



ST. GREGORY'S
CATHOLIC HIGH SCHOOL

"One family inspired to learn."



Mental Health and Wellbeing Newsletter

Spring 2025

Welcome to the Spring Term Edition of our Mental Health and Wellbeing Newsletter.

Parent Workshops this Term

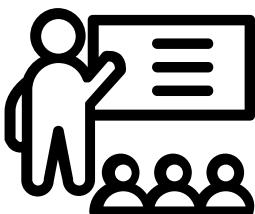
20.1.25
Behaviour Management

27.1.25
ASC/ADHD Awareness

13.2.25
Low Mood

13.3.25
Exam Stress

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



Inspiring Future Minds Project

We are thrilled to have been selected to participate in this exciting project with the RFL.

A group of 12 pupils have been selected to take part in this 12 week programme, which will consist of weekly mentoring sessions focussing on building core personal skills and improving pupil's awareness of risky behaviours and positive choices, followed by physical activity.



Our Mental Health Ambassadors will be raising awareness of the importance of looking after our mental health during Children's Mental Health Week by:

- Delivering a special Celebration of the Word for all Year Groups.
- Promoting conversation around Mental Health by hosting Time to Talk event during our regular Wellbeing Wednesday slot.
- Sharing top tips on screens around school

In addition to this, pupils will receive input on how to look after their mental health and remove the stigma around talking about it during form time.



ST. GREGORY'S
CATHOLIC HIGH SCHOOL

"One family inspired to learn."



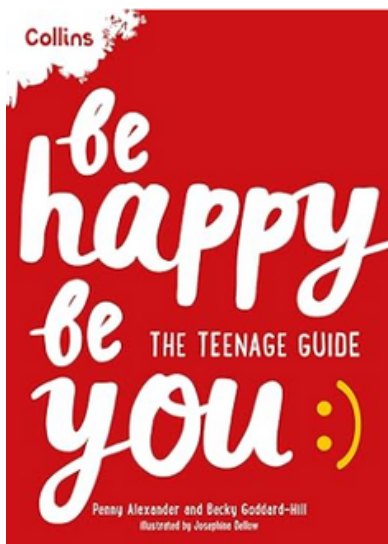
Mental Health and Wellbeing Newsletter

Spring 2025

BOOK RECOMMENDATION

Be Happy be You by Penny Alexander and Becky Goddard-Hill

This book is based on the idea that there are things you can do to take control of your well being – even when you're dealing with the difficult bits of life as a teenager. The book looks at different issues you might face and includes actions you can take to make your life more positive, and explanations of the science behind how they work.



Supporting your child with ANXIETY

If your child is experiencing high levels of anxiety, it can be worrying for you as a parent or carer.



The Charlie Waller organisation provides mental health training, resources and consultancy with a focus on children and young people.

They work with young people, parents and carers, schools, colleges, universities and employers. All their work is based on sound evidence. It gives people the confidence and skills to look after their mental health.

They have put together a very useful booklet that looks at anxiety and its impact, while offering practical ideas for your child – and you – to deal with this common but distressing experience. It can be found here:

<https://charliewaller.org/mental-health-resources/supporting-a-child-with-anxiety>



'Supervision' Instagram's Latest Feature for Parents and Carers

After months of waiting, social media platform Instagram have released their much anticipated parental control feature in the UK. These settings promise to help parents and carers understand more about how the young people in their care are using the app, while also encouraging them to make healthier choices on the platform. Here's everything you need to know about Instagram's Supervision tool.

What is it?

Supervision is a collection of 'tools and insights' available to parents and carers that will help them support the young people (aged 13-17) in their care on Instagram.

How does it work?

Parents and carers must send an 'invitation link' to the young person's account. It is the young person's decision to accept.



To ensure healthy boundaries are maintained, discuss this option with the young person in your care!

You CAN

Set app time allowance between 15 minute to 2 hour limits.

Schedule break reminders every 10, 20, or 30 minutes.

Receive report details including account and post details.

See your young person's followers and who they are following.



You CANNOT

Access private messages either sent or received.

Block or restrict for specific accounts or topics.

View activity search or browsing history.

Edit or delete posts made by your young person.



A few concerns

Secondary accounts

'Finstas' are currently popular. Added involvement from parents and carers may encourage a young person to create one.

Home impact

A young person may be frustrated by the amount of time they are allowed to be on the platform. This may cause tension at home.



Some potential risks!



No verification - This feature could potentially be used in grooming or abusive relationships.



Harmful content - There are no alerts about potentially harmful content a young person could be accessing.

If you use Supervision, choose to...



DISCUSS it first with the young person in your care.



TALK about the impact of harmful content.



CREATE an environment of open communication and trust.



ENCOURAGE your young person to make healthy online choices.





Online Safety Shareable by:
SAFER SCHOOLS ineqe.com

Exam Stress

5 Tips To Thrive This Exam Season

Do you recall the stress of exam season when you were at school? Hours of studying, sleepless nights and then the big day arrives; you find your place in the exam hall, turn over the page and try desperately not to crumble under the pressure.

For young people today, exam stress is no different – although it could be speculated that, if anything, it's worse. The pressures of social media, the impact on mental health from the pandemic and lockdowns and the interruptions to their education from the same, may all have their part to play in why increasing numbers of children and young people are turning to organisations like Childline for help with exam anxiety.

Good vs Bad Stress?

Some people will experience good stress that motivates them to revise and work hard, allowing them to perform at a higher standard. This sort of stress can be well within some young people's coping abilities. Bad stress refers to when someone experiences feelings of anxiety, mental suffering, affliction and it has negative implications.

How Can You Help?

1. Talking and Listening

One of the first factors to consider is choosing your timing - don't pick a time in which they might feel rushed or distracted.

It may feel logical to ask a young person to come sit on the sofa or at the dining room table, but this could create an atmosphere of intensity – or, even worse, like they're in trouble! Instead, try to open a conversation when you're in a more casual setting with less intense eye contact. For example, when on a walk, out for dinner or in the car.

Ask open questions, i.e., questions that don't have a 'yes' or 'no' answer. Open questions allow space for the person answering to talk, rather than just give a short response that could 'kill' the conversation.

If you can, acknowledge that this might be a difficult time and that you know exams can cause stress and emotional upset.

For Example

I'm sure going through this period of your life with exams and studying must be very stressful – how are you feeling?

I remember being very stressed when I was doing exams and I could have used some extra support – what would you like me to do to support you through this time?

3. Be Understanding

Be flexible when it comes to your expectations; chores may have to take a backfoot for a while. If the young person in your care is struggling to cope, they may not have enough emotional 'room' to deal with other issues or situations – they aren't being selfish, their emotional capacity is simply 'full'.

It is important to remind young people to keep exams in perspective – they are short term and will eventually end, meaning the feelings of pressure and stress they have will end too.

4. Use Tech for Good

Phones, laptops and gaming consoles are a big part of young people's daily lives – but in times of stress, they can become a force for good or for bad.

Look together at apps and websites that could potentially help to minimise their anxiety about exams, such as yoga and mindfulness apps. Understand that their screens may be the escape they require, despite it appearing outwardly unproductive. Connecting through social media, watching Netflix or playing a game may be the 'off-time' they need to keep them balanced and avoid burn out.

2. Know the Signs and What to Do

Don't be afraid to seek support for children in your care if they display a number of the following signs that may be indicative of exam stress:

- Inability to sleep, eat and/or socialise.
- Uncontrollable feelings of anxiety, anger, stress and/or worry.
- Panic attacks, self-harm behaviours, and emotional outbursts.

If you are concerned about them, knowing where to turn to next is important – talk to the young person/people you support about organisations that can help, such as Childline.

5. Support Healthy Routines

Alongside healthy screen time routines, it's important to make sure other aspects of a healthy lifestyle are being maintained, such as sleep hygiene, healthy eating habits and exercise.

Ensure your young people are aware of their own boundaries and when they need a break - there are apps available for this purpose. It can assist in ensuring they are revising in manageable amounts; not too much and not too little!

It's thought that when we sleep, our brains process information to create memories, a vital function when learning and retaining information. Physical activities like exercising, going for a walk or playing with your dog can be the break from school and screens that a young person needs. Exercise has many benefits to our physical and mental health.



ST. GREGORY'S
CATHOLIC HIGH SCHOOL

"One family inspired to learn."



Mental Health and Wellbeing Newsletter

Spring 2025



ADDvanced Solutions
Community Network
Supporting you to find the answers



Scan here to
see our
calendar

ADDvanced Solutions offer several opportunities for parents and carers to access our offer online, if this is your preference. Weekly community network groups, termly workshops and also our Learning Programmes are delivered in a webinar format via zoom for healthcare.

Please register online in advance to attend.

ONLINE COMMUNITY NETWORK GROUP

Monday mornings

9.30am – 11.00am

[click here to register](#)

21st April	Bank Holiday
28th April	Attachment and Neurodivergence exploring the similarities and overlap of attachment theory and neurodivergence
5th May	Bank Holiday
12th May	Zones of Regulation supporting children and young people to be more aware of their emotional state
19th May	Understanding Echolalia exploring repetitive and unusual patterns of speech.

ONLINE COMMUNITY NETWORK GROUP

Wednesday evenings

5.00pm – 6.30pm

[click here to register](#)

23rd April	Attachment and Neurodivergence exploring the similarities and overlap of attachment theory and neurodivergence
30th April	Troubleshooting Homework
7th May	Sharing a Diagnosis
14th May	Understanding Echolalia exploring repetitive and unusual patterns of speech.
21st May	Benefits exploring DLA, PIP, and other benefits which may be available to neurodivergent children and young people.



ST. GREGORY'S
CATHOLIC HIGH SCHOOL

"One family inspired to learn."



Mental Health and Wellbeing Newsletter

Spring 2025

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

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

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

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 too