

# Five Acres High School



## *Student and parent support booklet for mental health and well being*

The aim of this booklet is to support our young people and their parents, carers and guardians through the mental health challenges that they may face. There are many things we can do to help ourselves or our children through these challenges: some of these include making some basic simple changes at home that focus on routines around sleep, diet, exercise and rest. While others include accessing professional support to address a bigger issue.

This booklet will include a variety of suggested actions and also a list of potential resources available to you and your child. Whilst there is no one size fits all model, and each individual may need a different approach; the key thing to remember is that there is support available.

Unfortunately due to the impact of Covid-19 and the disruption to the normal routines for all our young people that the pandemic brought, there is a sudden and increased demand for mental health support; as such the services available have become in demand and we are seeing an increase in wait times. For this reason, it is important to explore as many services as possible as well as making as many referrals as possible; these include:

- Self referrals
- Referrals via your local GP (NHS)
- Referrals through the school

Please use this booklet as a guide to the support available to you alongside any information you might find on the internet or have recommended to you via other professionals. We may have missed some support services which does not mean they cannot be useful, we are always updating this document and would welcome any feedback you can give us.

## Updated: January 2023

# The creation of good study habits:

As a school we have an obligation to ensure our students are improving academically; the key balance for us to try and achieve is to create students who are working hard academically whilst being in a good place mentally.

Here are some basic tips that we can all adopt to improve our study habits and routines:

## **Find a good place to study**

*It is important to have a suitable place to study and this should closely resemble your usual school environment - try and sit at a desk or table - your body will associate this with studying and this will help create a stronger routine.*

## **Minimise distractions**

*There is a reason, we ask you to work in quiet classrooms; our brains can only properly focus on one task at a time; put away the phone, turn off the TV and block out the noise.*

## **Take breaks**

*It is well known that the brain needs to take regular breaks; this can be achieved by switching off completely (go do something else) or by changing what you're doing (study a different topic or subject). This will all depend on what you're doing and what stage of your educational journey you are on. As a rule of thumb - 30 minutes of work earns you a 5 minute break, 60 minutes of work earns you a 15 minute break and finally 2 hours of work earns you a 30 minute break.*

## **Space out your studying**

*Linked to the idea of taking breaks, you should plan your studying - try and avoid cramming for one subject all in one block of time (the night before for example). A little and often is a much better approach - the homework model allows you to spread the load throughout the week - when revising plan early, start early and avoid the night before panic revision.*

## **Set yourself study goals**

*Whether this be completing all your homework, or aiming to achieve 100%, it is important to set goals. The notion of simply just completing homework or studying because it is something you're told to do is not a sustainable approach.*

## **Reward yourself**

*Having set yourself a goal, reward yourself with a treat (or something you look forward to) once you've achieved that goal. So complete all your homework and go to that activity on the weekend that you've been looking forward to.*

# The importance of a healthy diet and sleep:

We've all heard the phrase "we are what we eat" - well that is definitely true when it comes to cognitive brain functioning, the creation of memory, the retrieval of information and the control of our emotions.

Good nutrition can be easily achieved by making just a few changes.

- **Timing**

*Try to eat something first thing in the morning; we have all been told that breakfast is the most important meal of the day, and this is definitely true for students. Eating breakfast makes you more alert and ready to take on the challenges of the day. It is equally important to take on fluid in the morning - try and avoid high energy drinks and caffeine, as these trick the body and lead to a lack of energy later on.*

- **Balance**

*Try to balance your diet and where possible try and include fresh fruit and vegetables into your daily diet - and avoid too many unsaturated fats. Ideally for the school day we should aim to eat slow release foods that continuously provide energy rather than short spikes of energy from high sugar/high energy foods/drinks.*

- **Snacks**













*Topping up our diet between meals is important, it helps to maintain our concentration and ability to complete tasks. These snacks should be healthy choices like fruit and water.*

Sleep provides us with more than just the energy needed to study and perform well at school. Sleep has been proven to help students learn; memorise information, retain information, recall information and solve problems.

The NHS recommends the following recommended amounts of sleep:

- Adults - 7 - 9 hours of sleep per day and Children - 9 - 13 hours

The NHS also recommends the following habits to improve sleep.

Do	Don't
 go to bed and wake up at the same time every day	 do not smoke or drink alcohol, tea or coffee at least 6 hours before going to bed
 relax at least 1 hour before bed, for example, take a bath or read a book	 do not eat a big meal late at night
 make sure your bedroom is dark and quiet – use curtains, blinds, an eye mask or ear plugs if needed	 do not exercise at least 4 hours before bed
 exercise regularly during the day	 do not watch television or use devices, like smartphones, right before going to bed, because the bright light makes you more awake
 make sure your mattress, pillows and covers are comfortable	 do not nap during the day
	 do not drive when you feel sleepy
	 do not sleep in after a bad night's sleep and stick to your regular sleeping hours instead

# Sleep Advice

Please visit the following website for more details around the importance of sleep and how to create better habits and routines.

<https://teensleephub.org.uk/>

## Teen Sleep Matters

**68% of teens do not sleep enough during school nights**

**Sleep should be an important part of your student's overall health and wellbeing.**

### Why doesn't my teen sleep?

**There is a great deal of emphasis on teaching teens about healthy eating and exercise but not enough on the importance of a good night's sleep. Sleep problems can be a very serious issue and lack of sleep has been linked to obesity, depression and impaired learning.**

**If you're having trouble getting your teenager out of bed in a morning, then there are several practical hints and tips that may help. Talking over worries may well help to put them into perspective.**

### Why get better sleep?

**Getting better sleep can have a positive impact on all aspects of your life.**

# The importance of attendance:

## “Every day matters”

For our students there are many reasons to attend school every single day of the week additional to the fantastic education they receive.

School for many of our students is a place to:

- Be Ambitious
- Be Confident
- Be Creative
- Be Respectful
- Be Determined
- Engage in our award winning Character Education programme
- Attend one or more of our academies and societies
- Represent our school in sporting fixture
- Get access to their Free School Meal
- Get access to their Special Educational Needs support
- Get access to Early Help support
- Get access to external counsellors
- Get access to the School Nurse

Students who regularly miss school, find things more difficult than those who attend everyday. Missing school often leads to students becoming anxious as they realise they are behind their peers with their school work/homework/revision.

If you have any issues with your child's attendance you can contact:

Mrs K Styles - Attendance Officer

Mrs K Aston - Education Welfare Officer

Mr C Jones - Assistant Headteacher i/c Attendance

# Getting support in school:

## Pastoral Support:

Pastoral care is the provision a school makes to ensure the physical and emotional welfare of its pupils.

At Five Acres High School our pastoral care starts with your child's form tutor and then extends via the pastoral leads, the Heads of Year and finally to the Assistant Headteacher responsible for Pastoral care.

The tutor, pastoral lead or Head of Year should be contacted to discuss issues around attendance, friendship issues, changes in behaviour, information sharing with regards to changes at home and any issues that may be impacting on the child's ability to attend school and be successful.

To contact your child's tutor, who will then reply via email or telephone, please use their school email address and allow 24 hours for a response, as all these staff will be teaching for the vast majority of each day. All staff emails are the first initial and surname followed by @5acreshighschool.co.uk - for example, Mr John Smith would be jsmith@5acreshighschool.co.uk.

We have two dedicated members of staff one for each Key Stage who work with our Heads of Key Stage to provide additional pastoral support. These staff are available via the email system, but also have a direct telephone line.

Mrs K Toulson – Pastoral Lead Key Stage 3 (Years 7 - 9): 01594 832263 ext 5545

Miss T Brooke – Pastoral Lead Key Stage 4 (Years 10 -11): 01594 832263 ext 5529

Our heads of Year are Mr J Hayward (Years 7 - 9) and Mrs T Hayward (Years 10 -11) . They can be contacted using the email system, please allow 24 hours for a response, as both of our Heads of Year teach alongside their pastoral responsibility.

The pastoral team is overseen by our Assistant Headteacher, Mrs S McKenzie.

The schools main switchboard can be contacted on **01594 832263**.

# Getting support in school:

## Safeguarding Support:

Safeguarding support in schools is defined as:

- protecting children from maltreatment
- Preventing impairment of children's health or development
- Ensuring that children are growing up in circumstances consistent with the provision of safe and effective care
- Taking action to enable all children to have the best outcomes

If you have any concern that may impact on a child's safety or well being then please come directly to a member of the safeguarding team - you may then assess the concern and direct you to the best possible person to deal with the concern.

All our staff are Safeguarding trained and have regular updates and refreshers to their training as part of their continued professional development. Additional to this, we have a designated safeguarding team.

Mrs O Loveridge - Early Help and Deputy Designated Safeguarding Lead

Mrs L Jones - Deputy Designated Safeguarding Lead

Mr P Ogden - Designated Safeguarding Lead and Deputy Headteacher

You can contact the safeguarding team on 01594 832263 and select Option 4 or dial 01594 738402.

Looked after children - if you are the carer of one of our looked after children (Children in Care) please contact your child's Designated Teacher from the staff listed above.

As a safeguarding team we work with a large number of outside professionals and this includes:

- Children's social care services
- The Police
- Counselling services
- The NHS
- Local neighbourhood services
- Local authority services

# Universal Services:

These services are all free, confidential and do not require a referral/appointment.

## On Your Mind Glos

*for all ages.* An NHS website to explore topics such as bullying, eating disorders and anxiety, and where you can go for more support. Available 24/7.

» [www.onyourmindglos.nhs.uk](http://www.onyourmindglos.nhs.uk)



## Shout

*for all ages.* 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere

» [www.giveusashout.org](http://www.giveusashout.org)

» Text **SHOUT 85258** to text a trained Crisis volunteer.



## ChildLine

*for under 19 years.*

Get help and advice on a wide range of issues. If you are feeling scared, out of control or just want to talk to someone.

» [www.childline.org.uk](http://www.childline.org.uk)

» Speak to a counsellor online via a one to one chat (9am to 12am)

» Freephone **0800 1111**

» Download the ChildLine App



## Teens in Crisis (TIC+)

*for 9 – 21 years living in Gloucestershire.*

Free, confidential counselling by phone, online text chat or video chat.

» [www.ticplus.org.uk](http://www.ticplus.org.uk)

» Call **01594 372777**

» Text **07520 634063**

TIC+ Chat - anonymous one to one support via calling 0300 303 8080 or online live chat. (Available Sun - Thurs 5pm - 9pm)



## The Mix

*for under 25 years olds.*

Support with mental health, money, homelessness, finding a job, relationships and drugs.

» [www.themix.org.uk](http://www.themix.org.uk)

» Online support chats available Sunday to Thursday 8pm-9:30pm

» Call **0808 808 4994**, available every day from 4pm-11pm



## Samaritans

for all ages. if you need someone to talk to, we listen. We won't judge or tell you what to do.

» [www.samaritians.org](http://www.samaritians.org)

» Call **116 123**

(Available 24/7)

» Email: [jo@samaritians.org](mailto:jo@samaritians.org)

» Download the Samaritans Self – Help app



## kooth

*for 11 to 18 year olds.*

An online platform to help with anyone experiencing issues with their emotional wellbeing, such as anxiety, low mood or stress. Access counselling, articles and peer support forums.

» <https://www.kooth.com/>  
Available 24/7

» Confidential counselling available Mon-Fri 12pm to 10pm, and 6-10pm at weekends.

Check website for availability.

## Chat Health

*for 11 to 19 year olds.*

A confidential text messaging service provided by Gloucestershire Health and Care NHS Foundation Trust School Nursing Team.

» <http://www.ghc.nhs.uk/our-teams-and-services/school-nursing/>

» Text **07507 333351**  
(available Monday to Friday from 9am-4.30pm)

## YOUNGmINDS

*for all ages.*

Provide information and advice to help with children and young's people's mental health.

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



## Gloucestershire Self-Harm Helpline

*for all ages.*

Provides confidential safe, supportive, non-judgemental and informative space for people who self-harm, their friends, families and carers

Support available between 5pm - 10pm either by:

» online chat at [www.gloucestershireselfharm.org](http://www.gloucestershireselfharm.org)

» Freephone **0808 801 0606**

» Text **07537 410 022**



# Targeted Services:

Specific types of support for specific issues. Some of the services may require a referral/appointment.

## Bereavement

*for all ages.* Offers practical support and guidance to bereaved children and young people and their families who are dealing with the loss of a parent or sibling.

» <https://www.winstonswish.org/>

» Freephone: 08088 020 021 (Mon-Fri 9am – 5pm)



## Eating Disorders

Eating Disorders Service *for all ages.*

Supporting people with an eating disorder. Offering CBT, drug and group therapy as part of community care and day treatment. Young people can be referred or can refer themselves online.

» <https://www.ghc.nhs.uk/our-teams-and-services/eating-disorders-glos/>

» Call **01242 634242**



## Trained Mental Health Youth Workers

Young Gloucestershire Link Chat *for 16 to 25 years olds.*

Link Chat matches you with a Youth Worker who will give you regular telephone or online calls each week. Together you can discuss anything you like. Whether that's personal goals and aims that you want to work towards or just how you are feeling that week.

Young people can be referred or can refer themselves.

» [www.youngglos.org.uk/young-people/mental-health](http://www.youngglos.org.uk/young-people/mental-health)

» Email: [getinvolved@youngglos.org.uk](mailto:getinvolved@youngglos.org.uk)



# Specialist Services:

These services require you to be registered with a Gloucestershire GP or have a referral from a professional.

## GRiP (Gloucester Recovery in Psychosis)

for 14-35 years.

Referral from GP required. GRiP provides early Intervention within the community for people aged 14-35 with suspected or confirmed first episode psychosis.

- » <https://www.ghc.nhs.uk/our-teams-and-services/grip/>
- » Contact the GRiP team on **01452 894178**

## Crisis Resolution and Home Treatment Team (CRHTTs)

For young people aged 11+.

Offering advice and support when an increased level of care is required due to mental health and emotional wellbeing issues, accessible 24/7.

- » **If immediate danger to life call 999**
- » For 11 year olds and up
- » For children under 11 years old the GP should be contacted or **111/999** out of hours
- » Contact the CRHTT on **0800 169 0398**
  - Option 1 for Stroud and Cotswolds
  - Option 2 for Gloucester and Forest
  - Option 3 for Cheltenham, Tewkesbury & North Cotswolds

## Gloucestershire Health and Care CAMHS (Child and Adolescent Mental Health Services)

Specialist mental health services for children and young people up to 18 years of age (and their families/carers) who are experiencing mental health and emotional wellbeing difficulties.

CAMHS staff is specially trained and have lots of experience of talking to children and young people, and their parents and carers, about thoughts and feelings and how to manage these individually or as a family

- » <https://cayp.ghc.nhs.uk/>
- » CAMHS also provides services for children and young people who have health issues related to a moderate to severe learning disability



# Targeted Services:

These services are for a specific issue.

## Support for those who are self-harming

### harmLESS

[harmlessglos.org.uk/](http://harmlessglos.org.uk/) is a resource for those who have contact with young people who are self-harming.

It provides advice on talking about self-harm, developing a support plan and signposting/referral information.

### Young Gloucestershire

For details of services offered by Young Gloucestershire, including 'Bounce Self-Harm support', visit:

<https://www.youngglos.org.uk/young-people/mental-health>



## Youth Support

A specialist practitioner working within specialist services to directly support young people as well as offering advice and guidance to youth offending staff supporting the move away from criminalising young people.

» <https://youthsupportteam.co.uk/services/health>

## Bullying

Bullying providing advice and support to anyone affected by bullying

- » [www.bullying.co.uk](http://www.bullying.co.uk)
- » Online chat available 1:30pm – 5:30pm (Available weekdays)
- » Helpline **0808 800 2222**



## Young Carers

Gloucestershire Young Carers provides a range of services for young carers and their families

» <http://www.glosyoungcarers.org.uk/>  
» Call: **01452 733060**



## Domestic Abuse

### Street Gloucestershire

A service for young people **aged 13-19** affected by domestic abuse

- » <https://www.yourcircle.org.uk/Services/13928>
- » Call: **01452 726584**
- » Email: [Street.glos@gsg.cjsm.net](mailto:Street.glos@gsg.cjsm.net)

### Gloucestershire Domestic Abuse Support Service (GDASS)

A service to reduce the level of domestic abuse and improve the safety of victims and their families. Contact using the online referral form

» [www.gdass.org.uk/](http://www.gdass.org.uk/)

## Suicide Prevention

**Papyrus** is the UK Charity for the prevention of young suicide

[www.papyrus-uk.org](http://www.papyrus-uk.org)  
Call **0800 068 4141**

**Stay Alive app** is suicide prevention resource for the UK, packed full of useful information and tools to help you stay safe in crisis.  
[www.stayalive.app](http://www.stayalive.app)  
Download the app on Google Play and IOS Store.

## Gambling

Gamcare provides free, information, advice and support for anyone affected by problem gambling.

- » [www.gamcare.org.uk](http://www.gamcare.org.uk)
- » Online chat is available.
- » Call **0808 8020 133** (Available 24/7)



## LGBTQ Support Gay Glos

Support available for anyone who is lesbian, gay, bisexual, transgender (LGB or T) or dealing with issues of sexual orientation & sexuality


- » <http://www.gay-glos.org/>
- » Email: [youth@gay-glos.org](mailto:youth@gay-glos.org)
- » Call: **07903 472 899**




**Children and Families Commissioning Hub**  
Gloucestershire County Council  
Shire Hall, Westgate Street  
Gloucester GL1 2TG  
**Contact:**  
[Children&FamiliesHubAdmin@gloucestershire.gov.uk](mailto:Children&FamiliesHubAdmin@gloucestershire.gov.uk)


# Other Services:

Please find a list of additional services that you might find useful.

 <b>Gloucestershire Health and Care</b> <small>NHS Foundation Trust</small>	Name:	School Nurse (NHS)
	Website:	<a href="https://www.ghc.nhs.uk/our-teams-and-services/school-nursing/chathealth/">https://www.ghc.nhs.uk/our-teams-and-services/school-nursing/chathealth/</a>
	Phone:	03004218100
	Text:	07507333351
What support do they offer:		
ChatHealth offers support to young people with questions relating to a wide range of health and well being issues. You can also see the School nurse once a week in school - to book an appointment, speak to a member of the Safeguarding team.		

 <b>Gloucestershire Rape and Sexual Abuse Centre</b> <i>here for you</i>	Name:	Gloucestershire Rape and Sexual Abuse Centre (GRASAC)
	Website:	<a href="https://www.glosrasac.org">https://www.glosrasac.org</a>
	Phone:	01452526770
	Text:	08088029999 National Rape Crisis Helpline
What support do they offer:		
Provide emotional and practical support to survivors of rape, sexual assault and childhood sexual abuse.		

 <b>Gloucestershire Self Harm Helpline</b>	Name:	Gloucestershire Self Harm Support (Rethink)
	Website:	<a href="https://www.gloucestershireselfharm.org/about-us/">https://www.gloucestershireselfharm.org/about-us/</a>
	Phone:	0808 801 0606
	Text:	07537 410 022
What support do they offer:		
Supportive, non-judgemental service for people who self harm, their friends, families and carers. Web chat function also available.		

 <b>VICTIM SUPPORT</b>	Name:	Victim Support Gloucestershire
	Website:	<a href="https://www.victimsupport.org.uk/resources/gloucestershire/">https://www.victimsupport.org.uk/resources/gloucestershire/</a>
	Phone:	0808 281 0112 / 0808 281 2446 (U18s)
	Other:	24/7 live chat online / 08081689111 (24/7)

What support do they offer:

Provide emotional and practical help to people who have been affected by crime in Gloucestershire.



Name:	Gloucestershire Domestic Abuse Support Service (GDASS)
Website:	<a href="https://www.gdass.org.uk/">https://www.gdass.org.uk/</a>
Phone:	01452 726 570
Email:	<a href="mailto:support@gdass.org.uk">support@gdass.org.uk</a>

What support do they offer:

Offer group work and one to one support for young people who are experiencing domestic violence.



Name:	NSPCC
Website:	<a href="https://www.nspcc.org.uk/">https://www.nspcc.org.uk/</a>
Phone:	0808 800 5000
Email:	<a href="mailto:help@nspcc.org.uk">help@nspcc.org.uk</a>

What support do they offer:

The UK's leading children's charity. Worried about child neglect or child abuse - we can advise you.



Name:	ManKind
Website:	<a href="https://www.mankind.org.uk/">https://www.mankind.org.uk/</a>
Phone:	01823 334 244

What support do they offer:

Helping male victims of Domestic Abuse in the UK.



Name:	Gloucestershire Police
Website:	<a href="https://www.gloucestershire.police.uk/">https://www.gloucestershire.police.uk/</a>
Phone:	101 (Non Emergency) 999 (Emergency)

What support do they offer:

Report a crime, get help and advice