



CHENEY SCHOOL
Think for yourself, act for others

Headteacher: Mr Rob Pavey

Cheney School
Cheney Lane
Headington
OX3 7QH

Tel: 01865 765 726
Email: office@cheney.oxon.sch.uk

Safeguarding Newsletter

January 2021

Cheney Safeguarding Team



Mr Bampton- Designated Lead
LBA@cheney.oxon.sch.uk
01865 755309
07365 273633



Mrs Conway- Deputy Designated Lead
TC@cheney.oxon.sch.uk
01865 755218



Mr Nelson- Deputy Designated Lead
HNE@cheney.oxon.sch.uk
01865 755103



Looking after our own mental wellbeing

Over the course of their education, children spend **over 7,800 hours at school**. With such a huge amount of time spent in the classroom, schools provide an ideal environment for promoting good emotional wellbeing and identifying early behaviour changes and signs of mental distress. The social and emotional skills, knowledge and behaviours that children learn inside the classroom can help them to build resilience and set the pattern for how they will manage their mental health throughout their lives.

80% of young people stated that exam pressure has significantly impacted on their own mental health. Emotional wellbeing is a clear indication of academic, success and satisfaction in later life. This short overview will provide you with some key tips and support methods to help you to support young people to develop resilience and the skills they need to manage stress and anxiety throughout their lives.

Who can support?



Book an appoint to see your
GP for advice or support



www.youngminds.org.uk
For advice and guidance



Talk to **Cheney Staff**
for advice or support



CHENEY SCHOOL
Think for yourself, act for others

Headteacher: Mr Rob Pavey

Cheney School
Cheney Lane
Headington
OX3 7QH

Tel: 01865 765 726
Email: office@cheney.oxon.sch.uk

Safeguarding Newsletter

January 2021

Anxiety

Anxiety is the most common mental health condition that people experience and is characterised by a range of anxious thoughts and behaviours. Anxious thinking is almost always fear-based and anxious behaviour is often carried out to make the person feel less fearful. This behaviour is not generally positive. So, for example, someone who is anxious about flying may not get on a plane.

Anxiety can show itself in many forms, which include:

Generalised Anxiety: Anxiety is there most of the time, with times of excessive, uncontrollable and often irrational worry and increased apprehension.

Panic Attacks: A sudden urge of overwhelming anxiety and fear which brings about a strong physical reaction.

Constant Worry: Frequent, negative thoughts that a person goes over and over.

Phobias: Very strong, irrational fears.

Social Anxiety: A fear of social situations and interactions that often leads to avoidance.

Anxiety can be very unpleasant to experience and it can limit the things you want to do. Left untreated, anxiety can last a long time and may lead from one anxiety condition to another. So someone who has generalised anxiety might develop panic attacks. Anxiety can also have significant impact on someone's wellbeing that could lead to further problems.

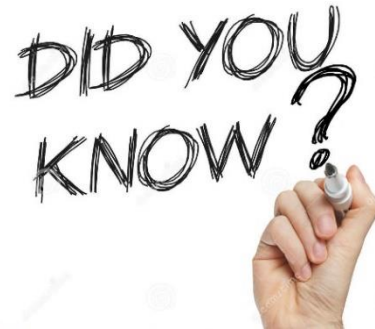
Stress

Stress is the body's reaction to a challenge. Depending on how you perceive this challenge, stress can be experienced as "good" or "bad"

For example:

- *When you are about to go on the rugby pitch you may feel stressed, but this type of stress will make you sharper and increase your performance.*
- *When you are exhausted and you have left lots of homework to the last minute, you may feel stressed and this will decrease your performance.*

Reducing stress is essential in maintaining overall health. It can help in boosting immunity, reduce the probability of triggering the start of stomach, skin or heart related problems and help manage mood. Being stressed around people can often affect relationships negatively. Increased stress can negatively affect your performance, for example how you feel before an exam.



TOP TIPS

Face it

If you are putting off either thinking something or doing something because it makes you feel anxious, try and support yourself to face it-bit by bit.

Do less

If the anxiety or stress makes you think too much (e.g. going over something again and again) or do too much (e.g. frequent hand washing) try to reduce the behaviour-one step at a time

Accept it

The thoughts and behaviours you experience are symptoms of anxiety. See if you can calm your breathing by breathing slow and low.

Relax

Have regular breaks, learn to relax, be mindful. Art, exercise, writing, acting, yoga and listening to music help.

Routine

Boost your body's reaction to challenge by eating a balanced diet and try to have a minimum of 8 hours of sleep a night.

Monitor

Keep a diary/log to work out triggers and patterns.

Seek Help

Visit your GP and discuss your concerns and the problems you are experiencing. You can always take your diary/log with you in order to help the process.