

HaileyburyTurnford

Ambition • Pride • Success

September 2019

Issue No.1

Dear Parents/Carers

Being **Ready** to Learn

Our 3 key minimum expectations for every child at HT include being **Ready** to Learn, being **Respectful** to all staff, students, visitors to our school and residents in our local area and following routines and rules to keep **Safe** at all times. In following and maintaining our key expectations at all times and from every student we will ensure we create the right learning environment and culture in our school where every child can succeed. I would like to thank all Parents/Carers in continuing to support our school expectations throughout the year.

Our expectations of you are to be: Ready, Respectful and Safe

Ready	Respectful	Safe
<ul style="list-style-type: none">▪ Full school uniform, worn properly▪ Attend on time with all equipment including Planner▪ No gum, fluid or food other than water▪ All headphones, phones and other electronic equipment out of sight and switched off.	<ul style="list-style-type: none">▪ Do as you are asked by all members of staff▪ Listen to others, use appropriate language and a polite tone▪ Look after each other, the building, displays and equipment	<ul style="list-style-type: none">▪ Follow rules and routines for health and safety.▪ Keep hands, feet, objects and personal comments to yourself▪ Be in the right place, in the right time and not in unsupervised areas



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Helping your child with Anxiety

The start of the school year is an important time for students, especially for those students who are starting a new school or for a child who has a Special Educational Need or Disability. Most students will feel anxious at the start of a new year and term and this Pastoral Newsletter is intended to provide help and support with ways you can support and find help for your child.

Young Minds UK is an organisation offering parents and carers advice on how to support a child who may be suffering from anxiety of other mental health and wellbeing issues. The following advice is taken from www.youngminds.org.uk



Haileybury Turnford, Mill Lane, Cheshunt, EN8 0JU 01992 308333 www.haileyburyturnford.com
Principal: Robin Newman MSc MBA

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Registered office: Haileybury Academy Trust, London Road, Hertford Heath, Hertford, Hertfordshire, SG13 7NU

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These are things that can really make a difference:

1. Talk to your child about anxiety, what is happening in their body and why it happens. Many children and young people don't know what they are feeling when they are anxious, and it can be very frightening and overwhelming. They might even think they are very ill or that they are having a heart attack.
2. Help them to recognise anxious feelings so they can tell when they are becoming anxious and can ask for help.
3. Tell your child it will be okay, and the anxiety will pass. It can be helpful to describe the anxiety as a wave to ride or surf that gets smaller after it peaks.
4. Get your child to breathe deeply and slowly, in through their nose for three counts and out through their mouth for three counts.
5. Distract them by focusing on something else.
6. Give them a cuddle or hold their hand if they will let you - touch can be soothing.
7. It can help to talk to your child about finding a safe place in their mind - somewhere that they feel relaxed and happy. It may be a grandparent's or friend's house or a holiday beside the sea which they can picture when 'wrong thoughts' come into their head or they are feeling anxious. Sometimes holding a memento, like a seashell or pebble, can help.
8. If your child is feeling the need to check things or repeat certain actions, suggest they count up to 10 before they start checking as a delaying tactic. [This website](#) has some good ideas.
9. Encourage your child to notice what makes them anxious. Talking it through can help but your child could also try keeping a diary or a 'worry book'.
10. Make a 'worry box'. Your child can write each worry down and post it in the box out of sight. Small children will enjoy decorating the box too. They can leave the worries in there for, say, a week to see if they were worth worrying about (if not they can be torn up). Alternatively, you could designate a specific 'worry time' for around 10 or 20 minutes, (but not too close to bedtime, or when the child is in bed), so worries can be saved up for that time. This gives the message that we are in control of their worries and not vice versa.
11. Work on positive-thinking. Name their worst case scenarios and think through together how to sort out the situation if it happens, e.g. 'I'm worried that we'll miss the bus.' 'What do you think we could do if that happens?' 'We could get the next bus'.
12. Help them maintain a healthy lifestyle with regular exercise to reduce the levels of stress hormones, good sleeping habits, calm bedtime routines, limited screen or computer time in the evening, and a healthy diet.

Young Minds have produced a useful guide for Parents and Carers. The A-Z guide offers advice on a number of mental health and well-being issues giving useful, practical advice and strategies to support children and young people. This guide can be found here:

<https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/>



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Our Pastoral Team, including your child's Tutor are always available, should you require any further advice or support about any issue concerning mental health and well-being.

Our qualified **Mental Health First Aider** is Mrs V Elliott. Mrs V Elliott is also our Deputy Safeguarding Person.

If you have any concerns or queries relating to any of the above information, please do not hesitate to contact your child's Tutor, Assistant or Year Achievement Coordinator.

Mrs M Goodes
Vice Principal



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