



Peacehaven
Community
School

Aspire • Believe • Contribute • Achieve

Mental Health and Wellbeing Newsletter

Spring 2025

Welcome

Welcome to this Spring term's newsletter for mental health and wellbeing.

PCS has organised so many events to support and promote mental health and wellbeing.

In this newsletter we will tell you about our Mental Health Ambassadors team, and their work, but also our Wellbeing Award accreditation.

We would welcome your thoughts on what you would like us to write in these newsletters. There might be some specific topics you would like us to cover and potentially give you advice on.

This could be Exam worries and stress, Anxiety, depression, self-harm, Eating issues etc...

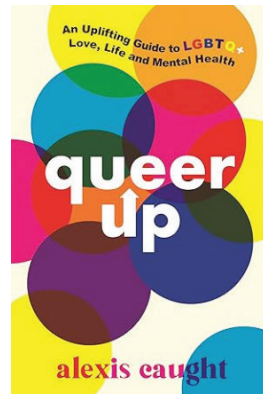
I am adding a QR code here that will take you to [Google Form](#) for you to input any ideas.



Books for youngsters & parents around mental health and wellbeing

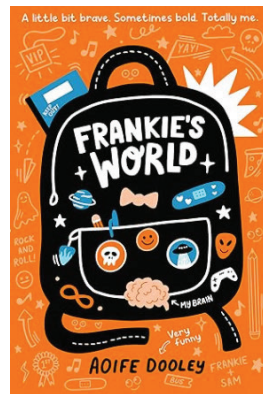
Queer Up: An Uplifting Guide to LGBTQ+ Love, Life and Mental Health, by Alexis Caught

This book is all about helping people understand what it means to be LGBTQ+ and supporting queer and curious teenagers to explore their LGBTQ+ identity. It covers a range of topics including questioning, coming out, friends and family, love, sex, shame, pride, and allyship. It includes first-hand experiences from other notable LGBTQ+ people.



Frankie's World: A two-colour graphic novel about standing-out and fitting-in when you feel different, by Aoife Dooley.

Frankie's World is a fictional graphic novel, written and illustrated by Aoife Dooley, who was diagnosed as autistic when she was 27. Frankie knows she's not like everyone else, but she can't quite figure out why – whether it's because of the way she looks, or that she has to go to hospital sometimes or that her dad left when she was a baby. With her best friend Sam, she goes on a mission to find her Dad.

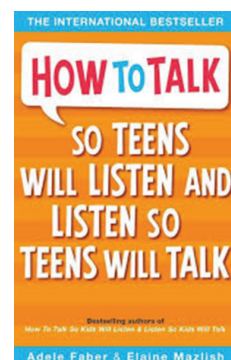


Other Helpful Books

How to Talk So Kids Will Listen & Listen So Kids Will Talk by Adele Faber & Elaine Mazlish.

The Whole-Brain Child by Daniel J. Siegel and Tina Payne Bryson.

Raising An Emotionally Intelligent Child by John Gottman.



Mental Health Ambassadors

We have a wonderful team of ten students who meet regularly and who are being proactive in promoting mental health support at PCS. We have been very fortunate to receive funding from Councillor O'Connor from Telscombe Cliffs. We have used this funding to purchase an outside board that will be regularly updated with advice, guidance and signposting for families and students. It's outside our front gates, come and check it out!

We have also purchased Question Boxes that will go in pastoral leaders' offices where students can ask questions around school life and wellbeing. We are very excited to start implementing this next term.



Wellbeing Award for schools



We are delighted to announce that we have been accredited the Wellbeing Award for schools.

The feedback and praises from the external assessors were glorious and we are so happy that all the work that we are putting in place to support and promote mental health at PCS is being recognised.

This award focuses on changing the long-term culture of the whole school. Using an evidence-based framework to drive change, it will help you deliver staff and pupil wellbeing, review your staff training, and revise your policies.

This award will ensure that mental health and wellbeing sit at the heart of your school life.

Website Support Pages

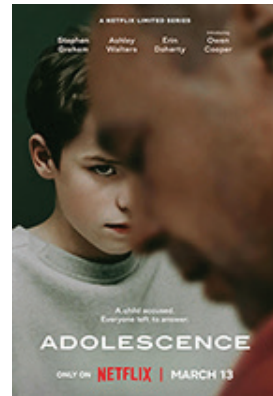
Support for Parents / Carers:
www.phcs.org.uk/page/?title=Support+for+Parents&pid=113

Support for Children:
<https://www.phcs.org.uk/page/?title=Support+for+Children&pid=79>

Supporting Boys in the Digital Age

Guidance for Parents and Carers

The Netflix series Adolescence has sparked important discussions about the challenges facing young boys and men today, particularly in relation to toxic masculinity, incel culture, and online radicalisation. The series tells the story of a 13-year-old boy who becomes involved in a tragic incident after being influenced by harmful online content, highlighting how young people - especially boys - can be drawn into dangerous online spaces.



Due to the popularity of this series, it has brought attention to this subject and it serves as a reminder of the importance of parents and carers being proactive in guiding their children through the digital world. Below are some key strategies to help support young men and mitigate these risks:

1. Stay Actively Engaged in Your Child's Digital Life

Jack Thorne, co-creator of Adolescence, has stated that he will withhold smartphones from his own son until at least the age of 14 to limit exposure to harmful online content and the pressures of social media.

We know that some parents in our community have chosen to give their children basic phones that do not allow access to social media, but we also recognise that many face pressure from their children to provide the latest devices. If your child does have a smartphone, consider the following steps:

- Have an open-phone policy – regularly check messages and social media to see who they are communicating with.
- Limit access at night – keep phones and other devices downstairs overnight to reduce social media use at bedtime.
- Talk to them about their online presence – ask what apps they use, what privacy settings they have, and who they interact with.
- Educate yourself – learn about online subcultures that may promote harmful ideologies, such as incel forums, so you can have informed discussions.

2. Teach the Importance of Healthy Relationships

The charity Everyone's Invited has highlighted how toxic behaviours can emerge at a young age. Encourage open conversations about respect, consent, and appropriate interactions to help your child develop a healthy understanding of relationships. For example:

- Normalise discussions about respect and boundaries
- Teach your child that consent is not just about sex - it applies to personal space, sharing information and emotional boundaries
- Use age appropriate examples - hugging a friend, borrowing something from a peer.
- Discuss media portrayals of or masculinity in films, music & social media
- Challenge harmful attitudes - e.g. boys will be boys
- Teach your child that real strength comes from respect and empathy and not dominance or control.



3. Encourage Critical Thinking About Online Content

Engaging in open discussions about the potential dangers of online material—including the spread of misogynistic ideologies—can help raise awareness and promote independent thinking. Encourage your child to:

- Be skeptical, not cynical – Ask: Who wrote this? Why was it written?
- Recognise bias – Not everything online is true, and even reputable sources can have an agenda.
- Spot manipulation tactics – Identify clickbait headlines, emotionally charged language, and confirmation bias.
- Be aware of AI-generated content – Show them how to fact-check claims using multiple sources before forming an opinion.

4. Provide Positive Male Role Models

Boys need strong, positive influences in their lives. Fathers, male carers, and mentors can model empathy, respect, and emotional expression to counteract societal pressures that equate masculinity with aggression or emotional suppression.

Need Further Support?

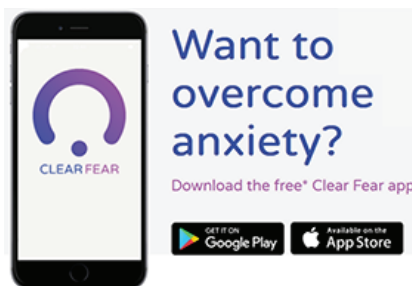
If you are concerned about your child's online activity or any views they have expressed, please contact their Head of Year or the Safeguarding Team. We are here to support you and can signpost you to further resources if needed. By working together, we can help young people navigate the digital world safely and confidently. If you are interested in further reading about the matter, here is a [psychotherapist's view on the shows themes](#).

Free Mental Health Apps

Clear Fear - Anxiety

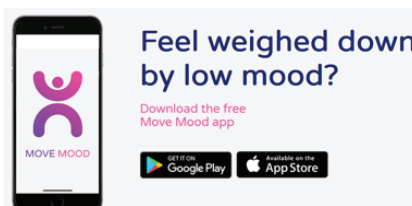
is an app developed for teenage mental health charity stem4 by Dr Nihara Krause, Consultant Clinical Psychologist, and used the evidence-based treatment CBT to focus on learning to reduce the physical responses to threat by learning to breathe, relax and be mindful as well as changing thoughts and behaviours and releasing emotions.

Available on Google Play and AppStore



Move Mood - Low Mood

Move Mood is an app developed for teenage mental health charity stem4 by Dr Nihara Krause, Consultant Clinical Psychologist, and uses the evidence-based treatment Behavioural Activation Therapy to help you improve your mood by encouraging you to increase your motivation to carry out a variety of tasks in order to help you move forward, take control and feel positive.



Support in the Community



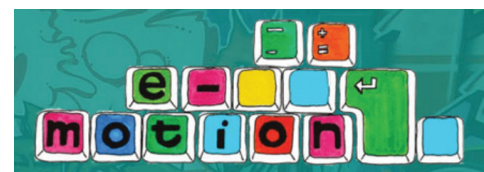
The Old Bank Wellbeing Trust

Bursary and discounted counselling for children, young people and adults in Hampden Park.



Newhaven Youth

Youth Center offering low cost counselling.



E-Motion Counseling

Online based counselling for young people in East Sussex



CAMHS Referral Guidance

What we do, what we don't do and what you can do if you are worried about a child.



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Time2Talk Project



Time2Talk

We are a grant-funded, free at the point of access, confidential, voluntary, and impartial mediation project that operates across East Sussex, and we work with young people aged between 8-18 and their families to help improve how they communicate.

Mediation is an empowering process, where family members come together as equals to find solutions to their own problems.

Our skilled, volunteer mediators, help to facilitate safe conversations that families so often need to have. Over the past 22 years, we have worked with hundreds of young people and their families, many of whom testify to the positive impact the project has had on them.



What is a family hub?

Family hubs are a one-stop-shop for families to access activities or receive support in their local community.

Who are family hubs for?

You can get support if you are:

- pregnant
- a parent of a child aged 0 to 19
- a parent of a child aged 0 to 25 with special educational needs or a disability
- aged 19 or under
- aged 25 or under with special educational needs or a disability

<https://familyhubs.eastsussex.gov.uk/about/what-is>



Lunch and Learn Online Workshops and In-person Family Hub Workshops with 'Me & My Mind'

Do you want to learn about children's mental health and how you can support your child with their wellbeing? If you do, these FREE webinars or our in-person small group workshops may be for you!

Lunch and Learn Webinars

How to support your child with worry and anxiety

Thursday 27th February 2025, 1pm, to 2pm

Wednesday 11th June 2025, 1pm to 2pm

How to support a worrying child with transition to secondary

Wednesday 21st May 2025, 1pm to 2pm

Small group in-person sessions

Supporting primary school children with anxiety and worry

Wednesday 2nd October 2024, 10am to 12pm @ Sidley Family Hub

Tuesday 8th October 2024, 10am to 12pm @ Uckfield Family Hub

Monday 27th January, 10am to 12pm @ Hailsham Family Hub

Thursday 30th January, 10am to 12pm @ Devonshire Family Hub

Wednesday 5th February, 12pm to 2pm @ Sidley Family Hub

Monday 10th February, 12:30pm to 2:30pm @ Peacehaven Family Hub

Wednesday 26th February, 1pm-3pm @ Shinewater Family Hub

Monday 10th March, 12:30pm to 2:30pm @ Lewes Family Hub

Tea/Coffee and biscuits will be available, and we will be providing activities to make some items to take home with you to do with your child/ren

For more info and to book scan the QR code or visit:

www.tickettailor.com/events/mentalhealthandwellbeingineducation

If you have any questions, please email
mhst.parentteam@eastsussex.gov.uk



SCAN ME

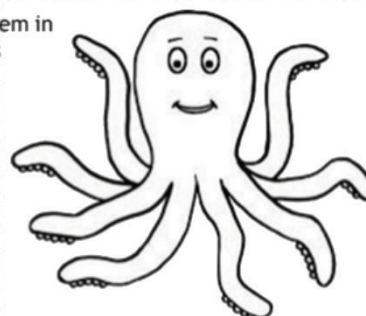
Use the Problem-Solving Octopus to make a plan

Write down the problem in one or two sentences

On each tentacles write a possible solution, starting with your child's ideas.

No matter what it is!!

Make a time to review how it went, together and decide what's next.



Discuss each possible solution, weighing up the pros and cons before choosing one to try

Make a plan including

1. What you will do
2. When you will do it
3. How you will do it
4. Who will might you do it with
5. What will help to overcome difficulties

SAFEGUARDING

OUR SAFEGUARDING TEAM



Mathieu Verniol - Assistant Headteacher and Designated Safeguarding Lead (DSL) at PCS

Mathieu 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 MATHIEU VERNIOL DESIGNATED SAFEGUARDING LEAD

SAFEGUARDING CHILDREN IS EVERYONE'S RESPONSIBILITY

ALL OF THE STAFF ON HERE WORK TOGETHER WITH OTHER PCS STAFF TO ENSURE THE SAFETY AND WELLBEING OF OUR STUDENTS



Ann-Marie Waite - Deputy Headteacher for Inclusion, Culture and Ethos and Deputy DSL

Josie Turner - Assistant Headteacher is a Deputy DSL



James Broadbent - Assistant Headteacher is a Deputy DSL

Kate Leggett - Pastoral Lead is a Deputy DSL



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

Clare Murphy - Safeguarding Support Officer is a Deputy DSL



Look Out For Our Orange Lanyards

PARENTS / CARERS

If you have a concern about the safety or wellbeing of a student at PCS email us at:
pcs-safeguarding@swale.at
or contact 01273 581100 and ask to speak to one of the above

STUDENTS

If you have a worry about your safety or wellbeing email:
pcs-safeguarding@swale.at
or come and speak to one of us