



We had a tremendous amount of positive feedback following our first edition and hope all of our families will find this next edition equally as informative.

Please remember in addition to this newsletter our school website, phcs.org.uk, is constantly updated and has a dedicated support page **Support** and a dedicated Wellbeing page **Wellbeing** that you can easily access.

This week is **Mental Health Awareness Week**. The focus this year is Loneliness. Finding our connections to ourselves, others, and the world around us, is fundamental to protecting our mental health and reducing feelings of loneliness. Loneliness is when we feel we do not have the meaningful relationships we want around us. It's something we can all experience from time to time, throughout our lives, and will be different for everyone.

We will be addressing this with students in their personal development lessons this week and signposting them towards support.

A **YouGov poll (2019)** of 13-19-year-olds found 69% said they felt alone "often" or "sometimes" in the last fortnight and 59% feel like they "often" or "sometimes have no one to talk to".

It's important to support young people in recognising when they are feeling lonely, understanding their thoughts and feelings, and identifying the supportive connections they have.

Top Tips for when you're feeling lonely

- Find people with similar interests**
Don't worry if you haven't found "your people" yet. There are many opportunities throughout life to meet similar people.
- Explore ways to express your thoughts and feelings**
Find out what works best for you. You could try journaling, sports or listening to music.
- Do things you enjoy**
Doing things you enjoy and are confident in will make you feel happy!
- Look out for yourself**
Feelings of loneliness are okay and can happen to everyone at some point. Do what makes you comfortable.
- Be kind**
Showing gratitude for the things around us can help to make us feel more connected and less lonely.
- Connect with people**
Supportive relationships will help us feel less lonely. Spend time with people you trust.
- Talk to someone**
Opening up is brave. There is lots of support out there, including your GP, friends, family and school.
- Be mindful of social media**
If social media is making you feel lonely, take a break or be aware of what content is making you feel this way.



Young Mind's Parent Helpline and Webchat provides advice and support for parents and caregivers who are worried about a child or young person.



The Mental Health Foundation has also produced this excellent resource for you to share with your child. Help and advice on how to cope with loneliness and improve your mental health.



STAR

To support our Mental Health and wellbeing on a daily basis it is important that we all take some time to self-regulate. At school we continue to encourage all students to **Stop**, **Take a breath** **And** **Relax** and are working with them on different ways that they can respond to stress and reminding them again of those people and resources that are available in school to support them.

Online Use

One of the biggest issues around student wellbeing is related to the amount of sleep they are getting. Speaking with our students, this is largely related to the amount of time they are spending online. Whilst we all appreciate that there are many advantages to the use of technology in today's world it is important that we look at how it is being used by our young people.

In a recent survey conducted amongst our students, 60.7% of students suggested that their parents were unaware of what they do online.

Questions to consider

- Is your young person:
 - binge-watching episodes of TV?
 - livestreaming continuously?
 - sleeping with devices?
 - spending large amounts of screen time socialising?

A few ideas to help you balance screen time in your home:

1. Ask your young person to help you with the screen time project. Involving older children in the 'decision-making process' may help increase the rate of success.

Be a STAR of your emotions

We all experience different emotions from time to time. In just one day, you may feel proud, excited, sad, anxious, nervous, and many other emotions.

Remember, all feelings are valid.

Shining a light on how you feel, particularly when you're feeling overwhelmed or anxious, can help you find coping strategies to support your emotional health and wellbeing.

STOP
Take a step back from whatever you're doing. How do your body and mind feel? Try putting your hands on your heart and belly, then quietly count to 10.

TAKE A BREATH
Practise a breathing activity. As you gently breathe in and out, trace one finger up and down the fingers of the other hand. How do you feel now?

AND
Continue to breathe deeply. Notice if any emotions come up; begin to label them. It's okay to not be okay! Try a sensory activity like push-ups, star jumps or using a calm down jar.

RELAX
When ready, share how you feel. Write it down, draw a picture, or talk with a trusted adult. This can help you find a way to resolve the situation. Then, do an activity to relax and let go!

To get started, follow the steps on the STAR model.

OPTIMUS EDUCATION
Part of the Trust

2. Create a screen time chart/log together so that you can see exactly how the time is spent.
3. You can help your young person by sharing your experience, values and expertise.
4. Sit down with your young person and explain why it's important to balance screen time.

5. Be prepared to adjust your own strategies as your young person grows and matures.
6. Build resilience to reduce risk and consider that the internet offers some opportunities.
7. Use age-appropriate media, devices and platforms so that your young person can learn and participate.



8. Examine your own screen time behaviour and if necessary, consider how you might reduce your screen time.

9. Consider what your young person is doing online (content), where they're going online (context) and who they're meeting online (connections). Looking for more ideas on screen balance or online safety



We have an extensive library of resources on our website Online Safety to help you to understand more, which includes:

- Talking to your child about online safety
- Setting house rules to keep the whole family safe
- Keeping your child safe
- Managing online safety in the house
- Other information from National Online Safety regularly updated with everything parents and carers need to know



On their Personal Development google classroom students also have access to:

1. Privacy settings & how to set them up
2. How to stay safe online
3. How to feel good on social media
4. Online grooming
5. Sexting and sending nudes
6. Gaming

Worried about Yourself or a Friend?

Look out for our

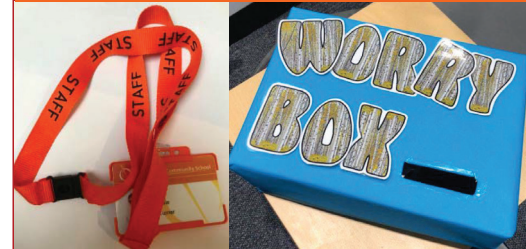
Orange Lanyards

or use our Worry Box

or visit the

student dashboard

for more info



Peer Mentors

Our current year 11 peer mentors have done an amazing job and we will be sad to see them go. However, we are delighted to be able to tell you that we have a new team of year 9 peer mentors who are being trained up. We will introduce you to them in our next newsletter.

E-safety

In our Personal Development lessons, we have been exploring E-safety and how to stay safe online. There are some significant areas of risk of which we all need to be mindful. In particular:

- ▶ Students being exposed to illegal, appropriate or harmful content.
- ▶ Students being subject to harmful online interactions with others.
- ▶ Student's conduct online and their personal behaviour which could lead to potential harm.
- ▶ Students being exposed to or engaging with online gambling, inappropriate advertising, phishing or financial scams.



Action Your Potential

On 6/5/22 we sent out an email from Andrew Wright our Action Your Potential Partner inviting you all to sign up to any of the following webinars:

**Wed 11 and Thu 12
May – 8pm**

Well-Being Strand
Session 1: Your Exam Zone Survival Guide: Study Reps and Well-Being for Exams
Session 2: Your Exam Zone Survival Guide: Study Reps and Well-Being for Exams

Webinar

Beating Procrastination:
Getting stuff done
How to get stuff done, manage distraction and beat procrastination

Wednesday 25th and Thursday 26th May
8pm

Webinar

Managing Change:
How to help your child manage change, respond flexibly and choose growth in a brain that is full of negative biases.
Keeping calm and stepping into Growth

Wednesday 18th and Thursday 19th May
8pm

**Wed 18 and Thu 20
May – 8pm**

Mind Management Strand
Session 1: Managing Change: Keeping Calm and Step into Growth
Session 2: Managing Change: Keeping Calm and Step into Growth

**Wed 25 and Thu 26
May – 8pm**

Unleashing Learning
Beating Procrastination (1): Getting Stuff Done
Beating Procrastination (2): Getting Stuff Done

Webinar

Your Exam Zone Survival Guide
Study Reps and Well-Being for Exams
How to help your child plan their revision and their well-being to manage their exams well.

Wednesday 11th and Thursday 12th May
8pm

Back by popular demand!

Tues 3rd May and Wed 1st June

Anxiety Masterclass for parents and carers
How to manage anxiety and build back better

**Tue 31 May 8 - 8:30pm
Wed 1 June 8 - 8:30pm**

Back by popular demand, how to manage anxiety and build back better.

If you require the details again, please contact:

andrewwright@aypuk.com

or visit the website

www.actionyourpotential.org

Safeguarding

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

Joelle Turner (Assistant Headteacher) is a Deputy DSL



James Broadbent (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



Clara 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.ac 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

The Joff

Need support with STI testing? CCards? or want to speak to youth workers about where to access support at local pharmacies?

Come along to The Joff Drop in Sexual Health and Advice Clinic.

Every Friday 3pm-5pm.

East Sussex
County Council

All ages welcome.



5 Ways to Wellbeing



GETTING SUPPORT WHEN YOU'RE FEELING LONELY

Hey, are you ok?

Sometimes I feel
lonely too

Talking to someone

Someone I trust -
family, friend, teacher...

...or a helpline

Not really, feeling a bit
lonely

Anything help?

Like who?

Thanks



Childline
You can contact Childline
about anything.
Call free on 0800 1111.

Shout 85258
Shout offers support 24/7.
Text "SHOUT" to 85258.

