors and powerful positive suggestions.

We are at our most susceptible to suggestions within the first 20 minutes of the day, Rise & Shine taps into this. Mindfulness starts before you even open your eyes. It works like a dream!

We would like to invite anyone in the PCS Community to test the App for 1 month and to track progress.

## How to set it up

The set up is easy, but it does take a little practise to ingrain a new habit

The phone needs to be plugged in on charge overnight

Connected to wifi

Check media volume is up

And last and most importantly, a low level light 'Dark Screen'/'Sleep Screen' needs to remain on and visual overnight so that the app can wake you in the morning. Simply hit 'Save & Sleep' as the last thing that you do and then set the phone down for the night.

We recommend setting a back up alarm. However, once done

## SAFEGUARDING

### OUR SAFEGUARDING TEAM



**Mathieu Verniol** - Assistant Headteacher and Designated Safeguarding Lead (DSL) at PCS

Mathieu has overall responsibility for the management of child protection and safeguarding concerns and referral to appropriate agencies, including East Sussex Children's Services



**DEPUTY DESIGNATED SAFEGUARDING LEADS WILL MANAGE SAFEGUARDING CONCERNS IN THE ABSENCE OF MATHIEU VERNIOL DESIGNATED SAFEGUARDING LEAD**

**SAFEGUARDING CHILDREN IS EVERYONE'S RESPONSIBILITY**

**ALL OF THE STAFF ON HERE WORK TOGETHER WITH OTHER PCS STAFF TO ENSURE THE SAFETY AND WELLBEING OF OUR STUDENTS**



**Ann-Marie Waite** - Deputy Headteacher for Inclusion, Culture and Ethos and Deputy DSL

**Josie Turner** - Assistant Headteacher is a Deputy DSL



**James Broadbent** - Assistant Headteacher is a Deputy DSL

**Kate Leggett** - Pastoral Lead is a Deputy DSL



**Jenna Tucker** - Early Help Co-ordinator is the Safeguarding Officer

**Clare Murphy** - Safeguarding Support Officer is a Deputy DSL



*Look Out For Our Orange Lanyards*

### PARENTS / CARERS

If you have a concern about the safety or wellbeing of a student at PCS email us at: [pcs-safeguarding@swale.at](mailto:pcs-safeguarding@swale.at) or contact 01273 581100 and ask to speak to one of the above

### STUDENTS

If you have a worry about your safety or wellbeing email: [pcs-safeguarding@swale.at](mailto:pcs-safeguarding@swale.at) or come and speak to one of us

correctly, it really does become second nature.

Visit the FAQ's in the settings tab. How do I get the app?

The easiest way to get the app is through the website:

[www.riseandshineclock.com](http://www.riseandshineclock.com)

## Kids Eat Free



Click here for details