



STUDENT SUPPORT @ CRESTWOOD COMMUNITY SCHOOL

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I am very sorry we missed an issue last week. We have been working very hard to develop our mental health policy and procedures. This week we are going to be looking at self esteem. This is how we see and feel about ourselves. Many people will have low self-esteem at some point in their lives which can be caused by a number of things. If you tackle low self esteem early it can help prevent depression or anxiety developing. The pastoral team are still here to talk through, phone calls or face to face meetings. We are also really looking forward to seeing everyone for tutor or year leader meetings on the final week of term. Please do get in touch if you don't know when your appointment is. We look forward to seeing you all soon.

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 - SELF ESTEEM



7 steps to build self esteem

- Understand why you focus on the negatives
- Challenge the negative feelings
- Focus on the positive
- Find the right people
- Get Active
- Set yourself some goals
- Tell someone.



Are you anxious about coming out of lock down, how will you feel about meeting other people? MIND have some great resources about managing your feelings about

Everyone will react differently to lock down changing. You may feel excited or hopeful when you hear about lock down easing where you live, or you may feel worried or angry. You may not know how you feel, or feel a mixture of emotions.



If you would prefer to speak to someone out side 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

- Mindful Colouring Sheets
- Mindfulness and meditation resources
- The Wellness Society Instagram
- Mental Health Foundation Instagram