

Social and Emotional Mental Health in Your Child

First steps:

- First and foremost, the most important step is to contact your GP for advice and support for your family. Anxiety and depression are medical conditions. Your doctor can point you in the direction of helpful agencies and possibly make referrals to the Children and Adult Mental Health Service (CAMHS).
- Contact your child's form tutor to inform them of the current difficulties. Form tutors should be your first port of call for all information sharing. Keep them updated with any developments and they can liaise with the school on your behalf.
- Look at the recommended websites (p2) and find the best fit for you and your family. There is a lot of information and support out there regarding anxiety and depression. They can help create strategies to manage those feelings which can be worked on at home, and arrange a variety of support.
- Have your child look at our recommended reading list. Reading about anxiety and depression can help them understand what is happening, and that they are not alone. They will also have useful coping strategies.
- If you find that your child has self-harmed or is self-harming, you must go to the GP or hospital about this and inform their form tutor so the school is aware.
- As anxiety and depression are primarily medical issues, you can also contact Compass. This is the school nurse service who work with Kineton High School:
 - Telephone: 03300 245 204
 - Email: Warwickshireschoolhealth@compass-uk.org

Recommended Reading List

The books below are useful for students who are struggling with their mental health. They have social stories which pupils can relate to, and include strategies to help manage their feelings:

- Turtles All the Way Down by John Green.
- Daris the Great is Not Okay by Adib Khorram.
- Things I'm Seeing Without You by Peter Bognanni.
- I Have Lost My Way by Gayle Forman.
- Verona Comics by Jennifer Dugan.
- I Was Here by Gayle Forman.
- Mindfulness for Teens in 10 Minutes a Day: Exercises to Feel Calm, Stay Focused & Be Your Best Self by Jennie Marie Battistin
- Embracing the Awkward: A Guide for Teens to Succeed at School, Life and Relationships by Joshua Rodriguez
- Anxiety Survival Guide for Teens: CBT Skills to Overcome Fear, Worry, and Panic (Instant Help Solutions) by Jennifer Shannon
- Blame My Brain: The Amazing Teenage Brain Revealed - Nicola Morgan
- The Teenage Guide to Stress - Nicola Morgan
- The Huge Bag of Worries (Anxiety) (Large format fiction) - Virginia Ironside
- Sod It! The Depression 'Virus' and how to deal with it - Martin Davies
- I Had a Black Dog (Depression) - Matthew Johnstone
- Michael Rosen's Sad Book (Depression) - Michael Rosen
- Sod It All! How to deal with the Stress 'Virus' in your life - Martin Davies
- Stress & Depression - Sarah Lennard-Brown
- Mind Your Head : All About Our Mental Health - Juno Dawson
- How Not to Lose It : Mental Health Sorted - Anna Williamson

If you wish for further book recommendations, please contact our librarian, Mrs Bond Bond.A@stowevalley.com

Useful Links:

Please find a list of useful links below. There's information about external agencies who can help families and their children with mental health issues. It is often helpful to look at them first by yourself to get a feel for the website, the layout, tone and type of advice. Then pick ones you think are best suited to your child. We would always advise that you then try to look at these with your child.

<https://www.bbc.co.uk/bitesize/tags/z7qg6v4/mental-health/1>

<https://youngminds.org.uk/find-help/conditions/anxiety/>

<https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-anxiety/>

<https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/depression-anxiety-mental-health/>

<https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/>

<https://www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic/anxiety/>

<https://www.childline.org.uk/toolbox/videos/managing-stress-anxiety/>

<https://www.safeline.org.uk/looking-after-your-mental-health-and-wellbeing-while-staying-at-home/>

<https://www.warwickshire.gov.uk/children-families>

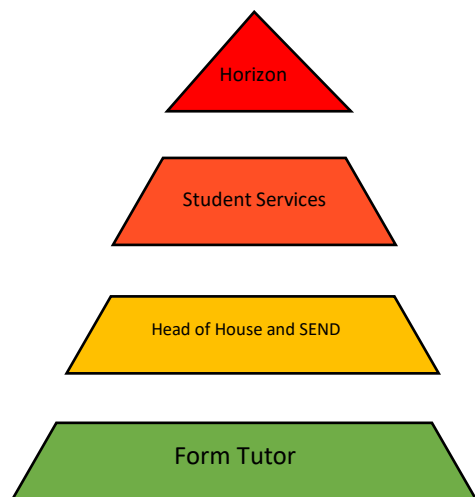
<https://dimensions.covwarkpt.nhs.uk/>

<https://www.warwickshire.gov.uk/mentalhealth>

<https://childmind.org/article/what-to-do-and-not-do-when-children-are-anxious/>

<https://cwrise.com/for-parents/>

What Does the School Do?



If your child is still struggling and not attending lessons / school, a place may become available in Horizon. This is a quiet area within the school where students can , amongst other things, spend time acclimatising to being back at school, complete some work in a quieter space for short periods of time, have sensory breaks.

Please note: Places in Horizon are limited as it is a small space. There is a focus on independent learning with the supervision of a TA in this space and your child would not receive teacher tuition. Only the SENCO (Lindsay Hooper) and the Deputy Head (Mr Gowney-Hedges) can approve entrance into Horizon. It may be requested but not guaranteed.

If the strategies put in place by the Head of Year or SEND department are not effective, either the Head of Year or member of SEND will refer your child , with you permission to one of our external agencies who can work with your child.

Please note: the waiting list for the school's agencies is long. Seeking outside help yourself may get faster results.

If you communicate that the situation worsens, and if behaviour changes within school, your child's form tutor will refer the situation to the young person's Head of Year. If your child is on the SEND register, the SEND department will also be informed. Support and strategies will be put in place for your child.

If your child is struggling with social and emotional mental health, we suggest that you communicate this to their form tutor. Their form tutor will liaise with the school and let the relevant staff know how your child is feeling. Their form tutor will also keep an eye on the situation.

Please communicate any updates to the form tutor in the first instance. If you have any requests, this also needs to be communicated to form tutors. For example, requesting for your child to trial using a fiddle toy. This is approved by the school to be trialed for a short time period. Your child's tutor will then contact teachers to assess whether this is a strategy which works.

What causes students with SEND needs anxiety at school?

Homework / ILTs: Students with anxiety can often get overwhelmed with the amount of homework, and then worry that they will get into trouble if it isn't completed. If this is something that is contributing majorly to your child's anxiety, school can help with this. Contact your child's form tutor in the first instance and we can put steps in place.

Social time: Breaks and lunches can sometimes be overwhelming for a student with anxiety. This can be supported by finding your child a quiet space they can go to within the school.

Cover lessons: If your child's anxiety increases when there is a change, such as a cover teacher in a lesson, the school can facilitate for them to work elsewhere in an environment they consider more familiar. Please note that this is in exceptional circumstances. If your child has SEND needs, this decision is made by the SENCO. Otherwise, this decision is made by your child's Head of Year.

Not accessing work: Sometimes your child may feel anxious about not being able to understand the work provided by teachers. Kineton High School has a strong focus on quality first teaching, which includes differentiation and inclusion for all pupils. Kineton High School creates a 'passport' for pupils who struggle, with strategies for teachers to follow to help support learning in lessons.

Detentions: Kineton High School has a clear behaviour policy. This means that when displaying challenging behaviour, or not completing work, detentions will be the result. This can cause stress to some pupils. We need to advise that all pupils at Kineton High School are expected to follow the behaviour policy. This helps young people accept responsibility for their actions, and supports the building of independence and resilience. However, if you believe your child has been punished for an issue due to a Special Educational Need or disability that was beyond their control and not due to behaviour or choices please contact your child's form tutor, or email the SEND department – KHSSend@stowevalley.com

What Does the School NOT Do?

- At Kineton High School, we do not have a counsellor who works in school. This means that if you want to get counselling for your child, it is best to do this privately and externally. The links provided have good provisions for you to do this. Students can be referred for help through Student Services, however this is also with external agencies, and the waiting lists are extensive.
- Schools cannot make GP referrals. This has to come from parents. Like GPs Kineton High School can make a referral to CAMHS.