



Welcome

Welcome to edition 2 of our Mental Health and Wellbeing newsletter.

Our year 10 peer mentors have been very busy working with our Key Stage 3 students and are holding regular drop-ins in the library before and after school.

Our well established safeguarding team continues to support all students with their wellbeing and safety and our fantastic pastoral team, with the help of their teams of mentors, continue to provide nurture and care where needed to ensure all students feel supported in the day to day at PCS.

It has certainly been a busy term for our students with a big focus on staying safe in the community.

Parent Voice

Thank you to all those parents and carers who have completed our questionnaires and surveys.

At our most recent year 7 parents and carers evening, 98.4% of year 7 parents identified that their child enjoys school. Your feedback is invaluable. We always analyse the results after any event and action as appropriate.

Please do remember that our Safeguarding and Wellbeing sections on the school website are always regularly updated should you require any further information.

One of our responses to Parent voice is to have a Safeguarding and Wellbeing stand at every parent's evening. This worked really well at our recent year 7 parents evening.

Parents and carers had an opportunity to meet with our Safeguarding Support Officer & Deputy DSL, Clare Murphy, to find out more about in school support and how to access external support agencies.

Year 8

RED TIE

You can talk to your Mentor

You can talk to your Pastoral Lead & Pastoral Support Manager

For urgent safeguarding matters seek out the orange lanyards

Mr Trumblett | Mr De La Torre | Ms Morrow | Ms Carey | Mr Crosswell
 Ms Wild | Mr Desborough | Ms Goodyear | Ms Eddison | Mr Baker
 Ms Pollard | Mr Thomsett
 Mrs Waite | Ms Tucker | Mrs Budd | Ms Hancock
 Mr Broadbent | Ms Turner | Ms Leggitt | Ms Murphy

Year 10

ROYAL BLUE TIE

You can talk to your Mentor

You can talk to your Pastoral Lead & Pastoral Support Manager

For urgent safeguarding matters seek out the orange lanyards

Mr Southgate | Mr Shalley | Mr Burns | Mr Kanakri | Mr Brown
 Ms Pearson | Ms Ward | Ms Dryer | Mr Loggberg
 Ms Leggitt | Mrs Dickota | Mrs Duncan
 Mrs Waite | Ms Tucker | Mrs Budd | Ms Hancock
 Mr Broadbent | Ms Turner | Ms Leggitt | Ms Murphy

Do you need to talk to someone?

Year 7

LIGHT BLUE TIE

You can talk to your Mentor

You can talk to your Pastoral Lead & Pastoral Support Manager

For urgent safeguarding matters seek out the orange lanyards

Miss Dowling | Miss Osborne | Ms Halebb | Mr Harrison
 Mr Hamblin | Mrs Howard | Mr Himsawark | Mr Kidd
 Mrs McCaughan | Mrs Farnoe
 Mrs Waite | Ms Tucker | Mrs Budd | Ms Hancock
 Mr Broadbent | Ms Turner | Ms Leggitt | Ms Murphy

Year 9

GREEN TIE

You can talk to your Mentor

You can talk to your Pastoral Lead & Pastoral Support Manager

For urgent safeguarding matters seek out the orange lanyards

Mrs Boyd | Mr Robertson | Ms Wharfe | Ms Villanaga | Mr Dainton
 Mr Osborne | Ms Finnegan | Ms Hossain | Mr Myson | Ms Pearce
 Mr Miller | Mrs Brooks
 Mrs Waite | Ms Tucker | Mrs Budd | Ms Hancock
 Mr Broadbent | Ms Turner | Ms Leggitt | Ms Murphy

Year 11

GOLD TIE

You can talk to your Mentor

You can talk to your Pastoral Lead & Pastoral Support Manager

For urgent safeguarding matters seek out the orange lanyards

Mr Clarke | Ms Paulson | Ms Houghurst | Mr Cornish | Mr Leane
 Ms Heywood | Mr Oppong | Mr Swaffar | Mr Woods
 Mrs Willis | Mrs Langridge | Mrs Elliott
 Mrs Waite | Ms Tucker | Mrs Budd | Ms Hancock
 Mr Broadbent | Ms Turner | Ms Leggitt | Ms Murphy

OR ANY MEMBER OF STAFF THAT YOU FEEL SAFE WITH AND TRUST YOU CAN ALSO EMAIL THE BESST TEAM: pcs-besst@swale.ac.uk

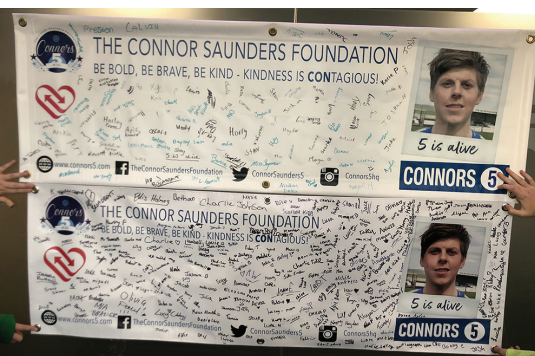
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In the Community



We were delighted to welcome Abi from East Sussex to work with our Year 9,10 and 11 students to raise the awareness of knife crime this week.



We would like to thank Darran, the mother of Connor Saunders for coming into PCS to speak with our students this term. Connor died in an unprovoked attack in 2012.

Darran shared Connor's story to address the consequences and impact that violence has on so many lives. Please follow the link if you would like more information.

<https://www.connors5.com/>



Sussex Safer Roads Partnership partnered with The Rapport Group provided our 7 and Year 11 students with vital information and tools to take responsibility for their safety whilst out on the roads.

Look Up! Taught our Year 7 students about the importance of pedestrian safety, how to spot hazards on a journey, the importance of using sense in road safety, how to think like a driver and understand the impact behaviour has on safety.

Take A Second returned for our Year 11 students and covered how to be a safe passenger, the impact of speed on a collision, the dangers of distracting a driver, and the ways students can speak up to stay safe in a car.

Relationships

The Theatre in Education Performance 'Safe and Sound' delivered by Loudmouth provided a thought provoking and educational experience to support the work being done in PSHE lessons around the delivery of Harmful Sexual Behaviours (HSB), with a particular focus on healthy and unhealthy aspects of relationships.



Digital childhoods:
a survey of children
and parents

September 2022

With the Christmas holidays fast approaching and the potential for many of our students to be spending more time online, we thought it might be useful to focus on some digital updates.

Did you know?

65% of 8-12 year olds use a social media platform.

91% of 13-18 year olds use a social media platform.

Between 36 and 79 % of users aged 8-17 are under the minimum age in the terms of service.

67% of parents are concerned about the nature of content their children are exposed to online.

The Children's commissioner for England Rachel De Souza put together a survey with a group of 16–21 year-olds and asked them to tell her what they think parents should know, and what they should say to their children when talking about sexualised bullying and the pressures of growing up online.

The survey asked them to think back to when they were a bit younger and tell the commissioner what their parents and carers did and said that was helpful...and what wasn't. The guidance that follows is based on the voices of young people giving adults their tips on how to tackle this subject.

One of the major issues was peer pressure. Young people say social media can be a time sink and they wish they had spent more time doing things they enjoy more – like playing music, reading books and getting outside. They worry about the impact it will have on their attention span.

They are also worried that there is pressure to get more likes and have more followers, and that can lead to them posting negative comments to get more attention, or to engaging in risky and harmful behaviour (including overly sexualised images and posts).

However, they feel there's a shift towards people posting more honestly, discussing mental health and body issues, and feeling part of a positive community.

Follow this link to read the survey in more detail

What is Digital Wellbeing?

Digital wellbeing can relate to how the use of digital technology including personal devices, social media and other apps can affect an individual's life.

It can be affected by many things, such as how long we spend on devices, how we behave online, how we interact with others, how others interact with us, what we expose ourselves to, what we're influenced by and how we use technology to achieve desired outcomes. Much like general wellbeing, it can contribute to other areas such as our overall physical and mental health.

What can support Digital Wellbeing?



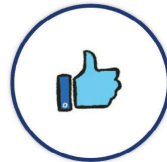
Effective time away from devices



Healthy and appropriate expression online



Positive influences, interactions, and encounters



Critical thinking around information and online harm

What can affect Digital Wellbeing?



An over-reliance on technology



Exposure to abuse or online harm



Poor online/ offline balance



Negative influences or social interaction

Support

In recent times, online platforms such as social media apps have included new features to support digital wellbeing which can involve limiting the exposure of content or encouraging active breaks. Some of the latest features include:



TikTok Digital Wellbeing



Instagram Take a Break

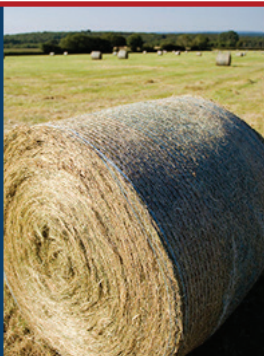


YouTube Hiding Dislikes



Twitter Mute Feature

East Sussex
together



Could you qualify for an extra £65 a week, cheaper broadband or help to stay warm? Click on the link to find out more.

You and Your Phone at Night

by @inner_drive | www.innerdrive.co.uk



Don't have your phone in your bedroom ...



If you have your phone in your room, don't read it in bed ...



If you read it in bed, turn down the backlight ...



If you turn down the backlight, set yourself a time limit ...



If you set a time limit, don't read stories that will make you stressed or alert ...



If you read those stories, don't read work emails ...



If you read work emails, don't reply to them



Help Centre

By setting limits for certain apps or blocking access at certain times in the day, young people can work towards a better night's sleep and have time to check-in with their offline life! For most apps it's very easy to block, delete or **restrict** friends, even if it's just temporary.



UK Safer Internet Centre

Here is a link to some great downloadable check-lists for the main social media platforms.

These take you through all the main privacy features to help young people stay on top of their online safety.



Chat to them about what they like to do online

The best way to find out what your child is doing online is to talk to them and have regular conversations so that online safety is part of everyday discussion. Ask them open-ended questions like 'What's your favourite game or app to play on?'.

- Listen to what they have to say and show an interest. They could give you a demo of their favourite app or show you their favourite YouTube or TikTok account.
- They will probably be able to teach you things you don't know! This will also give you an opportunity to chat about any safety settings they might already have in place.
- Regular conversations with your child will encourage them to come to you if they ever need support or advice.

Talk about who they are in contact with online

There are lots of different ways that children can talk to people online – messaging apps, on social media, and less obvious ways such as chat on online games. Talk to your child about who they are talking to and what they are sharing with them.

- Use settings to help limit who can contact your child.
- Remind your child that they shouldn't share personal information with people they don't know online.
- Let your child know they can come to you or another trusted adult if any conversation makes them feel uncomfortable.

Help manage what they see and do online

Parental controls and privacy settings can help you manage how your child spends time online and help to keep them safe.

- Device settings – manage things like location sharing, screen time and in-app purchases. Most tech and gaming companies have dedicated pages to support with setting these up.
- App or game settings – in-app tools that can help to keep your child's account private and manage who they're talking to. You can normally find information on these in account settings or directly on the platforms website.
- Mobile or network provider settings – help to manage browsing access and stop your child from visiting inappropriate sites or downloading apps that aren't suitable. Contact your mobile or broadband provider for more information about setting this up.

Make sure to talk to your child first before implementing any new settings and explain to them how they help to keep them safe.

Remember it's ok to ask for help!

Remember you don't have to be an online safety expert – that's our job! We're here to help, with resources and advice to help support you and your child.

If your child asks you a question you don't know the answer to, or speaks to you about a negative experience they had online, here are some of things you could do:

- Visit the NSPCC online safety hub: nspcc.org.uk/onlinesafety
- Call the NSPCC helpline **0808 800 5000** to speak to an advisor
- Ask another parent
- Speak to your child's teacher
- If your child needs more support, they can contact Childline: childline.org.uk

The NSPCC have come up with this great family agreement tool
CLICK HERE





Top Tips

- 1 Set boundaries and rules. Don't let social media become your child's only reality and influence everything they do. Set time limits and screen breaks.
- 2 Talk openly about peer pressure. You understand that your child might feel pressured into doing something, even if they know it is wrong and they don't want to do it. You might want to draw on your own personal experiences or use news stories as a starting point for the conversation.
- 3 Not everyone is doing it! Whatever the trend might be. Even though it might feel like everyone is participating, social media is designed to make people feel like they need to join in. It takes real strength of character to listen to yourself and to make your own decisions.
- 4 Find positive role models (of the same age or slightly older) for your child to follow and be influenced by. Young people say that there has been a positive movement towards discussing mental health, body and relationship issues – you can find and encourage your child to join these communities.
- 5 Social media/ gaming/ messaging/ video platforms should be a fun extra to your child's interests rather than dominating their whole life. Talk about how your child can explore their hobbies and interests online (crafting, sports, music, dance...) and then apply new skills offline.

Creating Good Habits

Over the last term we have continued to work with the students on the

The 5 ways to wellbeing:

Connect	Connect with people around you. Spend time with your friends and family. Make new friends. Find new ways to communicate.
Be Active	Go for a walk or a run. Cycle, dance or play a game. Walk instead of getting the bus. Go to the park. Play a game.
Take Notice	Take time to be still, reflect, and become aware of your surroundings. Notice what you are thinking and be aware of what is going on in the world around you: the everyday and the unusual. Be curious.
Keep Learning	Set yourself a goal. Learn something new. Research something you are interested in.
Giving	Do something nice for a friend. Thank someone. Smile. Volunteer your time. Raise money for charity



ESCC YOUTH SERVICE HAF Programme

Children aged 11yrs – 14yrs can participate in a new and exciting program during the Christmas holidays.

The idea of the program is to break up boredom and give young people opportunities to try new activities, eat healthy food, learn new skills, and make friends along the way.

There are 2 x free sessions in total, and they will run from 11am –3pm at the JOFF Youth Centre (BN10 8BL) on the following days:

Tuesday 20th Dec, Wednesday 21st Dec - [Click here for full details](#)

CONTACT: 01273 335130 or 07541 683400

EMAIL: lee.tully@eastsussex.gov.uk



Cost of Living Crisis Response

Need somewhere warm to go?

We provide a Warm Havens at Community House



From 30th November 2022:

Monday - 09:00am - 12:30 p.m.

Wednesday - 09:00am - 12:30 p.m.

(We will be closed from 26/12/22 - Warm Havens will reopen on Monday 09/01/23)

Given the increasing impact of the current cost of living crisis on our residents, there is a need to come together as a community and provide a warm and safe place to sit, study, work or be in the company of others.

PTC Warm Havens is a safe, non-judgemental warm space where all are welcome, for whatever reason you need.

- Hot Drink, Squash or Cup of Soup
- Free Wi-Fi
- Child Friendly
- Disabled Access
- Be with Company
- Access to toilets
- Sit and be warm

Peacehaven Town Council
Community House, Meridian Centre,
Meridian Way, Peacehaven
BN10 8BB
Tel: 01273 585493
Email: Info@peacehaventowncouncil.gov.uk

WARM BANKS FOR SEAFORD

Warm banks are buildings with heating that are open to the public during cold winter days to provide a place of warmth for those struggling to heat their homes

ST PETERS EAST BLATCHINGTON
Lunch - Every Friday 12.30 pm - 2 pm
Please book prior to attendance

Belgrave Road, BN25 2HE
01323 892964
rectoryebb@gmail.com

CHYNGTON METHODIST
Coffee Morning - Every Thursday
10.30 am

Millberg Road, BN25 3ST
07952 287808
welcom@chyngtonmethodistchurch.co.uk

ST THOMAS MORE
Soup Lunch - Every Thursday
12.30 pm - 5.30 pm Soup and crusty bread, tea, and biscuits.
All welcome - any age - any circumstance - no need to book - just turn up for a warm welcome and free lunch.

54 Sutton Rd, BN25 1SS
01323 892427
seaford@abdlocese.org.uk

ST LUKES
Toddlers Group - Every Wednesday
9.30 am - 11.30 am

Parish Lunches
1st Wednesday of the month
12 pm (approx. £5.00)

15 Walmer Road, BN25 3TH
01323 894216
vicar@seafordparish.org.uk

SEAFORD LIBRARY
Full Library services are available to everyone over the colder months inc. free computer use and study areas.

Monday 2 pm to 5 pm
Tuesday 10 am to 5 pm
Wednesday 10 am to 1 pm
Thursday 11 am to 6 pm
Friday 10 am to 5 pm
Saturday 10 am to 4.30 pm

15-17 Sutton Park Road, BN25 1QX
0345 6080196

ST LEONARDS
Hot Drinks - Monday to Saturday (not Thurs) 10 am - 1 pm
As it gets colder we'll be putting the kettle on.

Toddler Group - Every Thursday
9.30 am - 11.30 am

18A Church Street, BN25 1HG
01323 894216
vicar@seafordparish.org.uk

SEAFORD BAPTIST CHURCH
Warm Rooms
Tuesdays - 10 am to 12 pm
Wednesdays - 10 am to 12 pm & 2 pm to 4 pm

Belgrave Road, BN25 2EE
01323 896009

WAVES DROP-IN CENTRE
Supporting Seaford Families
Tuesday - Thursday
9.30 am - 12.30 pm
Free refreshments for parents and children

8 Church Street, BN25 1HG
01323 873797
info@waverseaford.org.uk



SEAFORD TOWN COUNCIL



We appreciate that the Festive season can be a time of joy and spending time with loved ones but it can also be a stressful and lonely period. During this time it is important to try to remember to look after your mental health and wellbeing.

The Mental Health Foundation have put together:

Top tips for looking after your mental health at Christmas

Ranging from talking about feelings, to small gestures that people can do to bring people together. They have a really good selection of short videos to support their tips.



EAST SUSSEX YOUTH SERVICE
PRESENTS...



HAF Christmas Youth Session

*Free Christmas celebration sessions for
young people aged 11yrs - 14yrs*



TUESDAY 20TH DECEMBER &
WEDNESDAY 21ST DECEMBER
@ THE JOFF YOUTH CENTRE
PEACEHAVEN BN10 8BL
11AM - 3PM

To book or for more details:
call 01273 335130 or 07541 683400
email: lee.tully@eastsussex.gov.uk

6 Reasons to Put Your Phone Away

by @Inner_Drive
www.innerdrive.co.uk



Lowers Concentration

Having your phone out while doing homework or revision has been shown to reduce performance by 20%.

Warps Your View of Reality

Nobody is as happy as they seem on Facebook or as wise as they appear on Twitter.



Increases FOMO

Fear of Missing Out (FOMO), or the compulsive need to know what others are doing, leads to worse moods and increased anxiety.



Reduces Memory

Instant messages are distracting, which often leads to forgetfulness



Increases Stress and Anxiety

Over use of mobile phones leads to increased anxiety, feelings of loneliness and low self-esteem. Reliance on mobile phones can cause irritation, frustration and impatience.



Makes You Sleep Worse

Prolonged use of a mobile phone leads to poor sleep quality and duration. The backlight on your phone delays the release of Melatonin, which is a hormone important for sleep.

