

*In addition to the useful resources on a variety of matters concerning your child's well-being, this edition focuses on mindfulness, selfcare and provides resources you may find helpful to support you and your child.*

Gaynor Davy, Lead Designated Safeguarding Lead, Bilton School



## Spring has sprung

*Safeguarding would like to wish the best of luck to all students taking exams this term.*



*Safeguarding Awareness Weeks 2024 - Monday 20-26 May*

*This year the campaign focus is to highlight that everyone has the right to feel safe.*



*Be the best you can be!*

# 4 Ways to Overcome Test Anxiety

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



## USE SELF TALK

Talk to yourself in a positive way, focusing on previous exam success.

## USE REFRAMING

Look at test anxiety in a helpful way. Test anxiety is natural and can be beneficial to performance.

## PREPARE WELL

Good preparation does not only involve carrying out the necessary revision. Other preparation such as getting a good night's sleep before an exam improve your performance.

## TAKE DEEP BREATHS

This will allow you to reduce your heart rate



## Mental Health in Schools Team Tips For Wellness



### Self-Care

Sometimes when we experience stress, worries and other mental health problems, we might stop looking after ourselves and this can make us feel worse.

Self-care is about taking time to look after yourself, and to make you feel grounded when life is getting too much. This involves putting yourself first, and knowing what helps you. Knowing this can have a positive impact on your mental health and wellbeing.

You might think that self-care is all about taking a bath or lighting a candle...and it might to some people, however, we need to understand that self-care looks different to everyone! What works for one individual may not work for another. It is all about how we listen to our bodies, our thoughts, and feelings and understanding what our needs are. Therefore, when you start to notice that you are feeling overwhelmed, you can do an activity that helps you to feel calmer.

#### Tips for self-care:

1. Create a hope box/happy box – a place to put your special memories in such as trinkets, photos of special days out, or gifts from family and friends. Anything that helps you in the moment for when you are stressed can go in there, e.g., stress toys!
2. Tune into your mental health - tell people what helps you; spot your early warning signs and keep a mood diary.
3. Feeling connected with others can increase your confidence and can give you a different perspective on things.
4. Peer support - speaking with those who have had similar experiences, can help you feel accepted and challenge stigma.
5. Therapeutic activities such as relaxation, mindfulness, and nature-based activities. Scan the QR code below for some mindfulness videos!
6. Looking after your physical health by getting enough sleep, keeping active and eating healthily.
7. Ask a trusted adult to help you look into specialist support if you need it.



Mindfulness  
videos!



Lesson plan  
ideas for  
managing  
stress!

#ThanksKids recognises the efforts and kindness of children and young people, and thanks them with personalised #NHSStars certificates. If you know a child or young person that deserves recognition for going above and beyond, don't wait, nominate! [thankskids@covwarkpt.nhs.uk](mailto:thankskids@covwarkpt.nhs.uk).

MHST are available to support you and your school throughout the school year including term time and school holidays.

Please contact your school's Mental Health Lead for information and advice.



## Mental Health in Schools Team Tips For Wellness



# Being mindful and taking notice

As humans, we experience a range of different emotions daily. Sometimes when we experience emotions that are more difficult, it can be hard to manage.

Taking notice of our emotions and feelings can help us to understand our feelings and manage them in a more helpful way. One way to take notice is not to focus on the future or past, but pay attention to the present moment you are in.

Mindfulness is a way to practice how to take notice of where we are and what we are doing. Mindfulness can help us take notice of our thoughts and feelings whilst staying in the present moment.

### Our tips for being mindful and taking notice:

- Try the 5-4-3-2-1 mindfulness activity by following the QR code:



- **Music and listening** - try listening to your favourite song or relaxing sound and take notice of what is happening in your body and feelings. How do you feel after listening to music or a relaxing sound? Do you feel different to how you felt before?

- **Taking notice of the positives.** Write down 3 things that were positive about your day, no matter how big or small!

- Have a go at rainbow relaxation mindfulness:



- 3-minute body scanning:



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## Mental Health in Schools Team Tips For Wellness



### Mindfulness

Mindfulness is a powerful activity which aims to bring us back to the present moment. This helps us to become more aware of our surroundings and our own self.

Practising mindfulness allows us to focus, feel connected and take time to notice our thoughts and feelings without judgement.

#### Be the bubble activity (this activity can be done with bubbles)

1. Ask your young person to imagine they are a bubble.
2. Ask them to breath in and focus on their body being full of air
3. Ask them to breath out (blowing out the bubbles) the young person will feel their body relaxing,, letting any worries float away, just like a bubble.
4. Focus on feelings and thoughts in the present moment.
5. As your child continues to blow bubbles, ask them how it makes their body feel and what they notice about each bubble.

#### 5, 4, 3, 2, 1 Ground Technique

- 5 – things you can see
- 4 – things you can touch
- 3 – things you can hear
- 2 – things you can smell
- 1 – things you can taste

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Parents have free access as part of our Digital Safeguarding subscription with Warwickshire County Council.

<https://warwickshire.onlinesafetyhub.uk/>

There is a lot of useful information for parents, including information on setting parental controls, app and game reviews, and blog posts about the latest things to be aware of in the online world.

Parents can also have access to free accounts for Qustodio [https://www.qustodio.com/en/30-days-school-special/?utm\\_source=internal&utm\\_medium=OSHub&utm\\_campaign=warwickshire-uk](https://www.qustodio.com/en/30-days-school-special/?utm_source=internal&utm_medium=OSHub&utm_campaign=warwickshire-uk) as well as a 30-day trial of the full product, which allows them to monitor two devices per email in their household.

The impact of inappropriate use of Social Media can be very distressing and the impact far reaching. Please ensure YOU are protecting your Child from On-line Harm.

If you require any further support or information. Please do not hesitate to contact the Pastoral or Safeguarding Team.



# ONLINE CONTENT

## 10 tips to keep your children safe online

The internet has transformed the ability to access content. Many apps that children use are dependent on user-generated content which can encourage freedom of expression, imagination and creativity. However, due to the sheer volume uploaded every day, it can be difficult for platforms to regulate and moderate everything, which means that disturbing or distressing images, videos or audio clips can slip through the net. That's why we've created this guide to provide parents and carers with some useful tips on keeping children safe online.



### 1 MONITOR VIEWING HABITS

Whilst most apps have moderation tools, inappropriate content can still slip through the net.



### 2 CHECK ONLINE CONTENT

Understand what's being shared or what seems to be 'trending' at the moment.



### 3 CHECK AGE-RATINGS

Make sure they are old enough to use the app and meet the recommended age-limit.



### 4 CHANGE PRIVACY SETTINGS

Make accounts private and set content filters and parental controls where possible.



### 5 SPEND TIME ON THE APP

Get used to how apps work, what content is available and what your child likes to watch.



### 6 LET CHILDREN KNOW YOU'RE THERE

Ensure they know that there is support and advice available to them if they need it.



### 7 ENCOURAGE CRITICAL THINKING

Talk about what people might post online and why some posts could cause distress.



### 8 LEARN HOW TO REPORT & BLOCK

Always make sure that children know how to use the reporting tools on social media apps.



### 9 KEEP AN OPEN DIALOGUE

If a child sees distressing material online; listen to their concerns, empathise and offer reassurance.



### 10 SEEK FURTHER SUPPORT

If a child has been affected by something they've seen online, seek support from your school's safeguarding lead.



A light blue silhouette of a human head in profile, facing right, with several white circles of varying sizes inside, representing thoughts or mental health. The background is a dark purple gradient with light blue circles of various sizes.

# Urgent Mental Health Support

For Urgent Mental Health Support call

**0300 200 0011** *(calls to this number are free).*

The Coventry and Warwickshire Partnership NHS Trust service is available **24 hours a day, 7 days a week.**

*During the COVID-19 (coronavirus) outbreak, we are currently prioritising our crisis services. We are also providing virtual and telephone assessments where possible.*

## NHS Mental Health Crisis Service:

**Telephone Number: 0300 200 0011** *(24 hours a day, 7 days a week - Between 9am to 5pm this number will take you to a central service, where your needs will be triaged and where required you will be placed into contact with the local crisis team. Outside of these working hours your call will be directly managed by the crisis service).*

When you contact us we will explore with you the nature of your crisis and assess with you if we need to come and visit you at your home. We have a range of experienced NHS staff and clinicians who will be able to guide you to service offers available to you across Coventry and Warwickshire.

**Additionally during 8am and 8pm (7 days a week) you can call the Children and Young People Crisis Service directly on 024 7674 1799** (outside of these hours please use the main number above).

## Voluntary and Community Sector Support Helpline provided by Mental Health Matters in Coventry and Warwickshire

**Telephone Number: 0800 616 171** *(24 hours a day, 7 days a week).*

**Website link: <https://www.mhm.org.uk/coventry-warwickshire-helpline>**

This helpline provides emotional support to residents in Coventry and Warwickshire and connects you with highly skilled, trained and compassionate staff that can offer you a listening ear and can connect you with a wider network of support provided by the voluntary sector in collaboration with the trust. This service also provides a webchat functionality if you feel speaking with someone over the phone is too difficult.