

Well-being guidance

Miss Eddy

Vice Principal

Designated Safeguarding Lead



School and home working together

- First few exams are the most difficult
- (staff are always there before the students go into the exam and we also wait outside at the end of the exam-for support)
- Students settle after their first exam and often feel much better
- Subject leaders are available to wish their students good luck etc at the beginning of the exam and at the end.
- Invigilators-helpful and experienced members of staff who warm and welcoming before the exams, during the exams and after

5 STEPS to STUDY SUCCESS

We've done the homework on studying so you don't have to. These are your scientifically proven steps to study success.

1 NOT ALL STRESS IS BAD

While it's often given a bad rap, the right amount of stress can actually motivate you to get stuff done. The key thing is to recognise when stress has tipped over from being a motivating force to an overwhelming emotion.



3 SAY IT OUT LOUD

The best way to really remember and learn is to talk about what you're learning out loud, without using any notes.

4 BREAKS = GOOD, CONSTANT DISTRACTION = BAD

Taking planned and timed breaks will help you remain on task, but checking your social every 5 minutes is a sure-fire study fail. Research shows that it can take up to twenty minutes to refocus on your task once you've been distracted.



REACH
OUT.COM

2 20-MINUTE STUDY RULE

No one can study for six hours straight and be effective. Break up your time into twenty-minute chunks for the most effective use of your brain.



5 SLEEP IS YOUR FRIEND

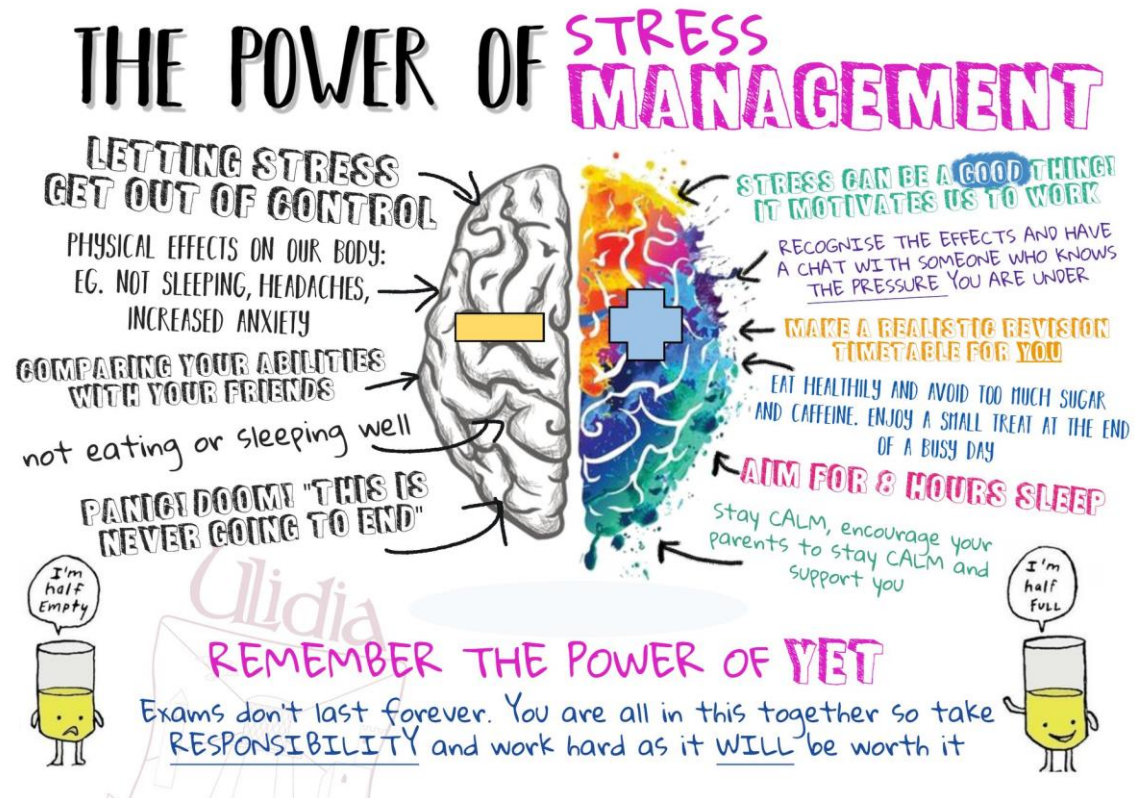
If you get a good night's sleep before your exam, you are scientifically proven to retain more of what you studied the day before than if you stay up crazy late.



Being positive

- 'Can do' attitude
- If adults worry, the children worry and are less productive and more anxious
- Give positive reinforcement
- Help with organising exam schedule.

Keeping Active



- Encourage them to keep active on a daily basis.
- Plan and do active things together as it will reduce anxiety
- Go out for fresh air
- Help make a study schedule for evenings and weekends.

Eating and sleep

- Encourage your child to eat breakfast, lunch and dinner as this will improve concentration.
- Discourage sugary snacks/drinks before revision/exams.
- **Sleep** – you should be getting on average 8 hours sleep a night.
- This supports with your long term memory and will also improve concentration.



Unplugging

- Phones
- Work out a schedule with your child
- Use phone time as a reward



What can you do to support your child at home?

Regular homework routine

Be encouraging

Incidental learning

Interesting conversations

Foster their passions

Support friendships and social interaction

Teach them to fail positively

Praise effort and progress

Limits around screens

Healthy lifestyle

Help the set goals

As a parent, where can you get support to help support your child?

<https://www.place2be.org.uk>

<https://www.nspcc.org.uk/>

<https://www.youngminds.org.uk/parent/>

<https://www.mind.org.uk/for-young-people/information-for-parents/>

Where can
you get
further
support for
your child
should they
need it?

- Tutor

- Student Support Team

- Safeguarding Team

Referrals: to MHST, CAMHS, Counselling, Engage, Young minds, OFPCC, 0-19 Service, Service Six

Offer Early Help Assessments which allows you to regular contact with the school and a key member of staff.

MHST

- Mental Health Support Teams (MHST) have been created to offer early intervention, low intensity, mental health support within schools for children and young people with mild to moderate mental health difficulties.
- Mrs Toye is the Mental Health Lead for the school, so if you think your child would benefit from additional support please email CTSsafeguarding@corbytechnicalschool.org



Northamptonshire Healthcare
NHS Foundation Trust

Key Information

The MHST offers CBT informed interventions and robust clinical supervision is offered to all practitioners within the team.

Informed consent will be required from children, young people and parent/carers

All interventions will be recorded on SystemOne, which is our health electronic record system

All MHST staff have enhanced DBS checks

What does the MHST do?

1:1 interventions and group work on:

- Low Mood
- Anxiety

Workshops on:

- Managing Worries
- Managing Emotions
- Sleep Management
- Managing Exam Stress
- Managing Transitions

Parent workshops on:

- Understanding my child's worries
- Talking to my child about mental health
- Supporting behaviour