



## TOP TIPS FOR TALKING

**Give your full attention, be curious and take it seriously.** We all know it's not nice to be half listened to. Being actively interested in your child can be a powerful way to help them feel listened to and understood. Try to resist the urge to downplay or dismiss what your child is telling you.

**Emphasise that you are always available to talk.** It may be that your child doesn't want to talk, can't find the words at the moment or is trying to assert their independence. But don't be misled by your child's need for separation. They need you just as much as ever.

**Take time to reflect.** Research shows that thinking about what is going on in your child's mind and being aware of your own thoughts and feelings promotes secure attachment, good social skills and the ability to 'read' others.

**Provide empathy.** When children feel truly understood they start to be able to manage their emotions and this has a big impact on their wellbeing. Using empathy is also a great way to defuse tension.

**Be aware of your own stress and negative feelings.** They can really get in the way of feeling close to your child. Reflecting on the causes of stress can prevent it from spilling into your relationships at home.

**Think about timing.** Ask yourself 'Is this the right time to talk?' Choose a time when you can focus on your child and ignore distractions.

**What should I do if I'm worried?** You can find some advice and guidance listed in this leaflet. If problems persist, become overwhelming or you feel your child is displaying particular symptoms, we strongly recommend that you visit your GP.

## LINKS FOR FURTHER INFORMATION, GUIDANCE AND SUPPORT

### If you think a child is at immediate risk call 999

Childline:  
Call: 0800 1111  
Online: [www.childline.org.uk/registration](http://www.childline.org.uk/registration)  
Web: [www.childline.org](http://www.childline.org)

National Self-Harm Network:  
Web: [www.nshn.co.uk/](http://www.nshn.co.uk/)

Refuge National Domestic Abuse Helpline:  
Call: 0808 2000 247 (24-hour free helpline)  
Email: [helpline@womensaid.org.uk](mailto:helpline@womensaid.org.uk)  
Web:  
[www.nationaldomesticviolencehelpline.org.uk](http://www.nationaldomesticviolencehelpline.org.uk)  
Web: [www.womensaid.org.uk](http://www.womensaid.org.uk)

**Children's Social Services:**  
**Day: 03000 41 11 11 or Night: 03000 41 91 91**

## SAFEGUARDING CONTACTS

### Designated Safeguarding Leads:

Miss Tanya Cornish - KS3

Mrs Frances Tiernan-Powell - KS4 & KS5

**Deputy Safeguarding Lead:** Miss Anne Kelly

**Telephone:** 01795 424223

**Email:** [safeguarding@highsted.kent.sch.uk](mailto:safeguarding@highsted.kent.sch.uk)

**Website:**  
[www.highsted.kent.sch.uk/safeguarding](http://www.highsted.kent.sch.uk/safeguarding)

## HIGHSTED GRAMMAR SCHOOL

### HEALTH & WELLBEING INFORMATION 2023 - 2024

Wellbeing is the experience of health and happiness. It includes mental and physical health, physical and emotional safety, and a feeling of belonging, sense of purpose, achievement and success.

Wellbeing is a broad concept and covers a range of psychological and physical abilities. Five major types of wellbeing are said to be:

**Emotional Wellbeing** - the ability to be resilient, manage one's emotions and generate emotions that lead to good feelings.

**Physical wellbeing** - the ability to improve the functioning of one's body through healthy eating and good exercise habits.

**Social wellbeing** - the ability to communicate, develop meaningful relationships with others and create one's own emotional support network.

**Workplace wellbeing** - the ability to pursue one's own interests, beliefs and values in order to gain meaning and happiness in life and professional enrichment.

**Societal wellbeing** - the ability to participate in an active community or culture.

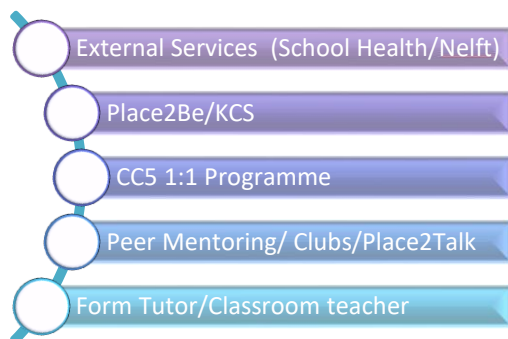
Overall wellbeing depends on all these types of functioning to an extent.

## HOW CAN WE HELP?

All staff are responsible for the wellbeing of students attending Highsted Grammar school. We encourage students to have 'open' conversations with us when they are concerned about their social emotional mental health and wellbeing.

Our students complete termly Resilience Based Conversations in Form Time to identify need and promote dialogue with their form tutor. From these conversations, Heads of Year are able to identify the most appropriate support available.

We engage and work with the following support services:



As a parent or carer, you may find yourself looking for tips and ideas to support your child through a challenging time. There are several support services available to you, many of which you may not have been aware of. The following information will give you an idea of the different resources and external agencies that are available for you to contact for further support and guidance.

## ANXIETY

Anxiety is a feeling of worry, fear or unease. It is often experienced as a combination of thoughts, feelings and physical sensations in our body.

Young Minds  
[www.youngminds.org.uk](http://www.youngminds.org.uk)  
0808 802 5544

Kent County Council Anxiety Webinar for Parents and Carers –  
[www.youtube.com/watch?v=SY4Nu48OVrE](http://www.youtube.com/watch?v=SY4Nu48OVrE)

Not Fine in School  
[www.notfineinschool.co.uk](http://www.notfineinschool.co.uk)

## MENTAL HEALTH

Mental health includes our emotional, psychological, and social wellbeing. It affects how we think, feel and act. It also helps determine how we handle stress, relate to others, and make healthy choices.

Kent Community Health NHS Foundation Trust  
[www.family.kent.scht.nhs.uk](http://www.family.kent.scht.nhs.uk)

NSPCC  
[www.nspcc.org.uk/keeping-children-safe/support-for-parents](http://www.nspcc.org.uk/keeping-children-safe/support-for-parents)

Kent Resilience Hub  
[www.kentresiliencehub.org.uk](http://www.kentresiliencehub.org.uk)

Kent School Health  
[www.family.kentcht.nhs.uk/support](http://www.family.kentcht.nhs.uk/support)  
0300 12352005 option 2

## SELF INJURY

Self-harm is an outlet for someone who may be dealing with lots of intense thoughts and feelings, where hurting themselves may feel like the only way to cope. They may feel numb and believe hurting themselves is a way of feeling something.

As a parent, you may feel worried, upset and confused as to why this is happening. It is important to remember lots of young people go through this and come out the other side with new ways of coping with their feelings. You and your child are not alone and there are support groups available to you.

Young Minds  
[www.youngminds.org.uk](http://www.youngminds.org.uk)  
0808 802 5544

Alumina  
[www.selfharm.co.uk](http://www.selfharm.co.uk)

## EATING DISORDERS

Eating disorders can be triggered by a variety of causes. Commonly people with eating disorders feel that controlling their eating habits are the only way they can maintain control of their life, when in fact the eating disorder begins to control them.

NHS  
<https://www.nelft.nhs.uk/services-kent-medway-eating-disorders/>

Beat Eating Disorders  
<https://www.beateatingdisorders.org.uk/>