

# Wellbeing Information for Parents

This page is intended to support parents and carers if they want to find sources of information or advice relating to wellbeing. If you have concerns, or are worried about your child's wellbeing, please contact the relevant student advisor at school who will be able to discuss the matter with you.

## Support during School Closure

During any period of 'physical school closure', parents and students are still able to contact the TGS Wellbeing Teams if they need to discuss individual support. Please email the relevant Student Advisor.

If you have a safeguarding concern and believe a child may be at risk of harm, telephone:

- 999 or 112 if someone is in immediate danger
- 101 for concerns that do not require an emergency response

We are updating the School Information page ([here](#)) of our website with new guidance and information.

In addition, the following are links to sources of advice for parents and carers:

Mental wellbeing

- [NHS Mental Wellbeing while staying at home](#)
- [Mind – Coronavirus and your wellbeing](#)
- [The Mental Health Foundation](#)

Keeping fit and healthy

- [Sport England – Stay in – Work out](#)
- [BUPA – Desk stretches](#)

## ADVICE FOR SUPPORTING STUDENT LEARNING AT HOME:

Advice has been produced by the British Psychological Society in response to the UK Government's announcement of school closures as part of the response to Coronavirus. It can be found [here](#).

[Struggling with sleep during lockdown?](#) Advice for students in a short Powerpoint. We have shared this information with students through their Year Group Team Channel.

We have also made students aware of the following support services through the Student Bulletin and the Student Wellbeing area of the website.

## Sources of Support for Parents

In addition to the websites listed for parents and students on this page, we would also like to draw your attention to the resources available from the [Charlie Waller Trust](#). Resources relate to general wellbeing, mental health and supporting children with anxiety.

We have also identified a range of free online short courses that parents/carers may find helpful:

[Covid-19: Psychological First Aid \(Public Health England\)](#)

[Anxiety in Children and Young People during COVID-19 \(UEA\)](#)

[COVID-19: Helping Young People Manage Low Mood and Depression \(University of Reading\)](#)

[COVID-19: Psychological Impact, Wellbeing and Mental Health \(Maudsley\)](#)

'Other Helpline services available for students' (*Ctrl+Click on the logos to access the sites*).

## YoungMinds Crisis Messenger

Provides free, 24/7 crisis support across the UK if you are experiencing a mental health crisis.

If you need urgent help, texts are free to YM to 85258. All texts are answered by trained volunteers, with support from experienced clinical supervisors.

## NSPCC

If you're worried about a child, even if you're unsure, you can speak to the NSPCC for advice, support and the next steps to take if a child's in danger.

Telephone lines are open **Monday to Friday 8am – 10pm and 9am – 6pm at the weekend**. You can contact them online 24 hours a day. Call 0808 800 5000 or Report [online](#). Email: [help@nspcc.org.uk](mailto:help@nspcc.org.uk)

## The Well-being Team

Student Advisor 7-9 – Mrs Court

Student Advisor 9-11 – Miss Hunn

Assistant SENCo – Mrs Ayling

Sixth Form Support Co-ordinator – Mrs McMurray

Mental Health Co-ordinator – Miss Simmons

School Counsellor – Mrs Ruffin

School Nurse – Mrs Short

### **Designated Safeguarding Leads:**

Designated Safeguarding Lead – Mr Barker

Deputy Designated Safeguarding Leads:

Mr Fitt

Mr Jardine-Viner

Mrs Ghali

Ms Bishop

Safeguarding Governor – Mr Mark Lavenstein (Contact through Main Office).

## Useful Links for Parents

These links will take you outside the TGS website. Inclusion of any link does not imply endorsement or approval by TGS of the linked website, its operator or its content nor is TGS responsible for the content of any website or web page outside of our own. We will make reasonable efforts to ensure the content available on linked websites is not defamatory or offensive.

### **Safeguarding**

We have reviewed a wide range of websites for parents that give information and advice relating to all aspects of safeguarding. There are hundreds of sites available on the internet aimed at parents and we hope that our review and recommendations will help save time, should you wish to find some reliable and up-to-date details on a particular issue.

The sites are outlined on the document:

'Useful Safeguarding Websites for Parents' (*Ctrl+Click on the logos to access the sites*).

## General Well-being

- [Relate](#)
- [NHS Live Well](#)
- [Family Lives](#)
- [Kent Police](#)

## Bullying

- [Beatbullying](#)

has information for parents to recognise the signs of bullying; be able to help and support children through the problems they are having and what the best ways are to broach the subject of bullying with them.

## Mental Health & Stress

- [Headstart Kent](#)

Is a lottery-funded voluntary mentoring service for students. The mentors offer one to one personalised support to help improve young people's lives.

- [Young Lives Foundation](#) – YLF is commissioned by Headstart kent to deliver mentoring intervention for our Sixth form students. The ambition is to better equip young people across all Kent districts, to help deal with difficult circumstances in their lives, with the aim to prevent common emotional and mental health problems and build resilience.

- [CXK](#): Emotional Health and Wellbeing Counselling Service providing therapeutic support on site. At TGS, we understand that promoting the emotional wellbeing of our students will support their academic success. Through CXK's specialist counselling service, they support students' development into resilient, well-rounded adults.

- [Charlie Waller](#)

Are one of the UK's most respected mental health charities. They help young people to understand their own mental health, to equip them to support themselves and those around them and to empower them to talk more openly about the subject. Much of their work takes place in partnership with those with responsibility for young people – families, schools, colleges, universities and employers. Here at TGS, we work with the Charlie Waller Trust on delivering a host of workshops and online webinars for Parents.

- [Liveitwell](#)

has been set up by people working in the voluntary and statutory sector in Kent and Medway. It has been designed as a source of information, help and guidance. It aims to promote wellbeing and better mental health in Kent and Medway for all and to help people connect with their local communities. It has useful contact details such as access to free counselling.

- [Young Minds](#)

offers information, advice and a helpline for parents.

- [SAFE](#)

is a youth-led project, which aims to raise awareness of mental health. They operate a 'SAFE SPACE' in school to offer peer support.

- [Alumina](#)

is a free, online 7 week course for young people struggling with self-harm and is run by friendly, trained counsellors and volunteer youth workers.

- [healthtalk.org](https://www.healthtalk.org/self-harm-parents-experiences/overview)

and the University of Oxford have created a new online resource to help parents of young people who self-harm. Researchers from the university's Department of Psychiatry have travelled all over the UK to interview 39 parents in their own homes, to find out what it's really like to have a child who self-harms. The research has been made into a detailed resource for other parents and carers in the same situation, with video clips from the interviews. You can find out more by visiting the website: <https://www.healthtalk.org/self-harm-parents-experiences/overview>

- [Understanding Young Minds: Self Harm](#)

A free online course by Virtual College that provides information on how to sensitively talk to your child about self-harm and tactics for increasing mental resilience.

## Healthy Eating

- [Beat](#)

provides helplines, online support and a network of UK-wide self-help groups to help adults and young people in the UK beat their eating disorders.

- [The New Maudsley Carers, Kent](#)

is a local self-help support group run by and for carers of a loved one with an eating disorder.

## Travel Safety

- [Kent Police](#) offers useful advice for students when travelling to school.

- [Kent Road Safety](#)

Kent County Council page with links to various road safety pages for pedestrians.

## Alcohol and Drug Awareness

- [Kenward Trust](#)

offers a full range of support and intervention services. They also regularly contribute to our delivery of PSHE in school.

- [Alcohol Education Trust](#)

is an excellent site that gives advice and guidance for parents and young people.

- [Talk about Alcohol](#)

gives parents and young people the facts about alcohol – what it is, what it does, and what the laws are.

- [Talking to Your Kids About Alcohol](#)

Free downloadable resources to help when talking to children about alcohol.

## LGBTQ/Gender Identity

- [Mermaids](#) has been supporting transgender, non-binary and gender-diverse children, young people and their families since 1995. Mermaids has empowered thousands of people with its secure online communities, local community groups, helpline services, web resources, events and residential weekends.

- [GIDS](#) The Gender Identity Development Service (GIDS) is a highly specialised clinic for young people presenting with difficulties with their gender identity. Our service was established in 1989.

## **Sexual Health**

- [Family Lives](#)

Offers a wide range of advice for parents of teenagers regarding conversations pertaining to sex and sexual health.

## **Bereavement**

[Slideaway](#) gives children access to a bereavement support service, which acknowledges their grief and experience of loss following the death of a close relative or friend.

[Hope Again](#) is the youth website of Cruse Bereavement Support. It has been created for young people, by young people. They offer support, advice and a type of signposting service, solely online to children and young people who have lost a loved one/s.

[Chums](#) offer specialist bereavement support to children and young people from 3½ up until their 26th birthday in Kent and Medway.

[Winston's Wish](#) was the UK's first childhood bereavement charity. They continue to lead the way in providing specialist child bereavement support services across the UK. Winston's Wish provides emotional and practical bereavement support to children, young people and those who care for them.

## [Link to Kent County Council SEND strategy](#)

[The aim of the KCC SEND strategy](#) is to improve the educational, health and emotional wellbeing outcomes for all of Kent's children and young people with special educational needs and those who are disabled.

[COUNSELLING DIRECTORY](#) is a nationwide database of counsellors and psychotherapists who are members or a recognised professional body.

*PLEASE NOTE: The link will take you outside the TGS website. Inclusion of this directory does not imply endorsement or approval of any particular counsellor by TGS.*

*If you opt to see a counsellor/psychotherapist, please make sure that you ask to view a copy of their relevant qualifications, as well as up-to-date insurance and professional body membership(s) before your first session. We strongly recommend that you do take the necessary steps to verify this information, as we will not be held responsible for any false information.*

## [Chathealth](#)

Chathealth is a texting service for the 11 to 19 age group and it's proving to be a popular option with young people in Kent. Chathealth is a confidential service where young people can have direct contact with a member of the School Public Health Team by text with the offer of face to face support if needed, around a range of public health topics.

The service which is open Monday to Friday 9am to 5pm. The number is 07520 618850.

## **Mindfulness**

Students use it to:

- Feel happier, calmer and more fulfilled
- Get on better with others
- Help them concentrate and learn better
- Help them cope with stress and anxiety
- Perform better in music and sport

Tonbridge Grammar School follows the *UK Network for Mindfulness-Based Teachers' Good practice guidelines for teaching mindfulness-based courses*.

Click [here](#) to find out more about our Mindfulness Programme taught at TGS (<http://mindfulnessinschools.org/mindfulness/>).

[Click here to download a Quick Guide to Mindfulness.](#)

## MINDFULNESS AUDIO TRACKS

These exercises are available online as downloadable audio tracks and vary in length from 3 minutes to 25 minutes. Listening to the guided mindfulness exercises is the easiest way most people practice mindfulness as beginners.

Click [here](#) to go to the AUDIO TRACKS.

## School Nurse

The School Nurse supports the school in promoting and protecting health and wellbeing. School nurses are qualified nurses, with specialist training in public health.

Provision by the School Nurse includes school-based support for individual pupils and extra support for families needing more help where there is a health concern or long-term condition. The school nurse can provide health education/promotion and confidential support, advice and signposting for emotional health and wellbeing, puberty and growing up, healthy eating, lifestyle and sexual health.

All students have access to the School medical room for assessment and/or treatment of minor illness and injuries that occur during the school day. There are also a number of qualified first aiders available throughout the School to assist students.

If your child needs medication to be administered during school hours, please [click here](#) to complete and submit the online form 'Permission to administer Over the Counter Medication at School'. Within this form, there is also a link to download a consent form to administer prescribed medicines as dispensed by a pharmacy. Please send this form in with your child, to be delivered to the School Nurse via the Main Office.

The Kent Community Health NHS Foundation Trust is currently responsible for providing routine school-age immunisations and they visit the School to provide the following:

- Year 8 – Human Papilloma Virus (HPV) vaccination programme
- Year 9 or 10 – Tetanus/diphtheria/polio (Td/IPV) booster and the meningitis ACWY vaccine.

Kent Community Health NHS Foundation Trust also provide a county wide School Nursing Service. If students or parents have a problem or concern that they wish to discuss in confidence they can contact a member of this team who are also available during the school holidays.

Phone: 0300 123 4496

Email: [kchft.schoolhealth@nhs.net](mailto:kchft.schoolhealth@nhs.net)

Website: [www.kentcht.nhs.uk/schoolhealth](http://www.kentcht.nhs.uk/schoolhealth)