

Mental Health

Things I can do to look after my mental wellbeing....



School:

You are never alone in school, the staff we recommend you seek support from are: Pastoral team, SEND staff and the Inclusion Manager. However if you feel more comfortable with someone else please speak up.

Online:

Kooth offers free, safe and anonymous online support for young people

The Mix offers free, safe and confidential support for people via telephone or email helpline

YoungMinds is a UK charity committed to improving the emotional wellbeing and mental health of children and young people.

Face to Face:

Door 43 is a support service for young people, they have drop in clinics or you can be refer to them for 1:1 sessions

GP is able to refer to additional services that are we not such as CAMHS and Ryegate

MAST is a multi-agency-support-team that can support young people and their families with mental health and wellbeing.

HOW PARENTS CAN HELP THEIR KIDS GO THROUGH EXAM STRESS

www.yourmotivationguru.com



DON'T COMPARE

Competitive spirit doesn't work for exam-stressed students already buried under a lack of confidence, fear, and lots of doubts.



ARRANGE A SCHEDULE

Having a schedule helps to be in control of your daily tasks, plan your activity, and track progress.



ENCOURAGE HEALTHY EATING

Provide a healthy eating routine for their kids and encourage them to consume food rich in macronutrients, vitamins, and minerals.



REMOVE DISTRACTIONS

Put your phone on silent or in "Do Not Disturb" mode, and close unnecessary tabs on your computer. A clean study space can help reduce anxiety.



HEALTHY SLEEPING HABITS

Lack of sleep causes loss of productivity. Sleep-deprived students show inferior cognitive and memorization results. 7-8 hours of shuteye is a must.



SHOW YOUR CARE

Explain to your kids that there are numerous outcomes and one single failure doesn't define them as a person.



Westfield School

Chorus Education Trust

Safeguarding leaflet Easter 2024



Keeping children safe is everyone's responsibility

Easter Holiday cover.

Julie Swift – 07903632307

(2nd April to 5th April)

Diane Hague – 07903632298

(8th April only)

Dan Griffiths - 07903632307

(9th April to 12th April)



Snapchat...



Connecting with Strangers

Compulsion and Excessive Use Even if your child only connects on the app with people they know, they may still receive friend requests from strangers. Snapchat's links with apps such as Wink and Hoop have increased this possibility. Accepting a request means that children are then disclosing personal information through the Story, SnapMap and Spotlight features. This could allow strangers to gain their trust for sinister purposes.

Compulsion and excessive Use

Many users spend vast amounts of time trying to become a Snap Star. Snapchat is offering a share of \$1 million, and the chance of online fame, to users who create and share the best videos. Children are therefore becoming obsessed with producing appealing content. The Spotlight feature's endless scroll of videos makes it easy for children to pass hours watching content, slowly getting addicted to the app.

Inappropriate Content

Some videos and posts on Snapchat are not suitable for children. The hashtags used to organise content are determined by the poster, so an innocent search term could still yield age-inappropriate results. The app's Discover function lets users swipe through snippets of news stories and trending articles that often include adult content. There is currently no

Damage to Confidence

Snapchat's signature filters and lenses are a popular way for users to enhance their 'selfie game'. Although many are designed to entertain or amuse, the 'beautify' filters on photos can set unrealistic body-image expectations and create feelings of inadequacy. Continually comparing themselves unfavourably against other Snapchat users could threaten a child's confidence or sense of self-worth.



Turn Off Quick Add

The Quick Add feature helps people find each other on the app. This function works based on mutual friends or whether someone's number is in your child's contacts list. Explain to your child that this feature could potentially make their profile visible to strangers. We recommend that your child turns off Quick Add, which can be done in the settings

Talk about Sexting

It may feel like an awkward conversation (and one that young people can be reluctant to have) but it is important to talk openly and non-judgementally about sexting. Discuss the legal implications of sending, receiving or sharing explicit images, as well as the possible emotional impact. Emphasise that your child should never feel pressured into sexting – and that if they receive unwanted explicit images, they should tell a trusted adult straight

Choose Good Connections

Snapchat has recently announced that it is rolling out a new safety feature: users will receive notifications reminding them of the importance of maintaining connections with people they actually know well, as opposed to strangers. This Friend Check up encourages users to delete connections with users they rarely communicate with to maintain their online safety and privacy.

Be Ready to Block & Report

If a stranger does connect with your child on Snapchat and begins to make them feel uncomfortable through bullying, pressure to send explicit images or by sending explicit images to them, your child can select the three dots on that person's profile and choose report or block. There are options to state why they are reporting that user (annoying or malicious messages, spam, or masquerading as someone else, for example).

Keep Profiles Private

Profiles are private by default, but children may want to make them public to gain more followers. You may wish to customise the settings so that your child's Stories can only be viewed by people they know well in real life. In SnapMaps, enabling 'Ghost Mode' (again via settings) prevents your child's location being seen; it also nullifies Snap-Map 'status', which visibly displays a user's exact location for as long as they stay there.

Chat about Content

Talk to your child about what is and isn't wise to share on Snapchat (e.g. don't post explicit images or videos, or display identifiable details like their school uniform). Remind them that once something is online, the creator loses control over where it might end up, and who with. Additionally, Snapchat's 'Spotlight' feature has a #challenge like TikTok's: it's vital that your child understands the potentially harmful consequences of taking part in these challenges.

If you have a concern or worry staff in school are always here to help.

0114 2485221

