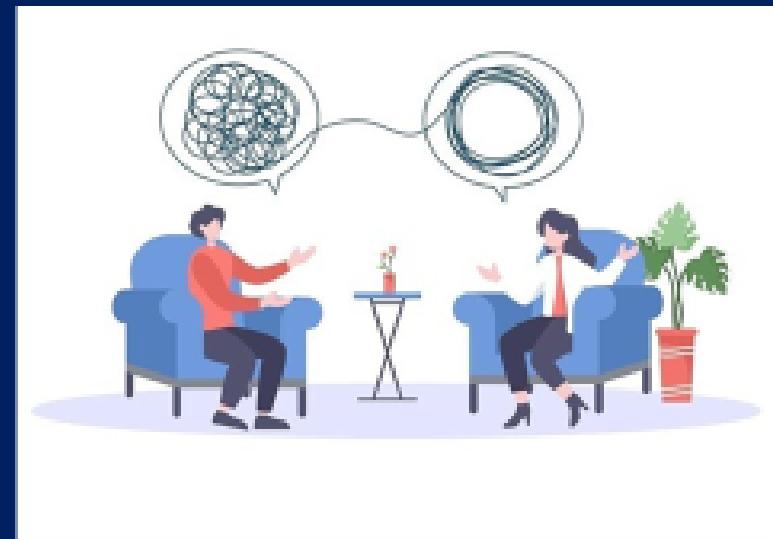
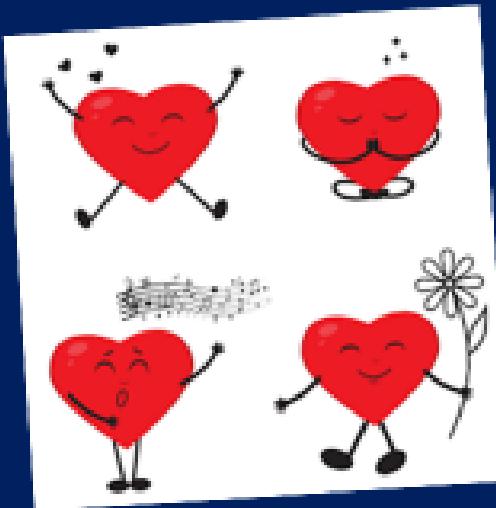




Q&A Session

*Please write down any questions you have. They can be anonymous!
We will read through and try our best to answer everything!*





MENTAL HEALTH MATTERS

Ms Newcome – Health and Well-being Coordinator

Mrs Inayat - School Counsellor

ASPIRATION

*Be the best
that you can be*

COMMITMENT

*Do what it takes for
as long as it takes*

SUCCESS

*Be ready to take
on the world*

What is Counselling?

Counselling is a safe space where you can explore your emotions, thoughts and feelings in a non-judgmental environment.

It is a place where you can be yourself and the counsellor is there to help you find ways to move forward and develop more effective coping strategies and life skills.

What does counselling look like?

Different for everyone

- Talking
- Playing games to explore emotions
- Arts and Crafts
- Walk and talk
- Fidget toys
- Pros and cons list
- Journaling
- Role play



"In the garden of life, School Counsellors are the nurturing gardeners who help students bloom"



Mrs Inayat
School Counsellor

My approach to counselling

We all get times in our lives where we run into difficulties and do not know where to turn next.

The School Counselling Service is a place that can help you find a way forward and develop more effective coping strategies and life skills.

As the school counsellor, I hope to offer you a chance to explore and understand issues that are having a negative effect on your academic work, relationships or life outside of school, and to help you cope more effectively. You can talk in confidence to a professional counsellor about anything that is worrying you.

We will have regular appointments over a period of time which can enable students to gain new and different perspectives. This can lead to changes in how students feel about themselves, their relationships with others, their thinking and behaviour - both in and out of school. I will be carrying out 1 to 1 session with students as well as fun and interactive workshops to provide you with the tools to manage your concerns.

Topics that can be discussed in therapy:

- Your relationships
- Your childhood
- Your thoughts, feelings and emotions
- Past and present life experiences
- Significant life events
- Situations you find difficult

Services provided:

- 1:1 sessions
- Workshops
- Assemblies
- Drop ins

Who can come to Counselling?

- The school counsellor is accessible to all Crown Hills Students.
- If you have any concerns please speak to your HOY, AHOY, the safeguarding team or any member of staff before contacting the school counsellor.

...Small steps lead to big changes

Who can come to counselling?

The school counsellor is accessible to all Crown Hills Students

What kind of things might you want to talk to the counsellor about?

- Anxiety
- Relationships
- Bullying
- Friendships
- Behaviour
- Identity crisis
- Low mood
- Eating issues
- Self esteem
- Lack of motivation
- Exam stress
- Life transitions
- Family (new school, year group, leaving school)
- Anything else that is concerning you



How to make a referral:

- Speak to a teacher and they can complete a referral form with you
- You can get a referral form from the school counsellors office and either give it to her, a member of the safeguarding team or post it in the blue safeguarding boxes around the school.

How to get support?

Mrs Inayat is based in the Counselling room which is located in the upper Exploration zone

Remember to always speak to your teachers, Head of years, Assistant Head of years, a member of the Safeguarding team and your form tutors if you have any concerns.



Use the blue safeguarding boxes that are placed around the school to share your concerns and if you need any support.

You are not alone, we are always here to help.



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The Referral Process

- Speak to a teacher and they can complete a referral form with you.

Or

- You can collect a referral form from Mrs Inayat's office, post the form in the blue safeguarding boxes around the school.
- Miss Bishop or Mrs Inayat will contact you to explore if counselling is the best option for you.

Where can I find the School Counsellor?

- Based in upper Exploration
- In between IT support office and upper reflection

What would you like to
discuss?

Stress

Worry

Anxiety

Shame

New school

Isolated

Confused

Behaviour

Bullying

Anger

Social
Media

Relationships

Low mood

Exams

Self
Confidence

Health and Wellbeing

In Leicester, 37.8% of five-year-old children suffer from dental decay, which is significantly higher than the average in England. These issues are largely preventable. Dental problems can lead to:

- Pain
- Confidence issues
- Speech difficulties
- Challenges in eating or drinking
- Increased school absences due to hospital extractions.



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Health and Wellbeing

What can I do?

There are lots of simple things that you can do to look after your oral health:

- Brush your teeth with a fluoride toothpaste twice a day
- Eat a healthy balanced diet and limit the amount of sugary drinks and food you have
- Visit a dentist regularly



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as long as it takes*



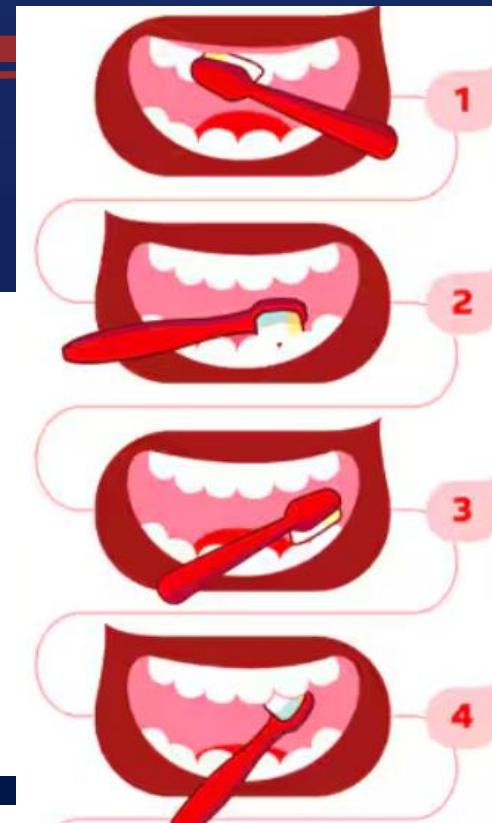
SUCCESS

*Be ready to
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Health and Wellbeing

How do I brush my teeth correctly?

- 1) Brush the surface of your teeth all the way to the gum line
- 2) Brush the inside of each tooth as step 1
- 3) Brush the biting surface of each tooth
- 4) Use the tip of the brush to brush inside the front teeth and bottom teeth



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Brush, then spit - don't rinse!

Healthy Teeth, Happy Smiles!®

This is:

TOOTH BRUSHING DIARY

Week 1 - 2

	MON	TUES	WED	THURS	FRI	SAT	SUN
WEEK 1	AM						
	PM						
WEEK 2	AM						
	PM						

Brush at least twice a day - first thing in the morning and last thing before going to bed

Use a pea-sized amount of fluoride toothpaste

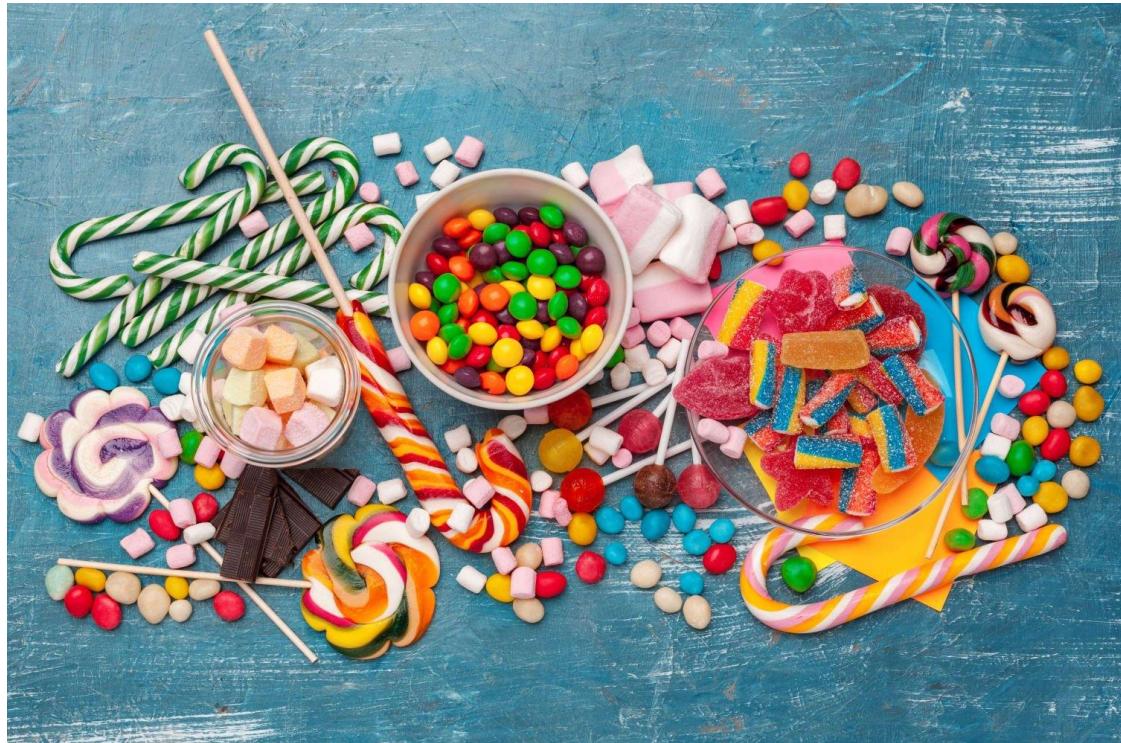


Visit the dentist!

Always supervise your child's brushing



Foods to avoid

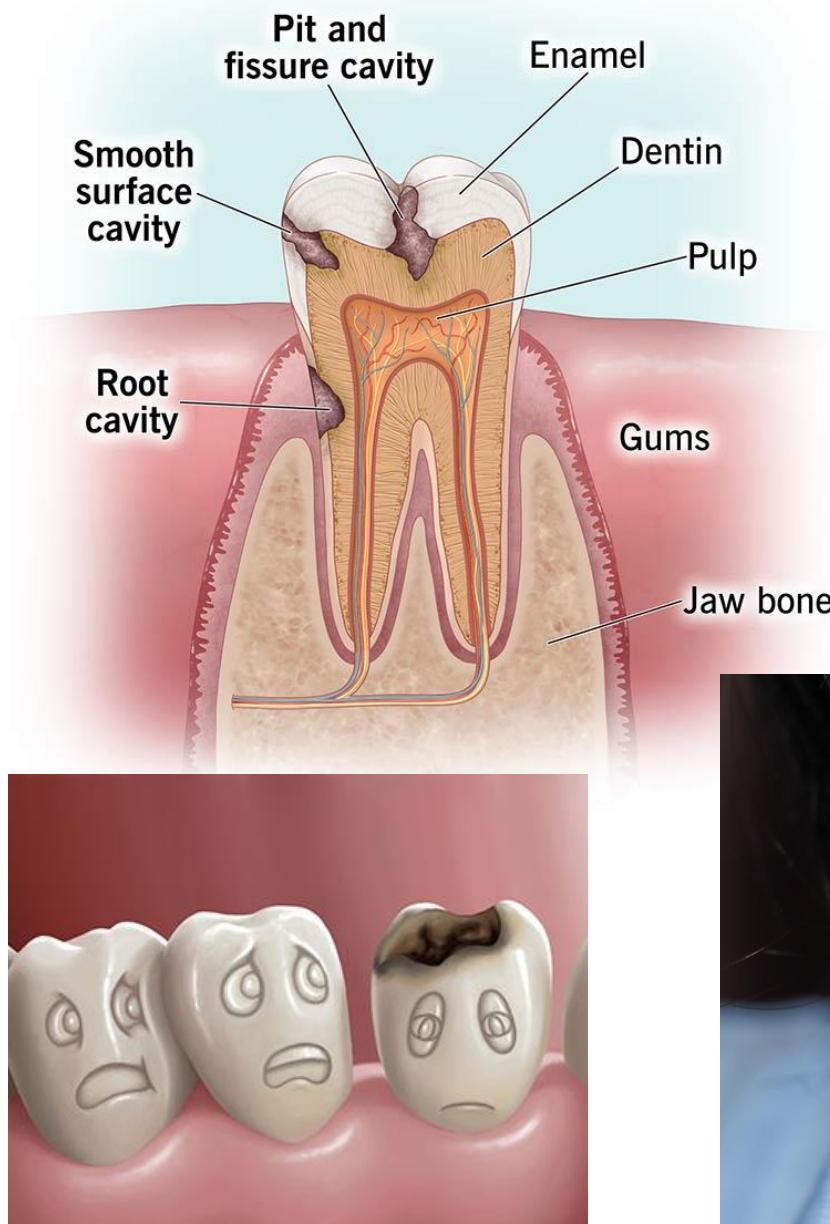


Sugary sweets & snacks

Why? Sugar feeds the bacteria in your mouth, creating acids that attack your enamel and lead to cavities.

Worst offenders: Sweets, toffees, chocolate, biscuits, and cakes. Sticky or chewy sweets are especially harmful because they cling to teeth for longer.

Cavities



Cavities





Sugary & fizzy drinks
Why? These drinks are packed with sugar and acids that **weaken enamel** and **cause decay**.



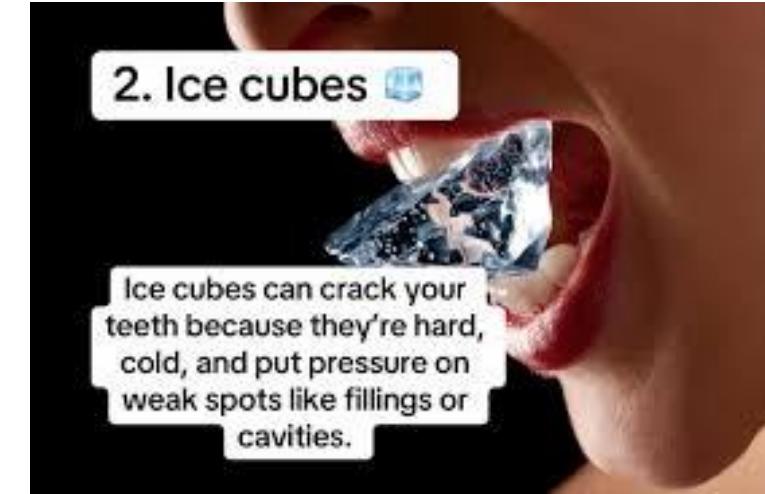
Worst offenders: Cola, energy drinks, sports drinks, and sweetened iced tea. Even sugar-free fizzy drinks can be harmful due to their high acid content



Ice cubes & hard foods

Why? Chewing hard foods can chip or **crack your teeth**, leading to long-term damage.

Worst offenders: Ice cubes, hard sweets, and popcorn kernels



Cracked Teeth





Coffee & tea

Why? These beverages can stain teeth over time and, if sweetened, contribute to decay.

Worst offenders: Black coffee, black tea, and sugary flavoured lattes. Drinking water alongside them can help reduce staining.



Staining





Water STOPS
you feeling
thirsty



ALL sports and
fizzy drinks
(including diet
drinks) contain
acid and can
damage teeth.

**Water has
NO calories,
acid or sugar**



**Water is
CHEAPER
than any other
drink**

**Water is best
DURING and
AFTER exercise**



**Water is KIND
to your teeth**



Visit the dentist!

NHS dental care is **FREE** until the age of 18

Visit the dentist **regularly**, not just when in pain

Ask your dentist to brush on **fluoride varnish** for added protection against tooth decay
(for children aged 3 and above)

- IT'S FREE!



To Find Your Local NHS Dentist:

Visit NHS Choices website at www.nhs.uk/dentists

Or call your local Healthwatch on **0116 251 8313**

Need URGENT dental care?

Calls are **FREE** from landlines and mobile phones



The NHS non-emergency number

Get Sugar Smart!

FREE Change4Life App

- Scan bar codes of food packaging
- See the number of cubes in your food and drink



Make brushing fun!

FREE Brush DJ App

- Plays 2 minutes of music for brushing
- Sets reminders for brushing and visiting your dentist or hygienist



Healthy Teeth, Happy Smiles!

WATER IS COOL!



Health and Wellbeing



It's **FizzFree**
February

#gofizzfree



Laura Newcome



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Health and Wellbeing

This February, Leicester City Council are encouraging citizens, families, and organisations to go Fizz Free!

Fizzy drinks are the largest single source of sugar for children aged 11 to 18. They provide an average of **29%** of daily sugar intake, with most containing **6 or more teaspoons of sugar per can**.

Fizzy, carbonated or soda drinks can have a negative impact on our health for several reasons. This can include:

- Weight gain due to high sugar content
- Increased risk of tooth decay and acid erosion
- Dehydration



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you can be*



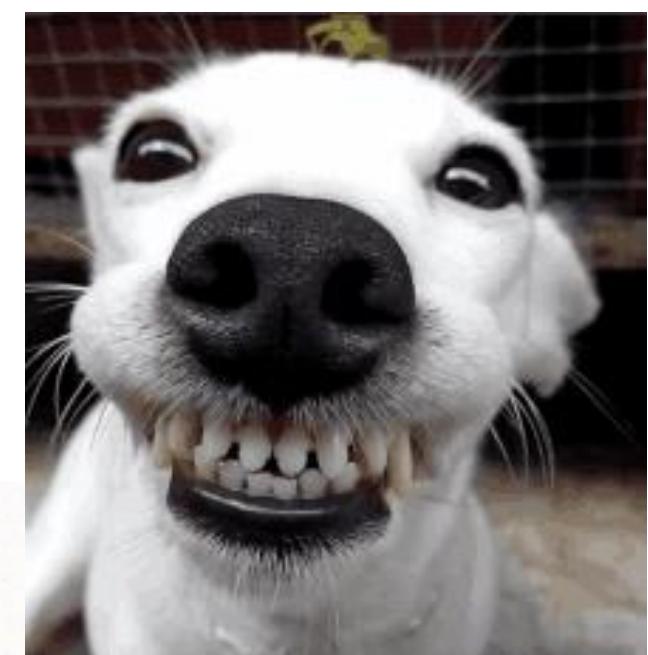
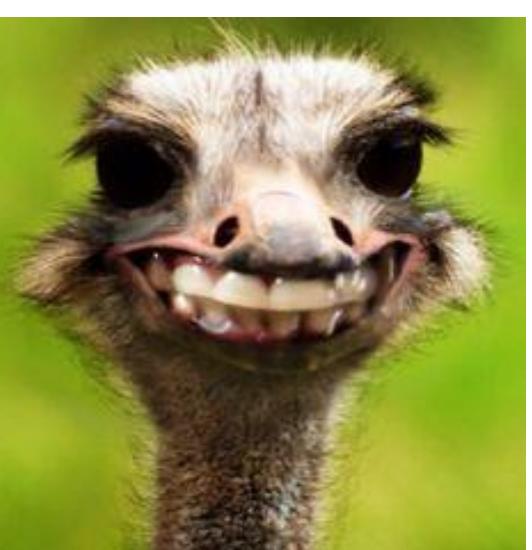
COMMITMENT
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as long as it takes*



SUCCESS
*Be ready to
take on the world*



Take care of your
Smile



Accredited Healthy Teeth, Happy Smiles dental practices

The following dental practices in Leicester are accredited family-friendly and have demonstrated their commitment to improving children's oral health in the city.

Moti Smile Design Centre **286 Aylestone Road, LE2 7QT** **0116 283 2334**

Saffron Lane Dental Practice **591 Saffron Lane, LE2 6UN** **0116 283 2612**

Willowbrook Dental Practice **339 Humberstone Road, LE5 3DF** **0116 262 1151**

JDRM Dental Care Limited **10 Nelson St, LE1 7BA** **0116 296 1473**

JDRM Dental Care Limited **5 Roman St, LE3 0BD** **0116 296 1478**

Smile Care Dental Clinic **72 Beaumont Leys Lane, LE4 2BA** **0116 266 1422**

Smile Dental Care **222 Uppingham Road, LE5 0QS** **0116 246 0795**

The Whitehouse Surgery **36 East Park Road, LE5 5HH** **0116 273 0456**

Gohil's Dental Practice **194 East Park Rd, LE5 5FD** **0116 273 8710**

Visit the dentist!

- NHS dental care is **FREE** until the age of 18
- **FREE** NHS dental care for **ALL** pregnant mothers **AND** for 12 months after birth
- Take children to see the dentist **as soon as** the first baby tooth shows in the mouth
- Take your child to the dentist **regularly**, not just when in pain
- Ask your dentist to brush on **fluoride varnish** for added protection against tooth decay (for children aged 3 and above) - **IT'S FREE!**

Make brushing your teeth fun!

FREE Brush DJ App

- Play 2 minutes of music for brushing
- Set reminders for brushing and visiting your dentist or hygienist

Get Sugar Smart!

FREE Change4Life App

- Scan bar codes of food packaging
- See the number of sugar cubes in your food and drink



To Find Your Local NHS Dentist:

Visit NHS Choices website at www.nhs.uk/dentists

Or call your local Healthwatch on **0116 251 8313**

Need URGENT dental care?

Calls are **FREE** from landlines and mobile phones





Who can help

- Mrs Inayat – Book a counselling session
- Your tutor
- Head of Year/
Assistant Head of Year
- The safeguarding team

safeguarding@crownhills.leicester.sch.uk

- Any member of school staff

Do you feel unsafe/at risk of harm?

ARE YOU WORRIED ABOUT SOMETHING OR ABOUT A FRIEND?

DO YOU FEEL LIKE YOU ARE BEING BULLIED?

Are things ok at home and with family?

Do you need somebody to talk to?

CROWNHILLS COMMUNITY COLLEGE **SAFEGUARDING TEAM**

COME AND SPEAK TO US

childline ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111

are always here to help!

MR PATEL	MR ADAM	MRS BISHOP	MS MARTIN	MR M PATEL	MISS A WRIGHT	MR BADIANI
Assistant Principal and Lead DSL Telephone Ext: 413	Principal and DSL Telephone Ext: 210	Wellbeing and attendance officer and DSL Telephone Ext: 602	Assistant Principal and DSL Telephone Ext: 245	Assistant Principal and DSL Telephone Ext: 614	Vice Principal and DSL Telephone Ext: 625	ASD/ Inclusion Lead and DSL Telephone Ext: 819

CROWN HILLS COMMUNITY COLLEGE

0116 273 6893 safeguarding@crownhills.leicester.sch.uk

Other support available

- **Young Minds:** www.youngminds.org.uk
- **Mind:** www.mind.org.uk
- **Samaritans:** call 116 123

There is *more support available online.*

Whatever your problem or worry, there is something or someone to help you.

If you feel like you might seriously harm yourself or attempt suicide, you need urgent medical help.

[Get emergency advice](#)

If you are in crisis but it's not a medical emergency, you might find our crisis resources helpful.

[Go to our crisis resources](#)

Call or email our confidential Infoline or Legal line to ask us about mental health and related legal issues.

[Contact our helpline](#)

If you want to learn more about a specific topic, you might find it covered in our A-Z of mental health.

[Go to mental health A-Z](#)

**Whatever
you're facing**

We're here to listen

Call free day or night on

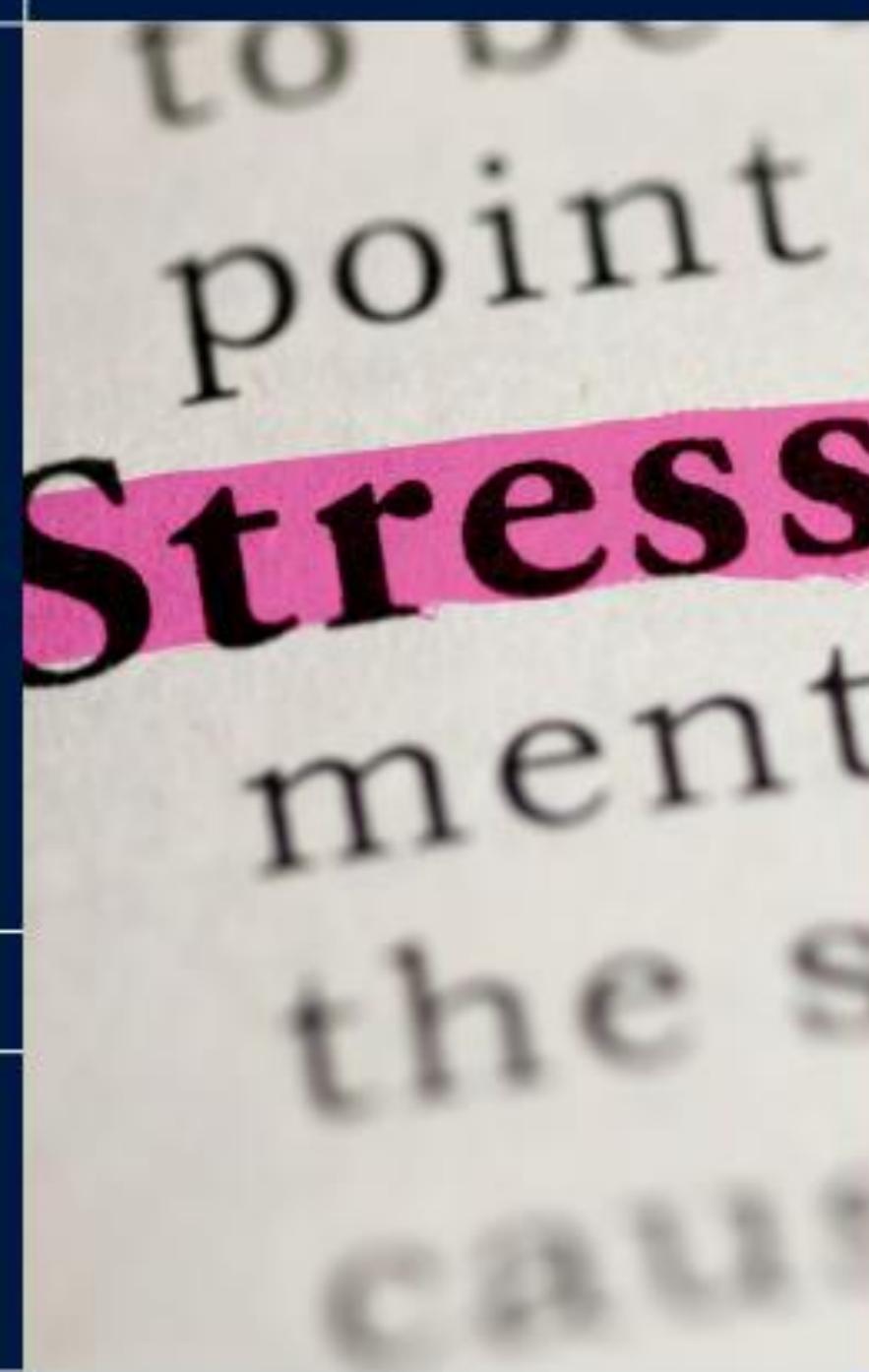
116 123

SAMARITANS



CROWN HILLS
COMMUNITY COLLEGE
A San Joaquin South College

The Parents' Guide to
**TEENAGE STRESS &
ANXIETY**



CONTENTS

1. Introduction & Signs of Anxiety and Stress
2. Ways to Help
3. Other Ways to Help & Useful QR Codes
4. Healthy Habits
5. Quick Fix Solutions
6. Building Mental Resilience
7. Sleep & Hydration
8. Diet & Nutrition
9. When to get support
10. A-Z Support & Website Links



INTRODUCTION

In small doses, stress can be a great motivator, helping us get things done. The problems set in when we experience high levels of stress over extended periods of time. That can be damaging, both to mental and physical health.

You can't stop your teen experiencing stress; however, you can help them develop systems to deal with it more effectively. The best way to reduce stress is to create a life filled with habits that are known as effective stress busters.

SIGNS OF ANXIETY & STRESS

If you notice a regular change, then it's usually a sign that something is wrong.

Some of the more common signs of anxiety include:

- Losing interest in things they've previously enjoyed;
- Behaving in the opposite way to usual - quiet children can become very chatty, chatty children can get withdrawn;
- Being grumpy and irritable;
- Lots of headaches and digestive problems (stomach aches, diarrhoea, constipation, vomiting etc);
- Worrying all the time, this can show itself in only picturing negative outcomes
- Talking over and over the same concern and being unable to either stop thinking about it or to find relief;
- Physical symptoms (sweaty palms, shaking, fast heartbeat, aching muscles);
- Restlessness and being unable to stay still;
- Inability to concentrate (such as taking in what's happening in a TV programme);
- Panic attacks;
- Not sleeping.





WAYS TO HELP

- Physical Activities
- Music
- Talking
- Laughing
- Avoiding Stimulants
- Eating a Balanced Diet

HOW TO HELP

If you notice your child is suffering, it's time to help them. That doesn't always mean you stepping in (that could add to the anxiety) although it's good to let them know you've noticed something's wrong and give them a chance to talk to you if they want to.



OTHER WAYS TO HELP

- Breathing techniques - an effective way to regulate physical symptoms caused by stress.
- Apps like Headspace can be loaded on the phone so your child readily has help to hand in any place at any time.
- Practising Yoga
- Meditation



USEFUL QR CODES



[Headspace](#)



[NHS Exam Nerves](#)



[Yoga for Exam Stress](#)



[Mindfulness Journal](#)



[Calm](#)



HEALTHY HABITS

THE BEST WAY TO REDUCE STRESS IS TO CREATE A LIFE FILLED WITH HABITS THAT ARE KNOWN AS EFFECTIVE STRESS BUSTERS.

1. Think of something else

Every time your mind wanders to what's bothering you, or if you keep replaying the same scenario over and over, make yourself think of something else.

2. Live in the moment

We can't change the past and we don't know what's going to happen in the future. Focus exclusively on what's happening right now.

3. Watch a film

Take a break and escape your mind for a couple of hours by watching a film.

4. Be grateful

Gratitude and appreciation are core to feeling fulfilled, happy and contented. Take a few minutes every day to think of three things that you're grateful for. Better still, note them down in a journal.

5. Visualisation

Picturing dreams, aspirations, nice things all help to create feelings of positivity.

6. Write down what's worrying you

Putting pen to paper (or fingers to the keypad) can help the mind switch off. Articulating the issue can also be helpful in gaining perspective.

QUICK-FIX SOLUTIONS



1. GET LAUGHING!

Laughter literally changes the chemical composition in the body. Watch short clips on YouTube and a burst of laughter will reduce stress instantly.



2. BREATHE

Stress can cause unhealthy breathing, so teach your teen some breathing techniques to help them instantly restore balance.



3. TAKE A BRISK WALK

Being physical is fantastic for both physical and mental health.



4. READ OR LISTEN TO A BOOK

One of the great things about reading a book is that it's a creative process.

BUILDING MENTAL RESILIENCE

PAMPER YOURSELF

Are you able to name something you can do just for yourself that really matters to you?



SLEEP

Sleep is the number one contributor to good health. Without it, we can be tired, irritable, unable to concentrate, all traits that lead to feeling stressed and potentially creating stressful situations.

HANG OUT WITH FRIENDS

Our social networks are critical to wellbeing, especially for teens. Even if it's online, keep up with friends through calls, facetime and messaging - but all the better if you can meet up in person.

GET OUT IN NATURE

Nature is calming and soothing. Seeing and feeling the cycles of nature is reassuring and being physical is very good for you. Go out for a walk.

STAY HYDRATED

We humans are two-thirds water, so drink plenty to keep fluids at the right level, allowing your millions of cells to do their thing at optimum capacity

SLEEP

Sleep is an essential element for optimum health, so make sure your child is getting enough rest. Teenagers need a lot of sleep given the huge changes taking place in their bodies – somewhere between eight and ten hours each night.

At GCSE age, they should really be in bed by 10.00 pm latest.

Mobiles, screens and sleep

Getting enough sleep can be severely impaired by ready access to a 24/7 online community via their phones such as Instagram, Snapchat, Tik Tok, WhatsApp and other messaging services.

To combat this you may want to minimise the number of screens they have in the bedroom.

Scan the QR
Code for
more info



HYDRATION

The teenage body is made up of around 60% water. Not drinking enough water reduces productivity, both mentally and physically, and symptoms can include tiredness, confusion, reduced energy levels and the temptation to snack when not actually hungry (thirst is often mistaken for hunger). Have water on hand at times water on hand at all times. The best way to make sure your child is drinking enough is to ensure they have water on hand at all times.

Limit your child's fizzy drink intake – whether calorie controlled or not, including energy drinks.

The Eatwell Guide recommends drinking 6-8 glasses of water each day, which is about 1.5-2 litres.

Walk your talk!

If your child never sees you drinking a glass of water they are less likely to think of drinking themselves.



DIET AND NUTRITION

Food is fuel for the body, so making sure children eat at regular intervals with plenty of healthy ingredients is vital. Try to ensure they have a healthy breakfast before leaving the house (even if it is only cereal), provide a packed lunch and a nutritious supper in the evening.



A BALANCED DIET

Everyone should have some starchy carbohydrate (another third), and the remaining third split between protein and milk/dairy with a small amount of fat.

EATING REGULARLY

It's important that teenagers eat at regular intervals to avoid peaks and dips in energy levels.

SNACKING

The temptation to eat sugary, highly salted, unhealthy snacks to keep energy levels up is not only bad for overall health but can negatively impair their performance and ability to concentrate.

COOK TOGETHER

Whilst it may not be possible every night, it's great if you can include some homecooked meals (from scratch) regularly.



WAYS TO HELP

- Teachers at school
- School Counsellor
- Charities
- Visiting your GP
- Head of Year/
Assistant Head of Year

WHEN TO GET SUPPORT

Don't be tough on yourself and expect to have all the solutions for your child's needs. It's absolutely fine to call on professionals to help you help them. Professional support includes more than counsellors and psychiatrists (although both these approaches can be helpful). There's a range of professional options available including:



A-Z LIST OF SUPPORT

	Organisation	Contact
	Anxiety UK Support and help for those who have been diagnosed with an anxiety condition	Website 
	At a loss The UK's signposting website for the bereaved. They can help you find bereavement services and counselling	Website 
	BEAT A website dedicated to Eating Disorders - including support for parents / carers who may be affected by an eating disorder	Website 
	CALM A helpline for men in the UK who are down or have hit a wall for any reason, who need to talk or find information and support.	Website 
	Mental Health Foundation Support and advice to help people understand, protect and sustain their mental health	Website 
	Mind A site with support and advice for parents who are worried about a young person's mental health or supporting a young person who's living with a mental health problem.	Website 

	Organisation	Contact
	No Panic No Panic offers advice, support, recovery programs and help for people living with phobias, OCD and any other anxiety-based disorders	Website 
	NSPCC Support and tips to help parents keep children safe. From advice on children's mental health to staying safe online	Website 
	PAPYRUS A charity dedicated to the prevention of suicide and the promotion of positive mental health and emotional wellbeing in young people	Website 
	Place 2 Be Advice and resources for parents and carers to help support their child or young person's wellbeing	Website 
	Rethink Mental Illness Aims to improve the lives of people severely affected by mental illness through their network of local groups and services	Website 
	Samaritans A registered charity aimed at providing emotional support to anyone in emotional distress or struggling to cope	Website 
	SANE SANE has a range of services to help improve the quality of life for anyone affected by mental illness.	Website 
	Young Minds Lots of practical advice and tips on supporting young people. There's also a Parent Helpline if you're worried about a child or young person	Website 



CROWN HILLS
COMMUNITY COLLEGE
A Specialist Sports College

Q&A Session

*Please write down any questions you have. They can be anonymous!
We will read through and try our best to answer everything!*

