



STUDENT SUPPORT @ CRESTWOOD COMMUNITY SCHOOL

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This week has been 'National Loneliness Week'. This is something that people don't really talk about and the key message that we have given out every week, is it is **good to talk!** We will not judge. As a pastoral team we have probably come across every problem out there and will listen and be able to help you. It will be very normal to feel alone and separated from others at the moment. You may be surrounded by people and still feel lonely. You may be finding it hard to get back in contact with you friends, you don't know what to say or how to ask them to meet up. These are all valid feelings, please do get in contact with us to talk and we will help you. You are not 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 - LONELINESS



Most of us will experience loneliness at some point in our lives, regardless of age, circumstance and background. almost 1/5 of the population say they are lonely. There are many causes of loneliness and we will all experience it differently. Humans have evolved to feel safe in groups, therefore if you can't be in the groups we



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 outside of the school or home you can contact Eastleigh Youth Counselling. 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
- Duchess of Cambridge - Hold still portrait competition
- Book and reading competitions
- Wild Art Competition
- Yoga for teens