

Welcome to our final Mental Health and Wellbeing edition for this academic year.

As we come to the end of another very busy term, we acknowledge that for some of our students and families there have been some significant challenges over the course of the year.

We hope that this newsletter, as well as our school website with our dedicated safeguarding and support page **Support** and Wellbeing page **Wellbeing** have been able to answer many of your questions as well as direct you to appropriate people and agencies.

We would like to thank all of our external agencies who have come into school over the last year to provide additional support for our young people.

Young Carers

**Sussex Community Development Association, (SCDA)
Youth and Children's Services
The Educational Mental Health Support Team
The School Nurse
WISE**

as well as local food banks and local charities that do some much behind the scenes for the families and young people who attend PCS

In our next edition we will introduce you to our school nurse Imogen Geraghty who will be available to offer support for all of our students ranging from a one off check in, to a package of support and guidance on areas such as healthy lifestyle choices, sleep, anxiety, smoking, sexual health and advice.



Peer Mentors

We were sad to have to say goodbye to our year 11 peer mentors and would like to thank them for all the work they have done to support our KS3 students.

We are, however, delighted to welcome our new team of year 10 peer mentors who have just finished their training and can not wait to start in their new roles in September.

Our 2022-2023 peer mentors are Alex, Ali, Alex, Lewis, Ed, Lucy, Josh, Thomas, Pirawinth and they will be holding a launch event when our new year 7 students join us in September.

They will also introduce themselves in assemblies. Remember to look out for students wearing an orange badge.

5 of them are in the photograph above, you will be introduced to the others in the next newsletter.

Summer Safety

All of our year 7 students will have a visit in their PSHE lessons in the last 2 weeks of term by our Fire Liaison officer.

He will be speaking with students about the importance of all aspects of keeping safe over the summer break and beyond, including road safety and water safety as well as fire safety.

Additional information for other year groups will be posted on our website.

It has been brought to our attention that there have been a few incidents at Saltdean Lido and the Beach at Saltdean whereby some young people have been seen to be taking part in behaviours which could lead to potentially serious consequences.



REMEMBER these five key points

SWIM SAFE
WITH THE ASA AND THE RNLI

- 1 Always swim in a safe place**
...to avoid rocks and rip currents
- 2 Know the people who can help**
LIFE GUARD
- 3 Make sure an adult is supervising at all times**
- 4 Cold water makes it more difficult to swim, breathe and stay alert**
<15°C
- 5 Know how to call for help**
112 or 999

Take part, have fun, stay safe

Lifeboats the ASA swim for life



Peacehaven
Community
School

Aspire • Believe • Achieve

Mental Health and Wellbeing Newsletter

Edition 3



Are you and your children safe online? Over the summer break, students will not be able to access help within school, however we would recommend the website [Get Safe Online](https://www.getsafeonline.org) it is a public/private sector partnership supported by a range of organisations, including the Government and the Police and endorsed by East Sussex County Council.

It is also aimed at adults, providing practical advice on how to protect yourself, your computers and mobiles device against fraud, identity theft, viruses and many other problems encountered online; there is too though a section on safeguarding children. It is a great source of information on how you can support your child with online safety.



Parenting
Smart

At this time of year, we would also like to remind you about the very informative [Parenting Smart](https://www.parentingsmart.org) site which provides a number of resources for parents and carers of younger students, although the advice they give can be relevant for any age group, there are some excellent articles on anxiety, resilience in children and the importance of boundaries.

NSPCC

EVERY CHILDHOOD IS WORTH FIGHTING FOR



Mental health and parenting

Help and advice for parents and families dealing with mental health problems in everyday life and during the coronavirus pandemic.

Talking about difficult topics

How to start the conversations about 'difficult' subjects that you need to have if you want to keep your children safe

childline

ONLINE, ON THE PHONE, ANYTIME

HELP FOR CHILDREN

Sometimes children worry about their parents or family members and might need someone to talk to. They can talk to Childline online or by calling **0800 1111** at any time 24/7.

There's also advice on the Childline website about supporting a family member with mental health issues.

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



The internet, relationships & you

Advice from CEOP Education at the National Crime Agency

We will be sharing this with all of our students through their Personal Development Google Classroom.

The website offers advice articles and signposts clear ways young people can access help and support across 7 key categories:

1. Relationships
2. Socialising online
3. Nudes
4. Sex and sexual content online
5. Sexual abuse
6. Support
7. Online safety

**MyHealth
MySchool**

We would like to thank all of our students for completing the My Health My School Survey.

It gathered information and student views on a range of topics under 8 themes in school (including questions around safety); social, emotional and mental health (including bullying); healthy eating; physical activity; drugs alcohol and tobacco; sexual health and school demographics (including gender and sexual identity).

The questions were tailored age-appropriately and have been

used, reviewed and updated over 10 years by schools across the country funded by Public Health.

The results of this anonymous online student perception survey will give us an insight as to whether our students feel safe at school, whether they know where to go to get help to support their social, emotional and mental health and what it is like to be a student at PCS.

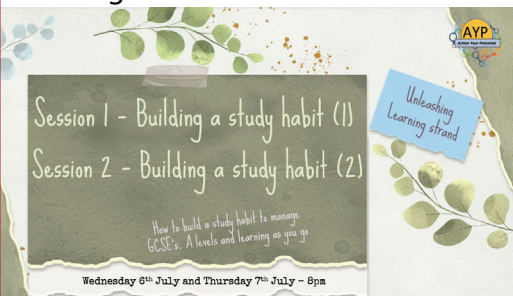
AYP

This time of year in school and college is often full of new experiences and change. Andrew and the team of Action Your Potential have put together this video all about how our brain responds to change and what we can all do to help ourselves and our children as they prepare for new experiences and change.



Managing Your Mind Through Change 16:25s.

Andrew and the team at AYP are also running webinars the week of 11 July all about Managing Change, details of the webinars can be found here. They will also be available as recordings on the NeuroNinja Learning hub afterwards.

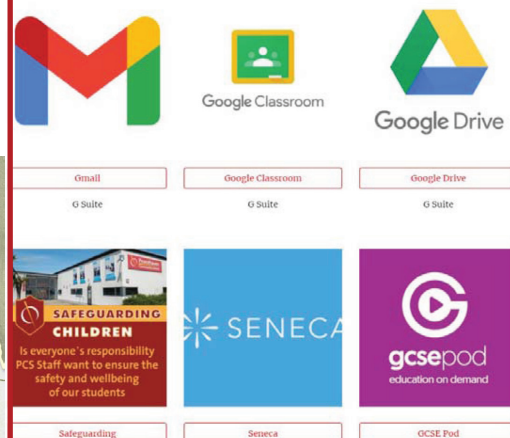
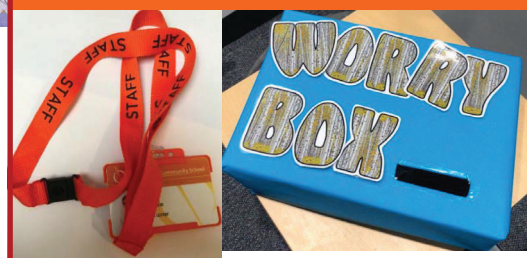


Action Your Potential's mission is to help everyone live inside their brain with deep understanding and self-awareness so we can reduce suffering, increase joy and live inside our incredible brain with joy and engagement everyday.



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





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WATER IS UNPREDICTABLE!

4 THINGS YOU NEED TO KNOW:

STOP AND THINK –
what dangers can you see?

Don't be caught out on
your own – **STAY TOGETHER**

If you fall in, stay calm and
FLOAT to live

Someone in trouble?
CALL 999 OR 112 and tell them that
someone's in trouble in the water

BE SAFE AND HAVE FUN

The RNLI is the charity that saves lives at sea.
RNLI is a registered charity, a company limited by guarantee and a member of the RNLI Group.
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Lifeboats

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



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.ac.uk 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

If you need support, help is out there...

Crisis Services:

SAMARITANS

116 123 (open 24/7)



PAPYRUS

National Helpline for Young People

0800 068 41 41 or Text

PAPYRUS to 07860 039967

childline

ONLINE, ON THE PHONE, ANYTIME

0800 1111 (open 24/7)

NHS

Sussex Partnership
NHS Foundation Trust

Sussex Mental Healthline

0800 0309 500 (24/7)



Text Services:

For under 25s:

Text THE MIX to 85258

THE MIX

For help with self-harm:

Text SHOUT to 85258

shout
85258
There for you 24/7

For info and advice:

Text YM to 85258

YOUNG MINDS

General Support:

For emotional wellbeing:
e-wellbeing.co.uk

e-wellbeing
EMERGENCY SUPPORT GROUP

For help with eating disorders:
beateatingdisorders.org.uk



For young people and families:
youngminds.org.uk

YOUNG MINDS

IN CASE OF EMERGENCY:

Call 111 or 999, or go to
your nearest A&E

e-wellbeing
EMERGENCY SUPPORT GROUP

Self-care summer

for
secondary students

#SelfCareSummer

Relationships and connection

Spending time with trusted people, like friends and family, is important for your wellbeing. Whether it's a listening ear, shoulder to cry on or advice, we all need someone we can turn to.

Week 1

Resource

Play and entertainment

Playing might not seem important for your wellbeing but it can help you explore your thoughts and emotions, escape from reality or simply to relax and have fun.

Week 2

Resource

Relaxation

We can often find ourselves being busy with plans but remember it's okay to pause, take time for yourself, relax and recharge.

Week 3

Resource

Physical activity

Keeping active can positively impact your mood and wellbeing, and you can do it your way, whether it's dancing, sports, going to the gym or simply going for a walk.

Week 4

Resource

Creativity

Finding ways to be creative can be an opportunity to express yourself and focus on the present moment. This could be through acting, cooking, drawing, writing or making music.

Week 5

Resource

Emotional health

Practicing self-kindness is not always easy but being your own best-friend, however this might look, is important when looking after your mental health and wellbeing.

Week 6

Resource