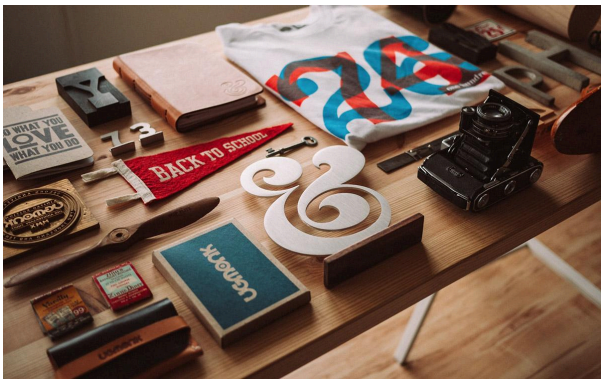
Parmiter's School

Nemo sibi nascitur:

Our values of ***community****,* ***aspiration*** *and* ***opportunity*** *enable every individual to grow and flourish*



Supporting Student Wellbeing

October 2024

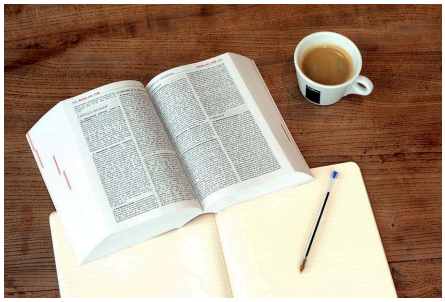
Welcome to this first edition of the Student Wellbeing newsletter, where our focus is on supporting your child during their secondary school years. As your child navigates this exciting yet sometimes challenging phase of their education, we understand that maintaining a balance between academic progress and emotional health is essential.

In this edition, we will be sharing tips and resources to help you guide your child through the various pressures they may face: from low-level concerns around managing homework to the more serious concerns around school attendance.

We hope you find this newsletter helpful and encouraging as we work together to ensure the wellbeing of your child is always a top priority. Please do not hesitate to reach out to your child's form tutor, in the first instance, if you have any concerns or comments. Full details of the school's pastoral team can be found on our website.

Supporting Your Child with Homework

Homework plays a crucial role in helping students consolidate their learning, develop independent study skills, and manage their time effectively. However, it can sometimes become a source of stress for both students and parents. Here are some practical tips on how you can support your child with homework:



1. Create a Homework Routine

Establishing a clear homework routine helps your child manage their time and avoid last-minute panic. Encourage them to complete homework at the same time each day, ideally in a quiet and distraction-free space. Agreeing on a set amount of time for homework each evening can help them stay focused and develop good study habits.

2. Encourage Independence

It's important to let your child take responsibility for their homework. While it's fine to offer guidance, avoid doing the work for them. Encourage them to think for themselves and to try problem-solving before asking for help. This will help them build resilience and develop independent learning skills.

While your child should take ownership of their homework, it's also essential that they feel supported. Let them know you're available if they need clarification or advice. Sometimes, just discussing a tricky question or talking through ideas can help them find a solution on their own.

3. Encourage Time Management

Help your child plan their time by breaking larger tasks into smaller, manageable chunks. Encourage them to prioritise assignments by due date and difficulty, and take regular breaks during longer study sessions to maintain focus. If they have multiple deadlines, assist them in creating a homework timetable to balance their workload.

4. Stay Informed

Be aware of the homework your child is being set and any deadlines they need to meet. You can do this by regularly checking Google Classroom or simply by asking your child about their tasks. This helps you monitor their progress and provide support when needed.

5. Promote a Positive Attitude

Encourage your child to see homework as an opportunity to learn and reinforce what they've covered in class. Praise their efforts, not just the results, and try to create a positive environment around homework. If they are struggling with a particular subject, reassure them that it's okay to ask for help from their teacher.

Help your child develop effective study techniques, such as making notes, creating mind maps, or using flashcards for revision. Encourage them to review their classwork regularly, not just before exams, as this will help embed their learning and make homework tasks less daunting.

6. Communicate with Teachers

If your child is consistently struggling with homework or finding it overwhelming, don't hesitate to communicate with their teachers. Teachers can provide guidance on how much help to offer, suggest strategies, or even offer extra support if necessary. Remember, homework is meant to reinforce learning, not cause unnecessary stress.

7. Model Good Habits

Children often learn by example, so demonstrate good work habits in your own daily life. Show them how you plan your time, stay organised and tackle challenging tasks with a positive attitude. This can help them understand the value of hard work and persistence.

8. Help Them Balance Work and Leisure

It's essential to strike a healthy balance between schoolwork and downtime. Make sure your child has time to relax, pursue hobbies and socialise. This will help them maintain a positive attitude towards their studies and prevent burnout.

Parenting can be a challenge, but Nessie can help!

Helping young people to overcome worries and problems can be difficult for parents/carers to manage, especially at this time of year when young people are going back to school or college, or if other changes are happening. It can often be helpful to talk these issues through with someone who understands and knows what might help.

EBSA stands for *Emotionally Based School Avoidance*. It refers to when a child or young person experiences severe emotional distress that prevents them from attending school. Unlike typical school refusal, which may stem from behavioural issues, EBSA is rooted in anxiety, stress, or other emotional challenges.

Children experiencing EBSA might feel overwhelmed by academic pressures, social interactions, or changes in their personal life, such as family issues or transitions to new schools. Symptoms often include frequent physical complaints (like headaches or stomach aches), excessive worry, or outright refusal to go to school, even though they may want to attend deep down.

Addressing EBSA requires a collaborative approach involving parents, teachers and mental health professionals. Early intervention is key to helping the child regain confidence and manage their emotions to re-engage with education.

This autumn, Nessie's free (NHS funded) Parenting Support Service is offering a range of support for parents of children who might be struggling to attend school or college, self-harming, experiencing bullying or any other problems that are adversely affecting their emotional wellbeing/mental health:

Online peer support group

Tuesdays, 9.30-11.30am: for parents/carers with children who are struggling to go to school/college or not attending (EBSA).

Webinars

- Monday 30 September, 9.30-11.30am: Supporting children/young people with self-harming behaviours
- Thursday 3 October, 9.30-11.30 am: Supporting children/young people who are struggling to attend school (EBSA)
- Thursday 17 October, 9.30-11.30am: Supporting children/young people with bullying.

If you are unable to attend these live webinars, they are recorded and will be available to watch.

Helpline, Facebook group and one to one support

As well as the peer support group and webinars, Nessie's parent support service offers one to one appointments, a moderated FB group and a helpline with an opportunity to speak to a specialist Family Support Worker on: 07932 651319.

Find out more about all of NESSie's free services for Hertfordshire's parents/carers at: Hertfordshire parents - Nessie IN ED, CIC

Ask for help as soon as you notice a problem

The most important point to remember is that it's always better to ask for help as soon as a young person is struggling, rather than waiting to see whether things improve on their own. A helping hand is available for children, young people, parents and carers. Often a few small changes are all that is needed, but if a young person needs more support, Hertfordshire has a wide range of services to help get the young person back on track and thriving again.

Sources of Support

Who to talk to at school:
Your child's form tutor would normally be the first point of contact, however, we recognise that students develop strong working relationships with various trusted adults across the staff body. Our school matron and pastoral support base team are available too. Additionally, there are many external sources of support that you and your child can access:

Safe Space Information Pack - secondary age young people
Resources from Safe Space to help secondary age young people with their emotional and mental wellbeing. Covering a wide range of subjects, including anger, anxiety, self esteem and mindfulness, with links to many agencies.

Signpost Counselling
Signpost is a counselling provision that supports children and young people aged 10-25 years across Hertfordshire.

Lumi Nova digital therapy
Lumi Nova is a fun digital therapy for children aged 7 - 12 to help them manage fears and anxieties.

Just Talk
Just Talk signposts young people to free, self-referral services.

Elevate Education
Elevate is an award-winning organisation that has been working with Parmiter's School. Join them for an exclusive webinar series where they will show you – as parents and carers – how to best support your child through school. The focus is on time-management, self-motivation and exam preparation.

Mental Health First Aid Training

Emotional Mental Wellbeing in Education is offering a free one day course for parents and carers of 8-18 year olds. Courses are running on 22 January and 26 February, 9.30am-4.00pm.

What you will learn:

- An understanding of common mental health issues and how they can affect young people
- Ability to spot signs of mental ill health in young people and guide them to a place of support
- Knowledge and confidence to advocate for mental health awareness
- Skills to support positive wellbeing.

Course Structure:

- Session 1 - What is mental health and mental ill health, stigma and discrimination, depressions and suicide.
- Session 2 - Mental health conditions: anxiety, self-harm, eating disorders, psychosis, recovery, resilience.

For further information please contact: hweicbhv.schoolsmh@nhs.net

Emotional Mental Wellbeing in Education