



**ST. GREGORY'S**  
CATHOLIC HIGH SCHOOL

"One family inspired to learn."



# Mental Health and Wellbeing Newsletter

Summer 2025

**Welcome** to the Summer Term edition of our Mental Health and Wellbeing Newsletter.

## Parent Workshops this Term

**28.4.25**

**Sensory Processing Awareness**

Further details and invitations to Parent/Carer Workshops are shared via Class Charts 1-2 weeks prior to each one.

We would like to thank all parents/carers who were able to make it to our workshops this year or contacted us to have the information emailed out.

Next year, we will be running some of our sessions at a later time to accommodate those parents

/carers who were unable to attend due to timings. Information on these will be shared in due course

## Mental Health Ambassadors

We wanted to give a shout out to our fantastic Mental Health Ambassadors, who continue to volunteer their time every week to support Wellbeing Wednesday. We have so many pupils who enjoy and benefit from it. You are amazing!



As our Year 11 pupils enter their final term at our school and begin their GCSEs, here are some tips to help stop panic!



### 7 Ways to **STOP** Panic Taking Over During an Exam

by @inner\_drive | www.innerdrive.co.uk

- 1. TAKE SOME DEEP BREATHS**  
This will help clear your head and give you time to think.
- 2. RE-READ THE QUESTION**  
This will help ensure you don't misread the question and avoid making sloppy mistakes.
- 3. THINK BACK TO YOUR REVISION**  
Have you answered similar questions previously during your revision?
- 4. WHAT WOULD YOUR TEACHER SAY**  
What advice would your teacher give you to help you right now?
- 5. SOMETHING IS BETTER THAN NOTHING**  
Better to guess the answer than leave it blank. If you don't write anything down you are guaranteed to get zero marks.
- 6. STICK TO YOUR EXAM STRATEGY**  
If you have a bad first question, stick to your pre-planned strategy and don't let the bad start affect your performance on the next question.
- 7. DON'T PUT TOO MUCH PRESSURE ON YOURSELF**  
Work your hardest and do your best. Some stress is good but becoming too stressed doesn't help you think clearly under pressure.





## Supporting your child with self-harm

Self-harm is when someone hurts themselves on purpose to manage distressing or overwhelming feelings or experiences.

Someone who is self-harming may be dealing with lots of intense thoughts and feelings. Hurting themselves can feel like the only way to cope. Or they might feel numb and hurt themselves so they can feel something.



If your child is self-harming, or you're concerned they might be, it can be incredibly worrying. The important thing to remember is that lots of young people go through this and come out the other side with different ways of coping. You also need to remember that you're not alone.

Visit

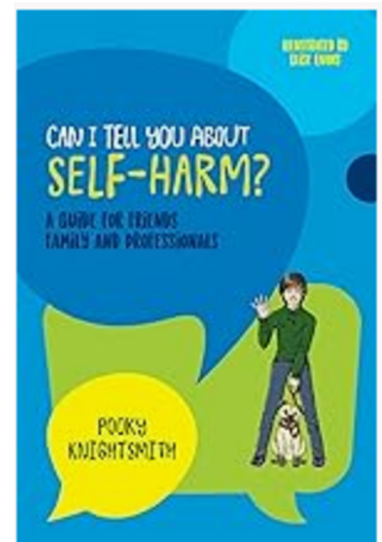
[www.youngminds.org.uk/parents](http://www.youngminds.org.uk/parents) to find out how you can support your child and where you can find professional help.

[www.youngminds.org.uk](http://www.youngminds.org.uk)

## BOOK RECOMMENDATION

### Can I tell you about self-harm? by Pooky Knightsmith

This easy to read book, describes what self-harm is, along with the wide range of behaviours that qualify, why teens do it, and how to get help if you feel the need to self-harm. Reflecting on the different aspects of self-harming behaviour, including treatment of injuries and scars, this concise introduction dispels common myths and offers helpful resources to break the cycle of self-harm.





### Supporting your child with anxiety

It's perfectly natural for your child to be worried from time to time - it's something we all experience! In small doses, anxiety can be a good thing: helping your child to focus, get motivated and take action.

Prolonged periods or bouts of intense anxiety may have a negative impact, but there are lots of ways you can help them manage this anxiety and use routines to help keep them calm.

#### Things to remind *your child* about anxiety

- Anxiety has nothing to do with strength of character or courage.
- Anxiety is very common. On average 1 in 5 young people will struggle with anxiety.
- Anxiety is a feeling, not a personality.
- Anxiety is your brain doing exactly what it is meant to do. We need to feel anxious to motivate us into action. Anxiety is there to provide a warning for us that there might be a threat out there, to help us to respond appropriately. Whilst frightening and difficult at times, it is our normal response to perceived threat.

#### Possible symptoms of anxiety



#### Things to remind *yourself* about anxiety

- When our children are overwhelmed by anxiety, they will not be able to hear us until the thinking part of the brain is back online.
- Warm words and physical connections are needed to help calm the anxiety. We can help with this by prioritizing connection over correction. This should not be underestimated.
- Every time we choose to speak warmly and empathetically, we are supporting them in bringing their pre-frontal cortex back online, so they can engage more and think more clearly.
- Giving enough time to do this is so important for us to do first because only after that physical arousal has been settled, can we start to address what's difficult for our young people.





## Top tips for managing the symptoms of anxiety

### Breathing

- Activates the relaxation response
- Calms down the neurochemical surge in the body



### Balloon Breathing

THINK OF YOUR BELLY AS A BALLOON



#### INHALE

Place your hands on your belly and breathe in slowly through your nose.

Feel your belly, abdomen, and chest expanding out like a balloon. Hold your breath for 2 seconds.

#### EXHALE

Open your mouth and slowly blow all the air out of your lungs as if deflating your imaginary balloon.

Repeat this exercise five to ten times or until you are calm.

### Self compassion

- Positive self talk



### Contacting the present moment

- Grounding techniques

#### Breathe

Take a slow, deep breath in through your nose. Make a big sigh and drop your shoulders downwards as you breathe out slowly through your mouth. Repeat 4 times. Optional: Add a calming statement to say each time you finish breathing out.



#### Squeeze

Create an affirming statement such as "I am calm and in control." Write it in the space below. Tap your left shoulder with your right finger, keeping your finger on your shoulder. With your right finger still in position, tap your right shoulder with your left finger. Give yourself a big squeeze and say your statement. Repeat as many times as you need.

#### Trace

Pick one interesting object in your field of vision. Trace its outline with your eyes, as if you were drawing its lines.



#### Lie

Lie on the floor. Close your eyes and focus on your breath. Starting from your head, do a quick body scan and notice each part of your body where the floor or surface touches you. Focus on the sensation, the pressure, the texture and temperature.



#### Observe

Find something in the room that begins with each letter

a b c d e f g h i j  
k l m n o p q r s t  
u v w x y z







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## Qustodio App

Provides parental control tools to keep your child's screen time safe and balanced on every device—from one easy-to-use dashboard



The app provides additional security and peace of mind for parents/carers in monitoring their children's online presence and activity.

The app enables you to filter websites, receive AI-powered alerts, set time limits, block apps, view detailed reports, and provides a variety of tools to support you in ensuring your child is safe online.

## Online Safety Hub

Trusted digital safety advice for caregivers



Developed by our team of world-renowned Online Safety Experts, the Hub is designed to engage and align the community on online safety and wellness by providing up-to-date and evidence-based information to all key stakeholders of a child's life.

Parents will find a rich library of helpful resources, including app reviews, how-to guides and advice on an array of online safety topics. School staff and leaders have access to an array of practical guides and information that can be used in the classroom or to inform school governance.



### Mindfulness during the holidays

**Practising Mindfulness regularly equips children (and ourselves!) with tools to build self-esteem, manage stress, and skilfully approach challenges.**

**Here are 2 mindfulness exercises to practice during the holidays.**

#### Full Sensory Awareness Exercise

Wherever you are, just stop and look around (when safe to do so) and become aware of everything that your senses pick up.

- How do you feel?
- Do you feel happy?
- Do you feel excited?
- Do you feel over-stimulated?
- Do you feel anxious?

Take a moment and appreciate where you are and what is happening, along with how you are feeling in the very moment.



#### Mindful Appreciation

Choose 5 things in your day that usually go unappreciated. These things can be objects or people. The point of this exercise is to be thankful and appreciate the seemingly insignificant things in life. The things that support our life but rarely get a second thought.

- How do these things work?
- How do they benefit your life?
- Have you ever noticed the finer details of these items?





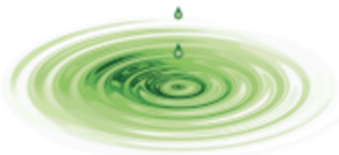
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**ADDvanced Solutions**  
**Community Network**  
Supporting you to find the answers

**ADDvanced Solutions offer free programmes and learning opportunities that support the families of neurodivergent children & young people, who may also have specific learning difficulties or associated mental health needs.**

**Please see some of them below and visit the website to enquire about a place.**

## **ND Conditions Learning Programme**

Covering Autism, ADHD and Sensory Processing Difficulties as well as specific learning difficulties, SEND and the local offer, the neurodevelopmental conditions learning programme gives parents and carers the knowledge and confidence to better understand and meet the needs of their neurodivergent children and young people. This programme is open access to families pre, during and post diagnosis and is available face to face or online.

Our next face to face programme in Warrington will be next term **contact us** to register your interest or **book below to attend online** on Tuesday and Thursday evenings beginning 22nd April.

## **ND & Me (ages 8-14)**

In small groups, we provide learning opportunities for children and young people to better understand themselves and their neurodiversity, build confidence, find strategies to manage their challenges and feel positive about the future. Requires parents / carers to have completed our ND Learning Programme.



## **Learning Workshops**

Structured online learning opportunities, delivered on-line, supporting parents and carers around specific areas such as:

- Sensory Processing Difficulties
- Eating Difficulties
- **Supporting Sleep – Friday 2nd May 9.30am- 12.00pm**
- Barriers to School Attendance
- **Mental Health and Wellbeing – Monday 28th April 6.30pm-8.30pm**
- Behaviours that challenge
- SEND Process & EHCPs
- Encouraging Independence
- Preparing for Adulthood – find out more above







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## Mental Health Support Groups in School

**Mondays 3.15-4pm - Mindfulness Club**

**Tuesday 11am-11.20am - LGBTQ+ Support Group**

**Wednesday Lunch time - Wellbeing Wednesday in the Chapel**

**All pupils are welcome to attend any of these sessions.**

**If you have a safety concern about a pupil at our school, please contact school and ask to speak to a member of the Safeguarding Team.**



**St. Gregory's Catholic High School**

## **SAFEGUARDING TEAM**

St. Gregory's is a

**LISTENING AND TELLING SCHOOL.**

If you have any concerns speak to a member of the team.



Mr Funnell  
Deputy DSL



Miss Lavin  
Designated Senior Lead (DSL)



Mr Mackenzie  
Deputy DSL



Mrs Batty  
Deputy DSL



Miss Salisbury



Mrs Granton



Mrs Whitlow  
Chaplain



Mrs Pacey



Mrs Pilkington



Ms Garcia



Miss Crawford



Mrs O'Kane



Mr Baracskai  
Health and Safety



### Mental Health Support

**HELPLINE –LGBT Foundation** If you're LGBTQ+ you can ring the Foundation's helpline on 0345 3 30 30 30 10am-10pm for a range of advice on issues you may be experiencing relating to this, including a specialist service around LGBTQ+ domestic violence. Find out more at [lgbt.foundation](http://lgbt.foundation)

**HELPLINE – Domestic Abuse**  
Available 24hours a day on 0808 2000 247 for anyone experiencing or worried about domestic violence

**TEXTING – TESS**  
A text based service for girls and young women affected by self-harm open until 9pm on 0780 047 290

**ONLINE - Alumina**  
Free online self-harm support for girls and boys aged 10-17  
<https://www.selfharm.co.uk/>

**HELPLINE - CYPMHS Crisis**  
0800 051 1508

**HELPLINE – Childline For under 18's** Child-Line is available on 0800 1111 open 24 hours a day. More information is at [www.childline.org.uk](http://www.childline.org.uk)

**HELPLINE – Papyrus**  
The Hopeline is open 10am-10pm for any young people experiencing suicidal thoughts on 0800 068 441 and you can visit them at [papyrus-uk.org](http://papyrus-uk.org)

**TEXTING – Shout**  
Shout operate a 24/7 crisis support service, just text SHOUT to 85258, free on most UK Networks. You can find more about this service at <https://giveusashout.org/>

**ONLINE – Mind Help Tool** Mind have an online tool to work out where you might be best going in a crisis and what things you may be able to do to cope in that moment and you can visit their main site at [www.mind.org.uk](http://www.mind.org.uk) too