



Welcome

Welcome back to the academic year. As we come to the end of term 1, we would like to take the opportunity to reflect upon some of the Mental Health and Wellbeing support that has been available this term.

As always, we will review our provision and use our parent, staff and student voice to guide us with where further support is required.

PDI

Our PDI sessions this term have had a focus on how to be both physically and emotionally healthy and how to keep physical and mental health in check.



PSHE

In PSHE lessons **Year 7** are looking at Transition and Friendships, **Year 8** Drugs and Alcohol and **Year 9** Healthy and Unhealthy relationships. In KS4 students are focussing on Mental Health, Ill Health and Safeguarding Health in **Year 10** and preparing for their Next Steps in **Year 11**. We were delighted to welcome Loudmouth theatre company into PCS to deliver the performance 'Safe and Sound' to both year 8 and year 9 students looking at harmful relationships and how to detect abuse within

relationships. A key part of the performance was how to recognise when a relationship is abusive and signposting students to how to access support.

Peer Mentors



Our new year 10 peer mentors, Ali, Alex, Thomas, Ed & Prev have been very busy. They hosted a stand at the year 6 open evening, they have introduced themselves in KS3 assemblies and have launched their presence more formally with a lunchtime stand. They are now available to give support and guidance to KS3 students before school at breakfast club and on Friday lunchtimes.

10 ways to help your child with their homework

by @inner_drive | www.innerdrive.co.uk

01. Set a routine
02. Have a designated homework space
03. Get rid of all distractions
04. Have regular breaks
05. Promote independence
06. Help your child organise their time
07. Encourage your child to develop a growth mindset
08. Be a role model
09. Say "I am so proud of you!"
10. Communicate your worries to their teacher

Mental Health Awareness Day



PCS recognised this day across the whole week. Students can access paper publications of the following booklets in the medical room, the library or in their PL offices.

Alternatively they can be accessed online here.

- **The truth about self harm**
- **How to exercise**
- **How to overcome fear & anxiety**
- **How to sleep**
- **How to manage & reduce stress**
- **How to use mindfulness**
- **Best ever mental health tips**

PARENTS

10 WAYS TO LOOK AFTER YOUR OWN MENTAL HEALTH

by @inner_drive | www.innerdrive.co.uk

- 1 **Be kind to yourself** We are in uncharted territory. It's ok to sometimes get things wrong.
- 2 **Be physically active** Maintaining good exercise habits is key.
- 3 **Connect** Stay in touch with friends and loved ones.
- 4 **Read** This can be a good way to shut off from the news every now and again.
- 5 **Practice the 'Principle of Charity'** Assume the best intentions in others' behaviours.
- 6 **Know that everything is temporary** As the famous phrase states, "this too shall pass".
- 7 **Be flexible** If you are too rigid, it can increase stress and frustrations.
- 8 **Maintain a daily routine** This will aid consistency and calmness in your house.
- 9 **Eat well** It is easy in these circumstances to slip into not eating a balanced diet.
- 10 **Get plenty of sleep** Ensure that you are getting plenty of sleep. It will make you feel better.



Aged 11 to 19?

Or parent/carer of a child or young person aged 5 to 19 years old?

Speak to a school nurse in person.

Tuesdays and Thursdays
10am to 3 pm
and 6 to 9pm

Click <https://nhs.uk/east-sussex-school-health>
or text
07507 332473 anytime.



Service provided by Kent Community Health NHS Foundation Trust

Confidential, private and here for you.

Safety in the Community

We were delighted to welcome Darren Grover, our schools liaison officer from The East Sussex Fire and Rescue service, in to school in the last week of this term to speak with all students about safety at home and in the community.

Barratt David Wilson Homes have donated 30 Hi Vis jackets to PCS to support safer cycling as the nights draw in. If your child would like a free Hi Vis, please direct them to the school reception.



Halloween

For most people, Halloween is an excuse to dress up and have a bit of fun. Unfortunately, some people also use this as an opportunity to cause trouble in their community.

We want people to be safe in their community so if you see or hear anything during Halloween that you think should be reported to the police but you don't want to be identified, you can contact us completely anonymously.

You can call us on **0800 555 111** or submit our anonymous online form.

<https://crimestoppers-uk.org/give-information/forms/give-information-anonymously>

CrimeStoppers.
Speak up. Stay safe.

NHS Support

The NHS have provided some excellent Recipes 4 Wellbeing cards to help parents and carers support a young person experiencing difficulties with their mental wellbeing.

Topics include: Anxiety, Low Mood, Bullying, sleep difficulties, exam stress, loss and bereavement, problematic gaming, crisis, body image, gender identity, sexuality, eating difficulties, panic attacks, transition to school, boosting self esteem. If you click on the link it will take you to the 'recipe cards'.

E-motion

A free online counselling project for young people aged 12-18 years who live in East Sussex

Why e-counselling?

Click on the link

Ever thought about having counselling but are worried about seeing someone face to face?

Can't get to counselling every week? Off school or college and need a bit of extra support?

Don't want anyone to know you're having counselling?

Or just want to give it a try?

Y11 Exams

As year 11 approach the first mock exam series, it is only natural to experience feelings of anxiety and worry. There are lots of really good websites to help support students with the issues many of them face:

Dealing with exam stress

The importance of self care

Keeping everything in perspective

Revision tips

Young Minds is an excellent website with support for parents and carers as well as students.

HOW TO COPE WITH A BUSY EXAM SCHEDULE
by @Inner_Drive | innerdrive.co.uk

- 1 Accept the situation
- 2 Become an optimistic realist
- 3 Prepare a good revision timetable
- 4 Schedule in some "you" time
- 5 Prioritise your sleep schedule
- 6 Eat breakfast every morning

Safeguarding

Our safeguarding team have now introduced themselves to all students in assemblies, posters are around the school and worry boxes can be found outside the medical room and in the library. As always, Pastoral Leads, Pastoral Support Managers, as well as individual mentors, continue to make themselves available to students should they wish to speak with a trusted adult.

SAFEGUARDING

AKA THE BESST TEAM - HERE TO HELP



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

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



Maria Budd (Senior SENDCo Assistant)
is a Deputy DSL



Clare Murphy (Safeguarding Support Manager/DDSL)
is a Deputy DSL



If you have a worry about your safety or wellbeing email pcs-besst@swale.at or speak to one of us. **Look out for our orange lanyards.**

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

Wellbeing Survey

Thank you to all our parents and carers who completed our questionnaire regarding their child's mental health and wellbeing at PCS at our **Meet the Mentor** meeting. 98.9% of respondents said that they felt they could approach the school if they had a concern or a worry. We would like to target the remaining 1.1% and make this 100%!!

Cost of Living

[Click here for the full newsletter](#)

People across the county are facing rising goods and energy prices, inflation and other cost of living increases. In the context of these pressures, we have collated information about local and national financial support available to help ease the cost-of-living challenges. This additional resource is useful for anyone who works with families.

This document contains the latest information that is being issued by the Government and local organisations and will continue to bring you new and updated information during 2022/23 as more details become available over the winter months. Any queries or information you would like to add please send to:

family.focus@eastsussex.gov.uk



Open for parents

Provide information, advice and support for parents and carers who want to support their child's development and wellbeing.



**East Sussex
Fire & Rescue Service**



**Go to an organised event –
it's the safest way to have fun**

**If you do have a display at
home, always buy from a
registered retailer**

**Make sure you know the
Fireworks Code**

The Fireworks Code

- Plan your firework display to make it safe and enjoyable.
- Keep fireworks in a closed box and use them one at a time.
- Read and follow the instructions on each firework using a torch if necessary.
- Light the firework at arm's length with a taper and stand well back.
- Keep naked flames, including cigarettes, away from fireworks.
- Never return to a firework once it has been lit.
- Don't put fireworks in pockets and never throw them.
- Direct any rocket fireworks well away from spectators.
- Never use paraffin or petrol on a bonfire.
- Make sure that the fire is out and surroundings are made safe before leaving.

For more information about fireworks safety, business safety and how we can help you keep your home and loved ones safe, please visit our website. Where necessary we can even fit free smoke alarms.

www.esfrs.org

Supermarkets

Iceland is offering interest-free personal loans worth up to £75 for customer who are struggling to pay their food bills – though a newly launched Iceland Food Club. Food club card - Fair for You

The programme offers short-term loads of between £25 and £75 which are uploaded to a dedicated Food

Club card. Can be used in person on online and the load is repaid at a rate of £10 per week. There is a limit of £100 outstanding credit at any one time per week.

Morrisons – Kids Eat Free.

When a family purchases one adult meal with a value of £4.99 or over one child can eat for free – a kids meal includes a piece of fruit, juice or a bottle of water.

Holiday Food & Fun



The Department of Education is funding activities for the winter school holidays. Clubs are running at many different venues across East Sussex. All sessions include a healthy meal and are free to those on benefit-related free school meals.

A proportion of the HAF-funded places are also available for young people in a range of wider groups including those with an EHCP or receiving support from ISEND, Children in Need (CiN), Children on a Child Protection Plan (CP), Looked After Children (LAC), Ukrainian guests and other refugee groups, those open to CAMHS or receiving support from the Schools Mental Health Team.

To find out more or make a booking please visit the Holiday Food and Fun website. If you have any queries you can also contact the team on:

HAF@eastsussex.gov.uk

School Uniform

If you know a family who needs help with school uniform or other school kit for their child please use the link below.

Sussex Community Development Association, Denton Island Community Centre, Denton Island Newhaven BN9 9BA

nff@sussexcommunity.org.uk



Financial Help

Extra financial help is now available to families in the Lewes district who are struggling to keep warm, buy enough food or pay essential bills.

Lewes District Council is now inviting applications for the Household Support Fund. For more information about this fund and eligibility criteria, please look here:

<https://www.lewes-eastbourne.gov.uk/benefits-and-grants/household-support-grants/>

Discovery College

Discovery College programme running in Newhaven Tuesdays 4.30-6.30 and is being delivered in partnership with Audio Active who do great work with young people around music and spoken word.

The course is for anyone struggling with mental health and looking for support to develop confidence and self esteem. They don't need to be musicians or poets!



The Power of Voice

How to make sense of the world; the experiences we have had and the storm of feelings they bring us. Listening to songs, rap or reading poetry, there can be comfort in words:

Don't hesitate / Time heals the pain / You ain't the problem' Michael Kiwanuka, 'You Ain't the Problem'

Learn rap and song writing techniques and how to tell your story (or someone else's).

Whether you have never played with words before or have journals filled with poems and songs, this is the space for you. Come and learn to have fun with words in a supportive, safe space where how you feel is as important as what you do. Where there are people to support you in managing connections with new people.

Where? SCDA (Sussex Community Development Association) Youth Centre, Denton Island Community Centre, Denton Island, Newhaven BN9 9BA

When? Tuesdays 4.30pm - 6.30pm: 11th and 18th October, (no session for half-term (25th Oct), and then 1st, 8th, 15th, 22nd, and 29th November, 6 December

Who's it for? It's for anyone aged 12-20yrs

Facilitators: Archie Strong (Peer Mentor), Sam Hatter (Subject Specialist), Rivkah Cummerson (Mental Health Practitioner)

Provided by: The Sussex Partnership and Audio Active

Register your interest here: [course- The Power of Voice — Discovery College, Sussex \(sussexdiscoverycollege.org.uk\)](https://www.discoverycollege.org.uk/courses-the-power-of-voice)

Discovery College is a place for young people in East Sussex to have new experiences and learn more about emotional wellbeing and particular mental health challenges. Everything is done in groups with other people who listen without judgement, offer support without being patronising and have an interest in who you are and would like to be. The courses are delivered in co-production with young people and are FREE.

THE 10 MOST COMMON MISTAKES STUDENTS MAKE

by @inner_drive | www.innerdrive.co.uk

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- 01 SKIPPING BREAKFAST** This has a detrimental impact on attention and learning.
 - 02 ONLY READING YOUR REVISION NOTES** Re-reading encourages you to skim read the text rather than properly processing it.
 - 03 REVISING TO MUSIC** Listening to your favourite songs can distract you from revising. Study is usually best carried out in a quiet space.
 - 04 MOBILE PHONES AND HOMEWORK** The mere presence of a phone has been found to cause a 20% decline in performance.
 - 05 TAKING NOTES VERBATIM IN CLASS** Taking down word for word what your teachers says stops you from engaging with the material.
 - 06 GRAMMING YOUR REVISION** Revising a little but often is much more effective than trying to learn a lot of information all at once.
 - 07 NOT GETTING ENOUGH SLEEP** Set up a consistent bedtime routine that ensures you get the needed 8-10 hours sleep a night.
 - 08 LEAVING THE HARD TASK TO THE END** Start hard tasks early as they always take longer than you think.
 - 09 NOT GETTING ENOUGH FRESH AIR** Getting sufficient fresh air and exercise can have a positive impact on your wellbeing.
 - 10 TAKING PHOTOS OF LECTURE SLIDES** Interacting with the material and making notes in your own words at the time of learning is a much more effective strategy.

Crisis Numbers

Sussex Mental Healthline

0300 5000 101

for support and info if you're worried about your mental health
Mon- Fri 5pm – 9pm, 24hrs on weekends and Bank Holidays

Emergency services

If you are concerned you may harm yourself you can contact the emergency services (**999**) or the NHS on 111 or get yourself to your nearest A&E department. **Click here to find your nearest A&E.**

HELPLINE – The Samaritans

The Samaritans provide confidential 24 hours telephone support on 116 123 for a range of crisis. More information is at www.samaritans.org

HELPLINE – Childline

For under 18's Child-Line is available on 0800 1111 open 24 hours a day. More information is at www.childline.org.uk

HELPLINE – Papyrus

The Hopeline is open 10am-10pm for any young people experiencing suicidal thoughts on **0800 068 441** and you can visit them at papyrus-uk.org

TEXTING – Shout

Shout operate a 24/7 crisis support service, just text SHOUT to **85258**, free on most UK Networks. You can find more about this service at <https://giveusashout.org/>

ONLINE – Mind Help Tool

Mind have an online tool to work out where you might be best going in a crisis and what things you may be able to do to cope in that moment and you can visit their main site at www.mind.org.uk too

HELPLINE –LGBT Foundation

If you're LGBTQ+ you can ring the Foundation's helpline on **0345 3 30 30 30** 10am-10pm for a range of advice on issues you may be experiencing relating to this, including a specialist service around LGBTQ+ domestic violence. Find out more at lgbt.foundation

HELPLINE – Domestic Abuse

Available 24hours a day on **0808 2000 247** for anyone experiencing or worried about domestic violence

TEXTING – TESS

A text based service for girls and young women affected by self-harm open until 9pm on **0780 047 2908**