



Student Safeguarding Newsletter

April 2022

Message from the School Nurse

I hope you have settled back into school life with relative ease at this difficult time.

These are some resources that may be useful for you.

This is a 12 minute Anxiety video by Somerset school nurses that is suitable for young people: <https://www.youtube.com/watch?v=r1UZmlOjvIY&feature=youtu.be>

NHS Public Health recently launched Every Mind Matters, following the link will take you to short videos of young people about mental health, and tips for self-care. <https://www.nhs.uk/oneyou/every-mind-matters/youth-mental-health/>

Kind Regards, Carrie McMullan

PRIDE Group

Pride group will continue to run every Friday lunch time in PLuS after the Easter holidays. We would love to see some new faces pop in.

Pride group is a meet up for LGBTQ+ community members and allies; it is a space to come together. Conversations and activities change weekly and are generally led by student voice. We regularly have visitors join the group from 2BU.



Exam Stress

Exam season is approaching and the pressure to do well can be overwhelming and affect you mental health. Young minds have created from advice for if it all gets a bit much.

<https://www.youngminds.org.uk/young-person/coping-with-life/exam-stress/>

Young Carers

Do you look after someone who has a long-term physical or mental illness or problems with alcohol or drugs? This person could be a parent, a brother or sister or a grandparent.

If so, do you:

- Struggle to concentrate and get your schoolwork finished?
- Find it difficult to have a social life and see friends or join community activities as often as you would like?
- Do lots of things around the house like cooking, cleaning, laundry and fetching and carrying?
- Do you help the person get up, washed and dressed and with medication?
- Give lots of emotional support to them, like calming them down when they're upset & agitated or feeling low/anxious?
- Feel overwhelmed at times?
- Worry a lot about this person?
- Often feel anxious and frightened?

If the answer is yes to any or most of these questions, you could be a Young Carer and you are not alone - there is support for you! You might not have thought of yourself as a carer before, because it's a family member and it's normal life for you – it's just what you do!

For more information about how you can get support and advice, please talk to Mrs Wilson in the Pastoral Hub and look at the following link which has list of local support groups: <https://choices.somerset.gov.uk/025/social-care/carers/young-carers/>

Anxiety

We are all aware of the increased numbers of young people experience anxiety since the start of the the Covid-19 pandemic.

An article from the Centre for Clinical Interventions explains 'The Vicious Cycle of Anxiety' explain the impact avoidance of worries have lead to increased anxiety. The article offer support to reverse the cycle, and hopefully reduce some of those anxieties

There is great advice and tips for everyone in here. Find the article at: [The Vicious Cycle of Anxiety \(health.wa.gov.au\)](https://www.health.wa.gov.au/health-articles/the-vicious-cycle-of-anxiety/)





Sexey's Wellbeing Twitter - @SexeysWellbeing

Tweets from Sexey's School Pastoral Hub

Follow for relaxation and coping techniques, fun ways to keep happy and healthy and top tips for staying safe!

Further support and advice organisations can be accessed through our website [here](#)