



**Brighton Hill
Community
School**

Making success inevitable

Parent Information Evening – Mental Health and Emotional Well- Being

Miss F Jawad

The Well-Being Centre (WBC)

We are extremely proud of The Well-Being Centre (WBC) which launched in January 2022.

The team:

- Miss F Jawad: Student Support Coordinator and Well-Being Centre Manager
 - Mrs M Richards: Mental Health Lead
 - Miss R Thomas: Family Support Worker
- Mrs S Bacon: Attendance and Admissions Officers
 - Mrs J Mallin: Student Welfare

Our vision is to support the students of BHCS with their physical, mental and emotional well-being. The centre provides a safe and calming environment for students who are struggling with issues effecting their mental health, whether that be in or outside of school.



How does the WBC Support Students at BHCS?

If there are mental health concerns, in the first instance, students/parents are encouraged to speak to their tutor or Head of Year. However, students are encouraged to speak to any member of staff that they are comfortable with. Students are also encouraged to come and speak to the WBC team in break or lunch time.

Tutors and Head of Years can offer low levels of support, in the initial stages. If they feel that the student needs more extensive support, then the Head of Year will complete a WBC referral, in which I (Miss Jawad) will process.

I (Miss Jawad) will then allocate a WBC intervention, which is reviewed frequently with the Head of Year.

WBC Interventions may include:

- Mental health check-in
- Group sessions/workshops
- One-to-one sessions
- WBC timetable
- TO card
- Ulrich – animal activity assistant dog (therapy dog)



How does the WBC Support Students at BHCS?

Other WBC offerings:

- Mental Health Support Teams
- Bereavement support
- Self-harm support
- Parent/family support
- Open door policy break/lunch
- Breakfast Club
- Mindfulness Room
- Well-Being Ambassadors
- EBSA support
- Provision of mental health related online resources
- Provision of strategies to support anxiety symptoms
- Provision of strategies to support de-escalation/emotional regulation
- Home visits
- Car park support
- Medical cards



How does the WBC Support Students at BHCS?

To promote psychoeducation at BHCS, the WBC team regularly hold assemblies, workshops and DLD sessions around mental health and well-being. We believe that this is vital for our students to learn about and understand. This also provides an opportunity to signpost them to the WBC or trusted adults around the school.

Topics that were covered for students this year:

- Resilience
- Anxiety/Worry
- Managing exam stress
- Bereavement
- The 5 aspect of MH (exercise, give, connect, learn and mindfulness)
- Mindfulness
- Eating Disorder Awareness
- Men's Mental Health Awareness



How does the WBC Support Students at BHCS?

As well as educating students, we are passionate about training and educating our staff on mental health and well-being. We hold regular CPD staff briefing sessions.

Some of this years topics included:

- Anxiety vs Stress
- Bereavement
- Self-harm
- Eating disorders and body image
 - Managing exam stress

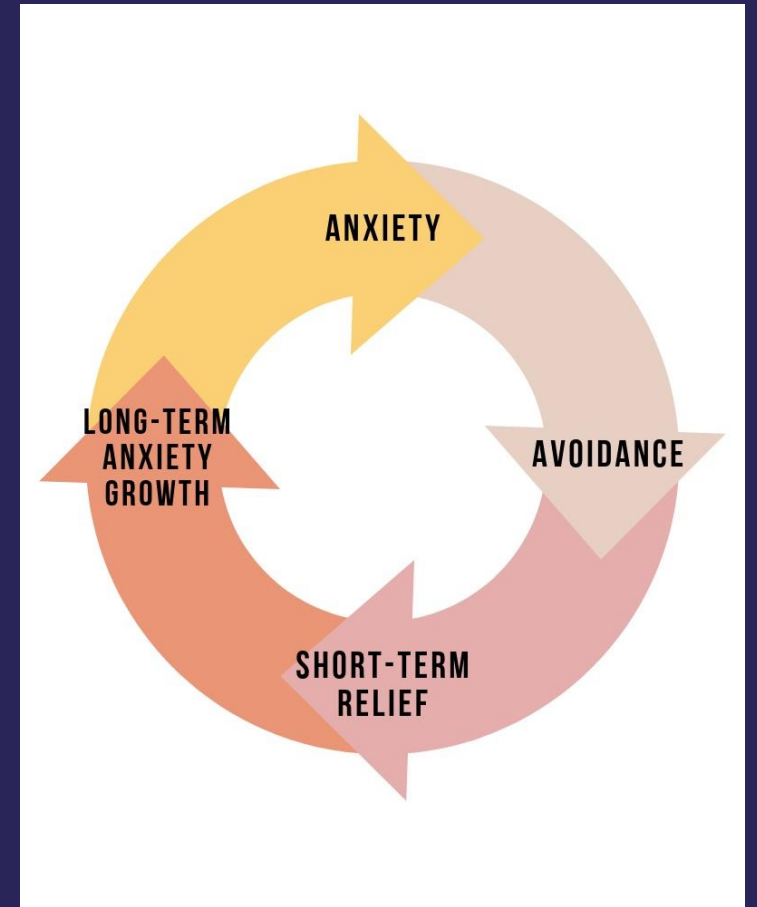


Anxiety, Stress, Worry...

Feeling stressed and anxious can feel similar in that both cause a variety of physiological and cognitive symptoms.

Having “anxiety” is usually a diagnosed condition, but sometimes we suffer symptoms with no diagnosis.

We need to start normalising students feeling “stressed/anxious”, as opposed to “having anxiety”.



Anxiety, Stress, Worry...

Time	Intensity	Focus
Feeling stressed/having anxious feelings usually pass when an anticipated nerve-racking/uncomfortable situation is over.	Feeling stressed/having anxious feelings are normal everyday feelings that generally don't prevent us from continuing with our daily activities.	Feeling stressed is usually a response to something specific we are anticipating. I.e. a student feeling stressed about an exam, a presentation etc.
Anxiety on the other hand is persistent. The intensity may fluctuate, but it never completely goes away.	Anxiety on the other hand, can prevent you from doing things you enjoy, socialising, and day-to-day activities (showering, eating, sleeping).	Anxiety can be more general (day to day). You may feel anxious but can't always pinpoint what you're anxious about. However, it can also be specific to something (i.e. anxiety around socialising, phobias etc).

Tips for Students Managing Anxiety

Breathing exercises: when you're anxious, your heart rate increases, therefore your breathing becomes faster, and your body goes into danger/panic mode. Deep breathing will help in bringing your heart rate back down, in turn slowing your breathing and alleviating the feeling of danger.

Journal: journaling naturally forces you to slow down and work through your anxious thoughts. It can help in identifying “worries” and working through them.

Routine: having a solid routine is a great way to manage anxiety. Scheduling regular eating times, sleeping patterns, time for socialising and time for enjoying hobbies give us a goal to work towards and a sense of purpose.

Exposure: being exposed and facing scenarios that makes us feel anxious improves our resilience to challenge. Avoiding these situations only makes it worse.



Tips for Students Managing Stress

Prepare: schedule in time to complete tasks/deadlines and schedule in breaks to allow management of stress

Breathe: when you're nervous, your muscles tighten, and you may even hold your breath. Take a few deep breaths to get oxygen to your brain and relax your body.

Practice positivity: remind yourself of a time when you felt nervous and successfully overcame it.

Remember, it's **normal** to feel stressed/anxious sometimes, just remind yourself that it will pass! Stress is a normal part of everyday life that we all experience.



Sign Posting

Useful web links:

CAMHS - Hampshire Child and Adolescent Mental Health Service is an NHS specialist service

CAMHS - A selection of podcasts from CAMHs covering all things from ADHD to Trauma

Winston's Wish – Support children and young people after the death of a parent or sibling

Kooth - Free online counselling support for young people

Young Minds - Supporting mental health of young people

Samaritans - Samaritans works to make sure there's always someone there for anyone who needs someone

Childline - Get help and advice about a wide range of issues

Barnardos - Support for targeted students

YPI Counselling - Registered charity offering counselling to young people aged 11-25

Useful emails addresses:

wellbeing@brightonhill.hants.sch.uk

safeguarding@brightonhill.hant.sch.uk

studentabsence@brightonhill.hants.sch.uk

WBC Page on the BHCS website:

[BHCS WBC](#)



Questions?

