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

Supporting Student Wellbeing

September 2025

Welcome to the Autumn term newsletter. We hope you find it useful.

It is natural for young people to be curious about the wider world. Today, however, news of wars, climate change, political unrest, or natural disasters are never far from their screens. Teenagers may find themselves worrying about these issues more than they let on. As parents or carers, you can play a vital role in helping them process these concerns and feel grounded. Our first article provides some strategies for you.

Teenagers often struggle to get enough sleep, which can affect their mood, focus and overall wellbeing. Later in this newsletter you will find some simple, practical tips to help your teen build healthy sleep habits, so they wake up refreshed, energised and ready for the day ahead.

Supporting Teenagers Who Feel Overwhelmed by Global Events

1. Create space for conversation

Encourage your teenager to share what they have seen or heard. Let them speak without interruption and listen with empathy. Sometimes, what they need most is reassurance that their feelings are valid. You do not have to have all the answers - just being present makes a difference.

2. Balance awareness with perspective

Help your teenager understand the difference between staying informed and becoming overwhelmed. Encourage them to access trustworthy sources of information rather than relying on alarming headlines or social media snippets. Where possible, balance negative stories with positive examples of people making change.

3. Focus on what they can control

Big issues can leave young people feeling powerless. Guide them towards small, meaningful actions - whether that's joining a local environmental group, volunteering or making changes at home. Action can turn anxiety into empowerment.

4. Model healthy coping strategies

Teenagers learn by observing. Show them how you manage your own worries: limit doomscrolling, take breaks from the news and prioritise rest. Normalise activities that calm the mind, such as walking, journalling or practising mindfulness.

5. Reassure them of their safety

When events feel chaotic, young people often need reminders that they are safe and supported at home. Establish routines, encourage social connections and highlight the support networks available at school or in the community.

6. Seek extra help if needed

If worries are affecting your teenager's sleep, schoolwork or social life, consider reaching out for professional support.

While we cannot shield teenagers from global uncertainty, we can help them face it with resilience. By offering a steady presence, clear perspective and practical support, you give your teenager the confidence to navigate the world without being consumed by it.

Healthy Sleep for Teenagers

Small changes, big impact!

- **Keep it Regular**

Go to bed and wake up at the same time every day, including weekends.
Helps train the body's internal clock for easier sleep.

- **Power Down Screens**

Avoid phones, tablets and laptops 30–60 minutes before bed.
Blue light tricks the brain into thinking it's daytime.

- **Create a Calming Ritual**

Swap scrolling for relaxing routines: warm shower, quiet reading, gentle music.
Signals the brain it's time to unwind.

- **Cut the Caffeine**

Avoid energy drinks, coffee, fizzy drinks and chocolate after mid-afternoon.
Reduces restless nights and improves sleep quality.

- **Make the Bedroom Restful**

Keep the room cool, dark and quiet.
Simple tweaks: blackout curtains, tidy space, phone on "Do Not Disturb."

- **Lead by Example**

Show that sleep matters by protecting your own rest.
Teenagers follow what they see, not just what they hear.

Healthy sleep isn't about perfection - it's about consistency and routines that support body and mind.

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. Aside from offering 1:1 support, Mrs Craigie (School Matron) is available for those students who have been bereaved. Bespoke Group Work is sensitively undertaken as the need arises and numbers allow. Please contact Mrs Craigie directly if you would like more information about this.

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.

- **Nessie**

Nessie is a voluntary sector therapy organisation that focuses on helping children and young people (0 – 25 years) thrive. They offer free webinars and workshops for parents/carers.

- **Youth Talk**

Youth Talk provides free, confidential counselling to 13-25 year olds in St Albans and surrounding areas.

- **The Sandbox**

The Sandbox is an innovative digital mental healthcare service for children and young people.

- **With Youth**

With Youth offer online emotional and practical support through digital services, groups, one to one sessions and instant messaging.

- **Shout**

Shout is a free, confidential and 24/7 text messaging service for anyone in the UK who needs support. Text 85258.

- **South West Herts Partnership**

South West Herts Partnership has collated a list of parenting events happening online from their parent organisations.

Online Course

Stronger Relationships

For parents and other adult carers living together or apart **For Father/Male Caregivers only. Group starting 30 October at 1:00pm**

SFSC Stronger Relationships

- Do you want to get some new ideas to help you be an even better parent?
- Would you like to reduce the arguments and disagreements in your family and cope better with stress?
- Would you like to enhance your relationship with your current partner, or improve communication with your ex or the other people helping to raise your children?
- How about learning at a time that suits you?

6 online sessions

6 group discussions

Certificate on completion

What to expect...

- Information on strategies to identify and reduce arguments.
- Hear from other parents and carers.
- Downloadable worksheets and hand-outs.
- Videos, quizzes and interactive activities.
- Do sessions at a time that works for you.
- Weekly support from our course experts.

Topics covered...

- Healthy adult relationships.
- Identifying and managing disagreements.
- Understanding how conflict affects your children.
- Enhancing parent-child relationships.
- Managing stress, anger and emotions.
- Strategies to resolve conflict and create a parenting agreement

Group discussion...

1. Speak to a course expert and get answers to some of the questions you might have
2. Talk about how the strategies are going at home.
3. Address other difficulties relating to your relationships.
4. Hear from others about what works for them.

Find out more or register for the course by scanning the QR code or emailing us at: **sfscparent@racefound.org.uk**

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Online Course

Stronger Relationships

For parents and other adult carers living together or apart **For Mothers/Female Caregivers only. Group starting 21 October at 10:00am**

SFSC Stronger Relationships

- Do you want to get some new ideas to help you be an even better parent?
- Would you like to reduce the arguments and disagreements in your family and cope better with stress?
- Would you like to enhance your relationship with your current partner, or improve communication with your ex or the other people helping to raise your children?
- How about learning at a time that suits you?

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Online Course

strengthening families strengthening communities

For Parents of teenagers only starting 15/10/25 @11.30am

Want to get some new ideas to help you be the best parent you can be?

Enhance your relationship with your children?

Learning at a time that suits you?

6 online sessions

6 group discussions

Certificate on completion

What to expect...

- Information on strategies and child development.
- Hear from other parents.
- Worksheets and hand-outs.
- Videos, quizzes and fun activities.
- Do sessions at a time that works for you.
- Expert help from a real person each week.
- Choose a course that suits your child's age.

Topics covered...

- Healthy relationships.
- Understanding and managing behaviour.
- Enhancing children's self-esteem.
- Emotions and empathy.
- What to expect for the age of your child.
- Being part of a community.

Group discussion...

1. Speak to a course expert and get answers to any questions you might have.
2. Talk about how the strategies are going at home and how to adjust them for you.
3. Address other difficulties relating to parenting.
4. Hear from others about what works for them.

Find out more or register for the course by scanning the QR code or emailing us at: **sfscparent@racefound.org.uk**

Online Course

Stronger Relationships

For parents and other adult carers living together or apart **For parents of neurodivergent children only. Group starting 5 November at 1:00pm**

SFSC Stronger Relationships

- Do you want to get some new ideas to help you be an even better parent?
- Would you like to reduce the arguments and disagreements in your family and cope better with stress?
- Would you like to enhance your relationship with your current partner, or improve communication with your ex or the other people helping to raise your children?
- How about learning at a time that suits you?

6 online sessions

6 group discussions

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- Hear from other parents and carers.
- Downloadable worksheets and hand-outs.
- Videos, quizzes and interactive activities.
- Do sessions at a time that works for you.
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