



# STUDENT SUPPORT @ CRESTWOOD COMMUNITY SCHOOL

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We are looking forwards to seeing everyone at the tutor meetings next week. Everyone should have received the date and time, if not please contact your year leader. The government has promised to put a lot of funding into supporting mental health and well being, and Crestwood are committed to supporting all young people with their mental health and wellbeing. Barnados has created a Hub , which is a central place for you to explore for support resources. We also have our pastoral team available next week, on the phone, if you would like to speak to someone. Next week will be our last addition of the newsletter until September, they will then move to every half term. If there are any topics you would like to cover then please email me on [katie.sandiford@crestwood.hants.sch.uk](mailto:katie.sandiford@crestwood.hants.sch.uk)

## 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 - BARNARDO'S

**See Hear Respond** is a service provided across England in response to the Coronavirus outbreak. The program has been created to help young people who are experiencing harm and increased adversity. They have put in place support and protective networks using online support, advice and information, online counselling, a telephone help line and face to face interventions. They will also help with reintegration in to school. You can access support through 0800 151 7015



There is also a support hub where you can access advise on mental health and well being , being a young carer, online life and also a section for supporting families



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](mailto:zena.smith@crestwood.hants.sch.uk)
- Mrs Sharp - 07385252049 [denise.sharp@crestwood.hants.sch.uk](mailto:denise.sharp@crestwood.hants.sch.uk)
- Mrs Dieng - 07385 252050 [michaila.dieng@crestwood.hants.sch.uk](mailto:michaila.dieng@crestwood.hants.sch.uk)
- MrsWalters - 07388 376789 [karla.walters@crestwood.hants.sch.uk](mailto:karla.walters@crestwood.hants.sch.uk)
- Mrs Parnell - [megan.parnell@crestwood.hants.sch.uk](mailto: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 Mix - support for under 25's
- UNICEF- support for teenagers during CVoVID-19