



# STUDENT SUPPORT @ CRESTWOOD COMMUNITY SCHOOL

Term: Autumn | Issue 9 | Date: October 14, 2020

Welcome back! You have nearly completed your 1st half term back at school. Welcome to our new year 7's. I hope you are all settling in well. Over the next term, you will hear and see me more regarding tutor times and workshops. I will be working with you all to help everyone learn about how their brain works, our emotions and how we can all work together to support each other, especially when times are hard. At Crestwood you are never on your own, there is always someone here to help and to listen, no matter how big or small you think your problem is. We are also here to help you if you think someone else may need help and you don't know what to do.

## EXTERNAL SUPPORT

There are lots of agencies outside of school that 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 - HELLO YELLOW

We supported Young Minds on 9th October to help promote the work that they do, but also promote Mental Health and the fact that we all have mental health. People think that they shouldn't talk about mental health or they don't really understand what it is. Over the next term, we will be doing lots of work on helping understand how we think, feel and why. The PE department will be completing a lesson with you on your brains and your emotions to help you understand.



Young Minds fight for a future where all young minds are supported and empowered., whatever the challenges. They are there to make sure young people get the best possible mental health and support and have the resilience to overcome life's difficulties



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

Here are some contact details if you aren't comfortable going to speak to a member of staff

- Ch - Mrs Smith zena.smith@crestwood.hants.sch.uk - pastoral support
- Sh - Mrs Sharp denise.sharp@crestwood.hants.sch.uk - pastoral support
- Sh - Mrs Dieng michaila.dieng@crestwood.hants.sch.uk - pastoral support
- CH - Mrs Parnell megan.parnell@crestwood.hants.sch.uk - pastoral support
- CH & SH - Mrs Walters karla.walters@crestwood.hants.sch.uk - counselor
- Ch & SH - Mrs Sandiford katie.sandiford@crestwood.hants.sch.uk - inclusion Lead

## 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