



STUDENT SUPPORT @ CRESTWOOD COMMUNITY SCHOOL

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Welcome to the 5th Addition of the Student Support Newsletter. I hope you are all doing well. This weeks theme is anxiety. Last week we talked about talking about how you are feeling, The Pastoral Team are here to talk to you face to face or via a phone call. If the way you are feeling is stopping you going about your day to day life then you must seek help. There are lots of ways to do this, please look at all the links below. Everyone wants to help, you don't need to go through anything alone!

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 OF THE WEEK - ANXIETY



Young minds website has lots of useful information, including on anxiety. It is very normal to worry about things including school work, friendships and relationships, however if the worry is stops you doing every day tasks then you must talk to someone about it



A mental health well being community where you can access support. Unfortunately when signing in they don't have our area, so just pick one that is closest to us, which is Surrey at the moment. You can set goals, write a journal and there are lots of mindful activities to choose from



If you would prefer to speak to someone out side of the school or home you can contact Eastleigh Youth Councilling. They are conducting virtual sessions

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

NEW WEEKLY LINKS

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

- Anxiety Management self help work book
- CAMHS - anxiety support
- 8 relaxation tips from MIND
- Yoga for teens