



# STUDENT SUPPORT @



# CRESTWOOD COMMUNITY SCHOOL

Term: Summer | Issue 3 | Date: May 21, 2020

I hope you have all had a good week and have been kind to yourself and others. This week we are going to look at sleep. Sleep is very important because there is a close relationship between sleep and mental health. We have stigmatised sleep with the label of laziness. We want to seem busy, and one way we express that is by proclaiming how little sleep we're getting. Sleep is so important for so many things in our life, healing, growing, and processing learning. The brain stores new information and gets rid of toxic waste. Nerve cells communicate and organise which supports healthy brain function. The body repairs cells, restores energy, and releases molecules like hormones and proteins. There are tips below to help promote good sleep hygiene. Have a great half term!

## EXTERNAL SUPPORT

There are lots of agencies outside of school than can help, just click on the sections below to open a link in another window,



New Crisis hot-line - 03003031590



Get help and advice for children and young people for a wide range of issues.



Support for child abuse.



Call to talk about anything you need.



Supporting young people with their mental health.



An App to empower young people to build resilience



Free confidential advice and counselling

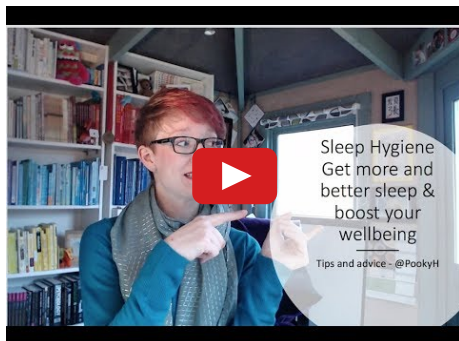


A confidential text messaging service



Support for young people who want to 'come out'.

## FOCUS FOR THE WEEK - SLEEP



Dr Pooky Knightsmith produces lots of good videos to promote good mental health and lots of support strategies, Here is a video to support good sleep hygiene.

If you click on the time to change picture, it will take you to a document with 12 activities to help you improve your sleep. All the activities are around 15 minutes and include links to other website and ted talks.

We're supporting

**time to change**

let's end mental health discrimination

## NEW WEEKLY LINKS

Click on the titles below and it will take you to the web-page

Spring in to Action toolkit

NHS -5 steps to mental well-being

Yoga for beginners

Crestwood Student Support News letter 2

## PASTORAL SUPPORT

We have established phone lines for students who require emotional support. These will be staffed by our highly skilled pastoral team. They operate from 9am-2pm Monday to Friday

- Mrs Smith - 07385 252141 zena.smith@crestwood.hants.sch.uk
- Mrs Sharp - 07385252049 denise.sharp@crestwood.hants.sch.uk
- Mrs Dieng - 07385 252050 michaila.dieng@crestwood.hants.sch.uk
- Mrs Walters - 07388 376789 karla.walters@crestwood.hants.sch.uk
- Mrs Parnell - megan.parnell@crestwood.hants.sch.uk