



Welcome to our first edition of our PCS Mental Health and Wellbeing Newsletter.

In response to our parent voice, we felt this would be a great way of sharing with you all of the support and guidance available to you and your children, in relation to their mental health and wellbeing as they move through PCS. In addition to this newsletter, our school website has a dedicated safeguarding and support page **Support** and a wellbeing page **Wellbeing** that should be able to answer many of your questions and direct you to other appropriate people and agencies.

## Safeguarding

Safeguarding is at the heart of everything we do at PCS. We have developed an open and safe learning environment in which students express their views, seek help, help others and are able to openly share concerns with staff.

As a school, our aim is to ensure that our students have a clear awareness of how to keep themselves safe in a range of situations they may face as they progress through from year 7 to year 11. We provide them with the tools to face the challenges of growing up in modern Britain.

Through our assemblies and personal development programme, we consistently challenge students to think deeply about safeguarding matters, and the personal, physical

# SAFEGUARDING

## OUR SAFEGUARDING TEAM



Ann-Marie Waite (Deputy Headteacher, Learning Support & SENDCo) is the Designated Safeguarding Lead (DSL) at PCS. Ann-Marie 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 ANN-MARIE WAITE DESIGNATED SAFEGUARDING LEAD



James Broadbent (Assistant Headteacher) is a Deputy DSL

Josie Turner (Assistant Headteacher) is a Deputy DSL



Kate Leggett (Pastoral Lead of Year 11) is a Deputy DSL



Jenna Tucker (Early Help Co-ordinator) is the Safeguarding Officer

Maria Budd (Senior SENDCo Assistant) is a Deputy DSL



Clare Murphy (Pastoral Manager of Year 10) is a Deputy DSL

If you have a concern about the safety or wellbeing of a student at PCS please 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

SAFEGUARDING CHILDREN IS EVERYONE'S RESPONSIBILITY  
ALL OF THE ABOVE WORK TOGETHER WITH OTHER PCS STAFF TO ENSURE  
THE SAFETY AND WELLBEING OF OUR STUDENTS

matters, and the personal, physical and mental wellbeing of themselves and others. Assemblies explore relevant themes which are underpinned by our 5 R's - Resilience, Respect, Rigour, Representation and Responsibility.

Last week all students were introduced to the safeguarding team

in an online assembly and were directed towards the different areas of support provided in school.

In addition to our safeguarding team, please remember in the first instance your child's mentor will be able to support your child or direct them to the appropriate adult(s) within the school who can do so.



**Worried about yourself or a friend?**

**Look out for our orange lanyards  
or use our Worry Box**



Young People in East Sussex

Follow

### Young People in East Sussex

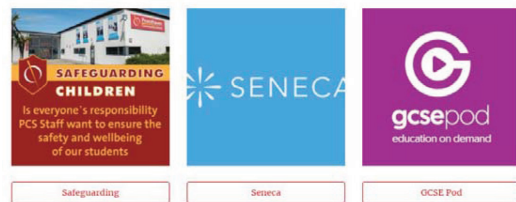
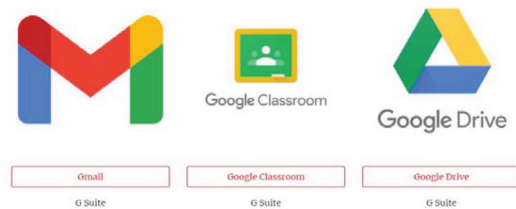
@YoungPeople\_ES

The Mental Health Support Team have created the following social media platforms to share self-help resources and information on mental health and wellbeing:

**Young People in East Sussex** – on Twitter, @YoungPeople\_ES

**Young People in East Sussex** – on Facebook, @YoungPeople.ESussex

**Young People in East Sussex** - on Instagram, @youngpeople\_esussex



Or you can use the safeguarding button on the student dashboard (shown above) that takes you to the school safeguarding webpage:

<https://www.phcs.org.uk/page/?title=Safeguarding&pid=14>

In this edition we will signpost you to some of the Wellbeing services on our website available to support you and your child outside of school with anxiety and mental health.

## Understanding Anxiety

Online webinars for parents and carers. Still places left!

Please feel free to click on any of the links and book a space or contact our School counsellor Lucy Finley:  
[lucy.finley@swale.at](mailto:lucy.finley@swale.at)

Get in touch:  
01273 519108

service accredited by bacp  
www.bacp.co.uk/services

### Health & Well-being

### Sussex Community Counselling

[www.sussexcommunity.org.uk](http://www.sussexcommunity.org.uk)

Contact us: [counselling@sussexcommunity.org.uk](mailto:counselling@sussexcommunity.org.uk)

We provide an accessible and confidential low -cost counselling service within the local community. Our aim is to support adults (16+) who are feeling low, worried or distressed for many reasons including life events, physical difficulties, anxiety and stress, loneliness and isolation.

<https://sussexcommunity.org.uk/>



## Me & My Mind



An annual schedule of short webinars on mental health and emotional wellbeing themes for Parents and Carers. All the webinars aim to:

- Increase awareness and understanding of the MHSTs
- Increase knowledge of the topic being presented (Low Mood, Anxiety, Phobias, Recognising Mental Health Difficulties)
- Equip parents with some strategies and tools to support their children with their mental health needs
- Be able to recognise when the topic becomes a problem and what to do

**Please click here to download a word document that has all the dates and booking details.**

If you have any questions, please do contact us:

[MHST.Info@eastsussex.gov.uk](mailto:MHST.Info@eastsussex.gov.uk)

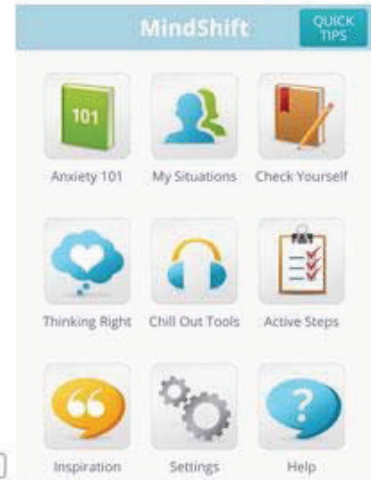
01273 335585

[eastsussex.gov.uk](http://eastsussex.gov.uk)

**Czone: MHST page**

**Czone: school safeguarding page**

## MindShift™ App



**MindShift** 4+  
Anxiety Disorders Association of British Columbia

#46 in Health & Fitness  
★★★★☆ 24 Ratings  
Free

Struggling with anxiety? Tired of missing out? There are things you can do to stop anxiety and fear from controlling your life.

<https://www.anxietybc.com/resources/mindshift-app>



How are you feeling?



**A digital wellbeing service for young people**

e-wellbeing is a digital wellbeing service for young people run by YMCA DownsLink Group. Our aim is for all young people to be able to access the right support and information around their emotional health and wellbeing, in the right place at a time that is right for them.

<https://e-wellbeing.co.uk/>



## Parenting

### Brighton & Hove Parenting Team Service

*Are you struggling to manage your child's behaviour?*

*Are you worried about your child?*

*Would you find it beneficial to meet with other parents who are feeling the same way and to look at some ideas which may help your family make changes?*

We offer a wide range of courses and workshops (during the day and evening) with the aim of supporting you to make positive changes within your family in a safe and friendly environment.

[Click here to find out more](#)

### Open For Parents

The service is all run online, so parents and carers can join in from the comfort of their own home. All they need is a laptop, tablet or phone and internet access.

[Parent Guide | East Sussex | What's On – Jan, Feb, March 2022](#)

### Parentlink

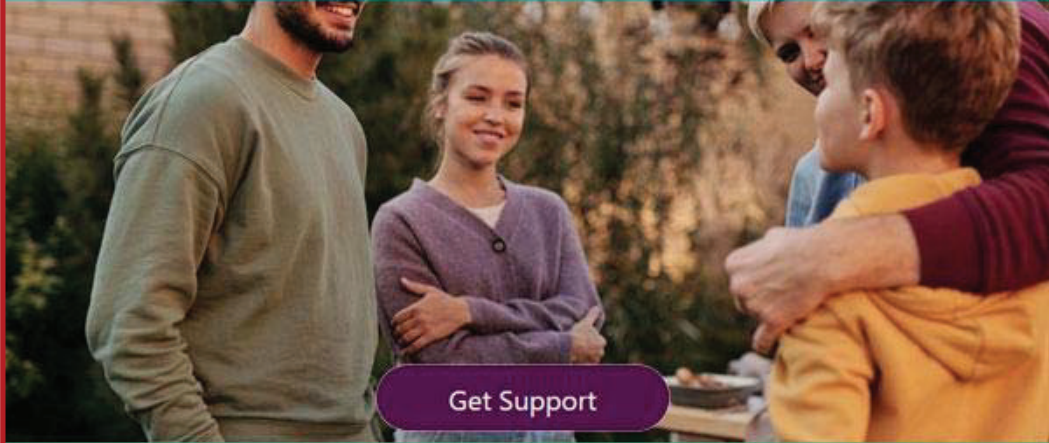
Helpline open Monday to Thursday 8.30am to 5pm. Fridays 8.30am to 4.30pm.

Please leave message at other times. If you cannot call our helpline, ask someone to call for you. We may be able to visit you at home or arrange an interpreter.



## Family Mental Health Support In East Sussex

We support parents, carers, children and young people who are struggling with their mental health  
**Know that you are not alone**



Get Support

<https://www.holdingspace.org.uk/>

**Phone: 0345 60 80 192**  
**or text 07797 870317**

[www.parentlinksussex.org.uk](http://www.parentlinksussex.org.uk)

### Copes

Supports around 130 children and their families on an individual basis at anyone time, receiving referrals from social workers, school staff, Child and Adolescent Mental Health Service (CAMHS), doctors surgeries, and parents themselves.

In addition, we run parenting groups to offer new ways of doing things and get the best from children, which provide very supportive networks for parents. Contact:

Nicola Dudley - COPES Coordinator  
Action in rural Sussex, Wessex House  
212 High Street, Lewes, BN7 2NH

**Tel: 01273 407336**

[nicola.dudley@ruraisussex.org.uk](mailto:nicola.dudley@ruraisussex.org.uk)

We support parents, carers, children and young people who are struggling with their mental health. Know that you are not alone.

### How we can help

We are a registered charity, providing support for parents, children and families. A safe space where you can connect, talk, share and be supported along your journey. A non-judgemental place where you can know it's okay to not be okay.

### Please reach out.

We wish we had somewhere we could have turned to. So please connect so you are not alone on this road.

<https://www.holdingspace.org.uk/>



## Action Your Potential

Don't forget to keep an eye out for the emails we send inviting you to sign up to the regular webinars and seminars delivered by our Action your Potential partner Andrew Wright.

### Anxiety Masterclass for Parents & Carers

**Wed 23 March 8 – 8:30pm**

**Thu 24 March 8 – 8:30pm**

All sessions are on Zoom

All sessions will be recorded and loaded to the **NeuroNinja** Learning Hub

[Click here to sign up for Anxiety Masterclass for Parents and Carers](#)

Anxiety is a modern scourge blighting many people's lives and causing untold suffering.

In this informative, engaging and inspiring pair of webinars we teach you the science of anxiety and how to help yourself and nyour child build back better from anxiety

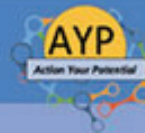
## Living in Balance in an ASC Brain

We look at what neuroscience tells us about the possible causes of ASC and how to live in balance inside one of the most incredible, amazing and inspiring human brains possible.



Wed 30 Mar 8 – 8:30pm

Thu 31 Mar 8 – 8:30pm



We work with individuals, families and organisations to transform mental health, well-being productivity and engagement

Stop living in your brain by accident, work with the grain of your brain and live in a mind designed each day with daily behaviours that transform

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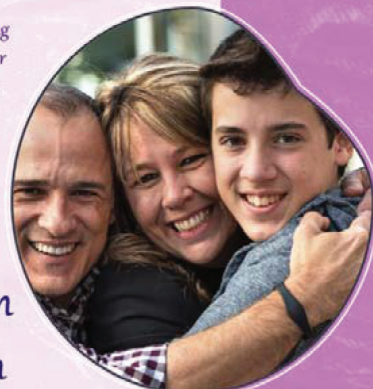
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We look at what neuroscience tells us about the possible causes of ASC and how to live in balance inside one of the most incredible, amazing and inspiring human brains possible.

We celebrate ASC minds and their incredible way of seeing the world and provide inspiration and practical strategies to support children on the spectrum to live in balance in their incredible brains.