



Welcome to the Summer newsletter from the Safeguarding Team.

Ukraine Lent Campaign- As part of our fundraising activities last term, we have been helping students to understand the terrible and unsettling news coming from the Ukraine.

Key information was shared and discussions took place in Tutor times. This was accompanied by a non-uniform day and other fund raising activities ; all monies raised going to support those in Ukraine. For those parents who have sponsored a family and are looking for local school places please apply via schooladmissions@surreycc.gov.uk



The Focus of this newsletter is on Exam stress and helping our students prepare for the examinations which will begin in a few weeks.

Exam stress is a feeling of pressure experienced by students in the run up to exams as well as during the exam period. The wait for exam results can also create anxiety as students wait to find out if they have done as well as they and others expected. **Exam stress is very common;** a certain level of stress can be a good thing, helping students to focus during an important period. However high levels of stress over prolonged periods are not helpful and can have a negative impact on exam performance as well as causing mental health problems.

Why does it happen?

Lack of control - exams bring a level of uncertainty and this can feel uncomfortable.

A lot to learn - some types of exams such as GCSE and A levels rely on learning and recalling large amounts of information. This level of recall can be a challenge for some students.

High stakes - the results of exams are often the gateway to the next stage of education or route into work.

Read on for more information on how you can spot stress and useful tips to help your child deal with the exam

Speaking to a member of staff at All Hallows - How to report a concern

OneDrive

Link for Students to report a Concern or Worry

My Classes

Email

If you are a student and you or anyone you know has been harmed or is at risk of being harmed in any way, then please speak to a member of staff at All Hallows. We will be able to offer you help and support.. You can speak to any teacher but you may decide to speak to your form tutor or Head of Year.

You may prefer to speak to one of the Designated Safeguarding Leads (DSL), teachers who are responsible for Safeguarding. They are **Mrs Fanshawe, Mr Rees, Mr Antrobus and Mr Carney,**

You are able to email any Safeguarding concerns to dsl@allhallows.net using your school email account.. We also have an area on SharePoint which is available for you to report any concern you may have.



Some young people feel pressure and develop stress symptoms much more readily than others. When someone is faced with increased pressure (in this case at exam time) their body can go into a 'fight or flight' response which releases increased amounts of adrenalin into the body. This can lead to various symptoms including:

Feeling cranky and irritable (increased yelling or crying, swearing, hitting)

Feeling inadequate, negative self talk, blaming

Problems getting to sleep or not wanting to wake up

Strongly beating heart, sweating

Chest pains, nausea, trembling

Habits such as nail biting and fidgeting

Indecisiveness, going blank, confusion

Increased smoking, drinking, or increased drug use

Losing touch with friends.

Stress responses can differ between males and females. Research shows that when females experience exam stress they show internal symptoms and responses such as nausea, butterflies, and feelings of inadequacy which can lead to sadness and depression. Males tend to externalise their anxiety and they can become increasing irritable or feel angry.

Supporting your child during the exam period

One of the best things parents or carers can do if their child is experiencing exam stress is to try to be as supportive and tolerant as possible. Reassure them that there are more important things in life and that this is only part of the story. Let your child know you will help them no matter what and, although naturally you want them to do well, you will not think any less of them if these particular exams don't work out.

We have put together a list of study, practical and relaxation ideas that your child may find helps them to manage exam stress. We've also included some tips on how to help your child deal with stress on exam day.



24/7 mental health crisis line for children, young people, and families

A new 24/7 mental health crisis line for children, young people and their families and carers in Surrey has launched.

The freephone number **0800 9154644** is available for children and young people up to the age of 18, including those with Special Educational Needs and Disability (SEND).

The new crisis line provides emotional wellbeing support, advice, and signposting to a range of community services for children, young people and their families and carers who are in a mental health crisis. No referral is needed. Click the link below for help.

[Get help in a mental health crisis :: Surrey and Borders](#)

Counselling at All Hallows



Counselling is a space to identify and work through difficult feelings or issues in your life which may be causing distress with the help and support of a trained

therapist. Counselling is about helping you to find your own answers to problems, an opportunity for you to look at your problems in a different way in a non-judgemental and safe environment.

To access this opportunity please contact your HOY or Mrs Fanshawe for more details.

Our All Hallows Website

<https://www.allhallows.net/useful-information.html>

Has many different links to help children and families get help. Please look at the website and you will be able to click on the links from our webpage.



PSHE at All Hallows Next PSHE lesson is on 9th June

Topics:

- Year 7—Community
- Year 8—Community
- Year 9—Community
- Year 10—Future/Post-16 Options



**All
Hallows
Catholic
School**

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Telephone: 01252 319211

Email: admin@allhallows.net

Website: www.allhallows.net

Study and learning habits

Encourage your child to ask for help or ask their teacher for clarity if they are unsure of something or if they feel confused

Help them to plan their study schedule early on so that they have sufficient time to study. It can be helpful to develop a clear, realistic plan of what they want to cover in each study session. Can they break it down into small chunks?

Remind your child to take a short rest and move around in between each part of their study

Offer help sometimes. It can be useful having someone to listen or practise with

Practical ideas to help your child cope with exam stress

Encourage your child to stick to a routine of going to bed at a reasonable time, eating regularly and making time to have fun and exercise

Help them to cut back on coffee or any other stimulants they may be using, as these can increase agitation. Encourage them to drink lots of water instead

Encourage them to take time out when they eat, rather than carrying on with study

Encourage them to eat fresh fruit, veggies, cereals, grains, nuts and protein - they are all good for the brain and blood sugar levels.

Encourage them to eat when they get hungry. This keeps blood sugar and hydration levels steady

Avoid junk food if possible because it will bring a sudden sugar high and then fall away quickly leaving a person feeling tired

Try not to nag as they may be feeling a lot of pressure already. It helps to stay calm and offer support.

Relaxation ideas to help your child cope with exam stress

Always encourage your child to relax before they go to bed after concentrating for long periods of time. Activities such as reading a book or chatting to a friend may help them unwind and sleep better

Encourage them to go out for a walk, run or to do some other exercise that they enjoy

Relaxation techniques can be very effective if you see your child's anxiety rising. For example, put on some gentle music, get them to lie down, close their eyes and breathe deeply while visualising a calming scene such as a deserted beach

Encourage your child to visualise success - this can really help with self-confidence

Ideas for exam day

- Talk about these ideas before exam day so as not to add to anxiety levels.
- Suggest to your child that they:
- Organise and pack everything that they need to take with them into the exam, the night before
- Keep away from people who may agitate them before the test or may say unhelpful, anxiety-provoking comments
- Take time to slow their breathing and relax when they first sit down
- Read through the paper, underlining key words and instructions. Work out how long they have for each question or section
- Watch out for the wording of the questions - make sure that they understand and address what the question is really asking
- Answer the questions they find easiest first, then as they relax more move onto the other ones (by then their mind has relaxed and they are likely to find the work easier)
- Re-read answers if possible and make any changes that are necessary - cross out notes, correct spelling, check workings

Keeping our school records up-to-date

Are all your contact details up to date? If you change your home phone/email/mobile number, please let the school Front Office know, so that we have the most up-to-date contact details.

We must store at least two emergency contact numbers for you.

KOOTH

As part of Mental Health services for young people. It is a free online counselling and emotional wellbeing support service providing young people aged 11-25 years (up to 25th birthday), [Click here to go to Kooth.com to sign up](https://www.kooth.com)

Free, safe and anonymous online counselling and support



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