



INSPIRING MINDS

Recognising and Responding to Anxiety

Session Overview

- Introduction to the Safeguarding Team
- What we are currently seeing in school
- Access to help and support
- Resources for use at home
- When the anxiety cup is full / a safety plan
- Alison Rose – Primary Mental Health Care Worker (PMHW)

The Team



Sam Howard
Assistant Principal
Lead DSL



Julie Aldridge
Deputy DSL



Rebecca Price
Deputy DSL

The safeguarding offices are situated in the student support centre.

We are onsite Monday – Friday - 8:30am – 5:00pm

For urgent safeguarding incidents please call Children's Services on 03004709100 or the Police on 101/999



For some young people, the brain's natural response to stressful situations can spiral out of control, affecting their learning and their life

Most young people will experience times in their lives when they feel anxious; it's a perfectly natural, normal reaction to stress and worry. In fact, it's the brain's way of signalling that things are becoming too much, and it can help us deal with tense or overwhelming situations.

It's important, therefore, to remember that a certain amount of anxiety is helpful, and feeling anxious is an important, spontaneous response to keep us safe.

One size doesn't fit all – we are all different, and everybody will experience anxiety in their own, unique way. Because no experience will be exactly the same, no solution will be the same either.

Letting a young person know that they are not alone, and that they can talk through what is going on for them with you, will absolutely help in reducing those intense feelings.

Anxiety in School – What does it look like?

- Friendship issues
- Fearfulness – well behaved but quiet, tearful
- Increase in being out of lessons
- Heightened frequency of visits to school medical staff
- School avoidance – EBSA
- Alone at social time
- Demands for teacher time/attention
- Panic attacks
- Self harm

Support in School

- Listening @weydonschool.surrey.sch.uk
- Google Classroom posts including activities, apps and websites
- Google Classroom new senior six initiative!
- Tutors/ PALS's/Safeguarding
- Website – safeguarding and well being at Weydon (supporting parents and supporting students.
- Weydon well being webcasts on website.
- Wellbeing Ambassador Programme – led by Mrs Sellers in connection with The Eikon Charity (includes break time safe space)
- Zen Garden
- In school signposting posters and information

Weydon Wellbeing Student Support

If you need to talk...
...we're listening@...

Your Safeguarding Team is:

Mrs Howard Asst Principal, DSL
Mrs Aldridge Deputy DSL
Mrs Price Deputy DSL
Mrs Giles Safeguarding Admin
They are in the Student Support Centre, in Keller
Scan the QR code to access the Safeguarding pages on your Student Learning Platform



Your new Weydon Wellbeing Student Support on Google Classroom are accessed by your PAs and the following key members of staff, you can message them confidentially.

- Y7** Mrs R Smith, Mrs Fowler, Mr Brightwell
- Y8** Mrs Muller, Mr Sampford, Mrs De La Cressa
- Y9** Mrs Brown, Miss Smith, Mr Moon
- Y10** Mr Roberts, Miss Harrison, Mr Snapp
- Y11** Mrs J Smith, Mrs Hunt

1. Talk to your tutor

They have training on wellbeing and basic mental health first aid



2. Talk to your PAL

They are on the safeguarding team and have training on wellbeing and mental health

3. Talk to your Safeguarding team

These members of staff are based in the Student Support Centre in Keller, and can be accessed using the following email:

listening@weydonschool.surrey.sch.uk



This is confidential

4. Talk on the new Weydon Wellbeing Student Support on Google Classroom



the codes for the year groups are:

Y7—654tm5t **Y8—eszb dew**

Y9—wwjfk5o **Y10—hpza2rz** **Y11—kbqejwo**



www.youngminds.org.uk

A website full of information about mental health with resources for young people, parents and schools.



www.kooth.com

A free, anonymous and confidential website where young people can go for help, advice and to talk to a trained counsellor online.

www.stem4.org

stem4 is a charity that promotes positive mental health in teenagers and those who support them through the provision of mental health education, resilience strategies and early intervention.



www.childline.org.uk



Childline is there to help anyone under 19 in the UK with any issue they're going through. You can talk about anything. Whether it's something big or small, their trained counsellors are here to support you.



www.eikon.org

Visit our website for more information about help and support available to you.

You can also follow **The Eikon Charity's Virtual Youth Club** on social media for up-to-date advice on how to look after your mental health and wellbeing!

www.mind.org.uk

Information and support for anyone experiencing a mental health condition.



@Eikon_Youth_Club



@EikonVYC



APPS AND WEBSITES TO HELP YOUR MENTAL HEALTH

There are lots of apps and websites out there full of information and activities to help look after your mental wellbeing. Here's a few ideas:



Calm Harm

This app provides tasks that encourage users to distract themselves from urges to self-harm and help manage their "emotional mind" in a more positive way.



MyLife Meditation

An award-winning meditation and mindfulness app that helps you find your quiet place. It allows you to check in with how you're feeling, and recommends short guided meditations and mindfulness activities, tuned to your emotions.



MindShift CBT

Developed by Anxiety Canada, **MindShift** uses scientifically proven strategies based on Cognitive Behavioural Therapy (CBT) to help you learn to relax and be mindful, develop more effective ways of thinking.



Clear Fear

Clear Fear uses a Cognitive Behavioural framework to help you change anxious thoughts and emotions, alter anxious behaviours and calm fear responses.



Booster Buddy

A fantastic app designed to help teens and young adults improve their mental health. Manage your personal wellness journey and earn achievements as your sidekick guides you through a series of daily quests designed to establish and sustain positive habits.



Stay Alive

Stay Alive is a suicide prevention app packed full of resources, useful information, and tools to help you stay safe or help someone else.



InnerHour - Self-Care Therapy

The aim of this app is to support you to create a happier and healthier life with a range of therapy-based self-help tools and techniques designed for your mental health needs.



Resources for Home

- Recommended but not limited to www.supportservicesforeducation.co.uk
- EBSA – Emotional Based School Avoidance – guidance available online include:
 - What is 'EBSA'?
 - Training video
 - Push and Pull factors
 - Anxiety
 - Avoidance
 - The link between thoughts, feelings and behaviour What we can control
 - Reducing stress levels
 - Key points of support
 - The importance of self-care
 - What other support is there?

Safety Plan

A safety plan is used in school when helping a young person recognise when they are feeling unsafe and establishing ways that we can support without them having to say it out loud. For students who self harm this is a good way for them to access strategies which may be used as an alternative best case, and if not they can show their plan to a responsible adult who will know to seek help on their behalf. Why am I covering this?

Safety Plans can be completed at home not just for self harm but for a young person to be able to demonstrate to parents and carers how they feel and what they need in that moment.

This does not have to be in the form of words, there is space for drawings or whatever works for each young person. By completing one with your child it can open dialogue and start the journey of speaking directly about these sensitive issues.

Young people are often not simply attention seekers, they are seeking attention and to support and enable recovery we need to understand why – safety plans may help with this.

Please collect a copy at the end of the evening.



Alison Rose

Primary Mental Health Worker

Emma Tappenden

ND Therapist