



Welcome to Issue 4 of our Parent Social and Emotional Wellbeing Newsletter.

In our last issue, we added an extended section on Eating Disorders and what to do if you feel your daughter is showing some red flags with their eating patterns, and where to get support. You can still access this by [clicking here](#). You can also access Christine Bailey's Eating Disorder Webinar by [clicking here](#).

In this issue, we have an extended section on Exam Stress and Anxiety and how you can support your daughter in the run up to Public Exams for those in years 11 and 13, who will be sitting their GCSE and A-Level exams and for years 7-10 and 12 in Senior Department, in the run up to School Exam Week – May 22<sup>nd</sup>-26<sup>th</sup>.

We would like to take this opportunity to wish our amazing Year 11 and 13 pupils the very best of luck in their upcoming public examinations. We are so proud of what they have all achieved so far on their DHS journey. However, please remember that these exams alone do not define who they are. There are so many different routes they can take in their life that will help them achieve their goals and dreams.

This half term, we will be supporting The Prince's Trust and other pupil nominated charities through the 'Fiver Challenge'.

## Elevate Revision Workshops – Preparing for exams and managing workload to avoid burn out and stress.

On 28<sup>th</sup> March, pupils in Years 7-10 and 12 took part in bespoke Study Skills workshops, delivered by Elevate, one of our outside agencies. The feedback from the girls was very positive. The workshops were funded by our wonderful Parents and Friends Committee. Pupils will be practising the skills introduced to them in the workshop, during Tutor Times in the run up to Exam Week (22<sup>nd</sup> May to 26<sup>th</sup> May).

The timing was designed to be 8 weeks before Exam Week to allow them to practise the skills and relate them to their different subjects. It also enables them to manage their time, to avoid burn out and becoming overwhelmed.

Elevate also delivered a fantastic parent workshop focussing on 'How you can support your daughter during exam periods' on the same evening. Thank you to all those who attended. A parent guide was emailed to all who attended.

Year 11 and 13 experienced their workshop in November, in preparation for their Mock Exams. They will continue with revision in Tutor Time.



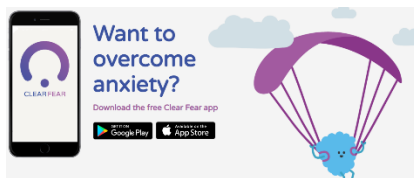
## Year 11 PSHCCE Sessions- Supporting Positive Emotional Wellbeing in the run up to the GCSE's.

Girls in Year 11 have been focussing on a number of wellbeing activities to enable positive self-care during the run up and throughout their GCSE exams. They have explored the importance of sleep, practised basic Tai chi and Yoga moves and learnt how Mindfulness can be used to clear your thoughts and give some much-needed down time.

## Clear Fear App

Sometimes when we are becoming worried or anxious, the feelings are strong and we don't know what to do.

Clear Fear allows you to face your fears through distraction, thought challenging, releasing emotions and techniques to help with physical symptoms of anxiety. Click on the picture below to visit the website or to download the app.



## Action for Happiness Calendar – Meaningful May May – Happier. Kinder. Together

Access the calendar for Meaningful May by clicking [here](#).



### Wellbeing Hub

All pupils have now registered and been inducted on how to use the Wellbeing Hub.

If you haven't already signed up to The Wellbeing Hub, we would encourage you to do so and take advantage of this fantastic resource. It is completely free, with the costs covered by school, and there is no need to enter a coupon code as the link below will set you up automatically. You can sign up now by [clicking here](#). Just remember to enter the school name as 'Durham High School'.

As part of the membership, you have access to:

- Training and courses
- Interviews, articles and tips
- Inspiring Futures Podcast
- Ask the Expert and live Q&As
- Other exclusive member offers



### Positive Thinking Techniques

Research suggests that thinking of, and listing, three good things each day can contribute to increased happiness in the short term and longer term. Even better, this exercise is simple to do.

Just spend a few minutes each evening reflecting on the day until you think of three good things.

Spread the positive vibes, and think about sharing your three things with those that you love!



### School Counsellor- Ian Quigley

There are times in our life when we may feel sad, worried or troubled about our feelings or behaviour, and often they can get in the way of life.

If your child is confused or feels alone, or is experiencing stress, anxiety, relationship difficulties, bereavement and loss, negative thinking and anger, an appointment with Ian may be beneficial. Speak to your child's Head of Year or Class teacher (Pre-Prep and Prep) to make an appointment or our Mental Health Leads, Mrs Hall, Pre-Prep – Year 4, Mrs Lonsdale, Year 5-9, Mrs Wheeler. Years 10-13.



### Suggestions?

The next Wellbeing Newsletter will be published in July. If you have any comments or suggestions about what you would like to see in it, please let us know via: [enquiries@dhsfg.org.uk](mailto:enquiries@dhsfg.org.uk).

**If a person is at risk of immediate harm always ring the Police on 999.**

### Support agencies:

Durham CAMHS Crisis Team: 08000516171

KOOTH online counselling and Wellbeing support: [www.kooth.com](http://www.kooth.com)

Anna Freud:

<https://www.annafreud.org/on-mymind/urgent-help/>

Young minds: [www.youngminds.org.uk](http://www.youngminds.org.uk)

Samaritans: Call 116123 or email [jo@samaritans.org](mailto:jo@samaritans.org)

NSPCC: [help@nspcc.org.uk](mailto:help@nspcc.org.uk)

08088005000

### Bereavement:

[www.mind.org.uk](http://www.mind.org.uk)

[www.cruise.org.uk](http://www.cruise.org.uk)

[www.youngminds.org.uk](http://www.youngminds.org.uk)

[www.sueryder.org](http://www.sueryder.org)

[www.nhs.uk](http://www.nhs.uk)

[www.supportline.org.uk](http://www.supportline.org.uk)

### Eating disorders:

BEAT: [www.beateatingdisorders.org.uk](http://www.beateatingdisorders.org.uk) – offers support to parents.

Children can also talk to an adviser on the youth helpline 0808 801 071.

Every issue we provide an extended focus on a different Mental Health concern, as highlighted by parents who completed our Social and Emotional Wellbeing Survey at the start of this academic year. Exam Stress and worry featured highly on the list of parent concerns.

At DHS, we know how much pressure our girls put on themselves to be the best version of themselves and achieve at the highest levels in exams.

To help the girls keep perspective, through the Health and Wellbeing Strand of PSHCCE, we teach about recognising feelings of worry and stress and that they are normal, everyday feelings. We explore different ways to manage those feelings to prevent them becoming a mental health problem.

For some children, managing exam stress and worry is not easy and it can become a daily struggle, especially in the run up to exams.

To help you support your children manage their worries and concerns about exam stresses and pressures, we have made it our focus for this extended issue and have signposted to different organisations.

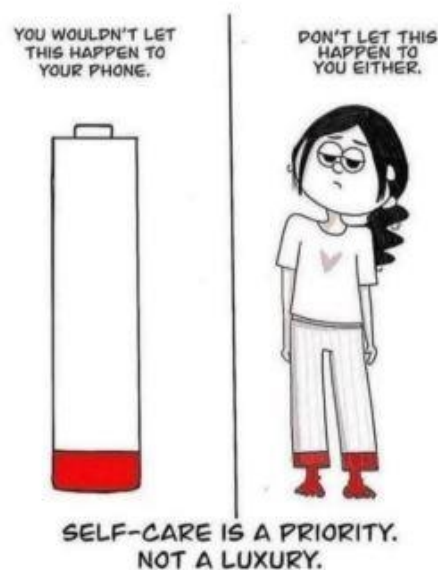
### **If you need support from School:**

Please contact your daughter's Head of Year if you spot any issues.

## **Supporting your daughter with exam worry or stress**

Exam season can be a really daunting time for some young people, whereas others seem to just take it in their stride. You, as parents may also be feeling under pressure as you want them to be able to do their best and put the effort in. You may find that helping them get organised for revision is an uphill struggle but it is important to note that each young person has their own way of revision that often works for them. If they are struggling, have a chat to your daughter's Head of Year in the first instance for support and advice.

As a parent you can really help your children through this time, just by being there for them and encouraging them to talk about their feelings and fears. Arrange some downtime for them during revision in the lead up to the exams and in between the actual exams so they can fully recharge before the next exam. Having some balance is very important and can help them manage their stress and anxiety levels.



It is important to remember that every child will approach their exam season in their particular way.

### **What can I do to help?**

- Ensure they have a comfortable place to work and study which is quiet. If you do not have a suitable spot, make it easy for them to study elsewhere, like School Homework Club, the Private study areas (Sixth Form) or the Library at School
- Provide regular balanced meals and snacks

### **Other tips that can help:**

- Accept that some people can revise better with music or the TV on in the background (your preferred method might not work for your daughter)
- Establish a revision routine by re-arranging the family's schedules and priorities that works for them
- Be lenient about chores and untidiness as much as you are able to
- Give them a break and understand lost tempers and moodiness
- Try to avoid 'nagging' them as it can help them lose focus
- It is never too late to study, revise or ask for help
- Don't go in for bribes; encourage them to work for their own satisfaction
- Help your daughter by keeping calm, positive and reassuring and put the whole thing into perspective
- Schedule small and frequent rewards for the effort they are putting in
- Arrange some 'downtime' so they can have a break from revision and exams and enjoy some much-needed family time.

## Advice about NHS strikes

[Find out what to do during the NHS industrial action from NHS England](#)

[Home](#) > [Mental health](#) > [Mental health for children, teenagers and young adults](#) > [Advice for parents](#)

# Help your child beat exam stress

Tests and exams can be a challenging part of school life for children and young people and their parents or carers. But there are ways to ease the stress.

To access their webpage, please click the link below:

<https://www.nhs.uk/mental-health/children-and-young-adults/advice-for-parents/help-your-child-beat-exam-stress/>



## YOUNGmINDS

fighting for young people's mental health

Young Minds have produced a parent lounge video on how to support your child with exam stress and during exams.

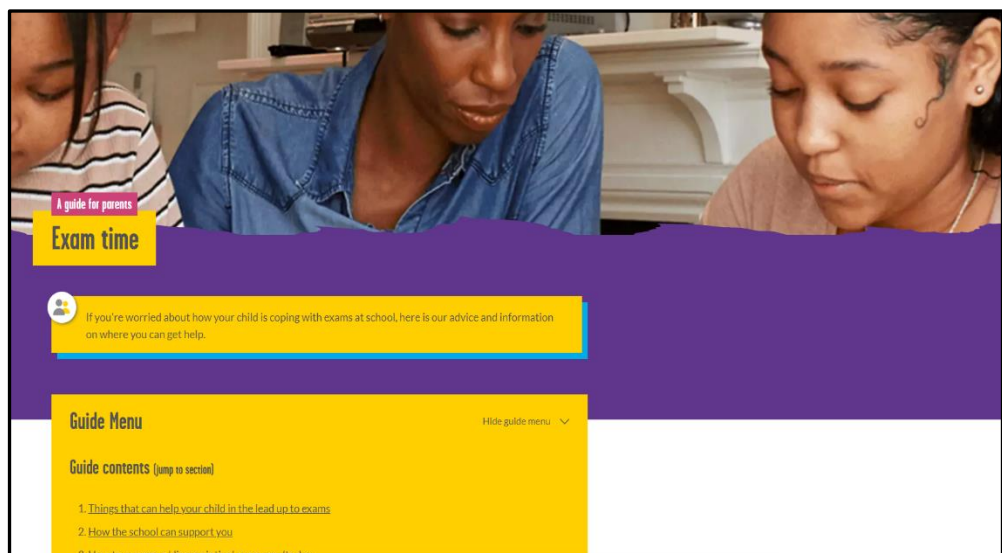
View the video by clicking here:

[https://www.youtube.com/watch?v=6\\_BCnGhZiAg&t=31s](https://www.youtube.com/watch?v=6_BCnGhZiAg&t=31s)

Young Minds have also produced a parent guide to Exam Time, including how you can support your child.

View the guide by clicking below:

[https://www.youtube.com/watch?v=6\\_BCnGhZiAg&t=31s](https://www.youtube.com/watch?v=6_BCnGhZiAg&t=31s)



The screenshot shows the BBC Bitesize website interface. At the top, there is a navigation bar with the BBC logo, a 'Sign in' button, and various service icons (Home, News, Sport, Weather, iPlayer, Sounds, Bitesize). A search bar is located on the right. Below the navigation bar, there are tabs for 'Home', 'Learn', 'Support', and 'Careers'. The main content area features the article title 'Exam stress - How can parents help' and a sub-header 'Part of Support'. An orange button labeled '+ Add to My Bitesize' is visible. Below the article title, there is a section titled 'Welcome to the Parents' Toolkit' and another section titled 'Young people and pressure' with a brief description: 'Teenagers, their parents, and Dr Anna Colton discuss pressure during the exam season.'

Psychologist Dr Anna Colton gives her advice on how to support your daughter with exam pressure. There is also a video where teenagers, their parents, and Dr Anna Colton discuss pressure during the exam season.

View the guide by clicking below:

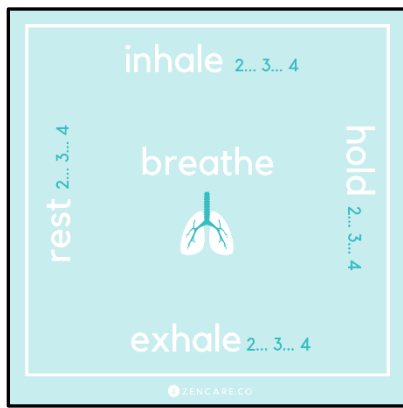
<https://www.bbc.co.uk/bitesize/articles/zckydxs>

Priory Group have written an informative blog about How to de-stress your teenager ahead of School exams.

To access the blog please click the link below:

<https://www.priorygroup.com/blog/how-to-de-stress-your-teenager-ahead-of-school-exams>

The screenshot shows the Priory website. The top navigation bar includes the Priory logo and a 'Treatment enquiries' link. Below the navigation bar, there are four menu items: 'Mental Health', 'Addictions', 'Eating Disorders', and 'Drug Rehabilitation'. The main content area features a large image of a person's hands writing in a notebook. Overlaid on the image is a blue box with the text 'How to de-stress your teenager ahead of school exams'. Below the image, there is a breadcrumb trail: 'Home > Blog > How to de-stress your teenager ahead of school exams'. At the bottom, the title 'How to de-stress your teenager ahead of school exams' is repeated in a large, bold font.



## Square Breathing Technique to help with exam worry and stress

**What is it:** Square breathing is a type of breathwork that can shift your energy, connect you more deeply with your body, calm your nervous system, and reduce the stress in your body. It is also referred to as box breathing, 4x4 breathing, and 4-part breath.

**When to use it:** Square breathing can be useful in many situations, including:

- To calm yourself down when faced with stress or feeling overwhelmed.
- Before you need to respond to a high stress situation
- When trying to sleep.
- To reduce work stress.
- To reset your creative juices.
- When you need to clear your head
- In a meeting at work.
- When setting your intentions for the day
- When making a big decision.

### How to do square breathing

- Begin by slowly exhaling all of your air out.
- Then, gently inhale through your nose to a slow count of 4.
- Hold at the top of the breath for a count of 4.
- Then gently exhale through your mouth for a count of 4.
- At the bottom of the breath, pause and hold for the count of 4.

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**If you feel things are getting more serious and your daughter needs specialist help, then there are organisations that you can get in touch with to talk about how your daughter is feeling. They can then signpost you to support too. Some organisations are highlighted in the green box on the top right-hand side of this newsletter, but there are some additional agencies below.**

### **Call NHS 111**

If you need help urgently for your mental health but it's not an emergency or if you're not sure what to do, you can also call NHS 111 to talk to a nurse or mental health nurse for support.

### **Hopeline**

If you are under 35 and having similar feelings, call Papyrus's [HopelineUK](#) from 9am to 10pm weekdays and 2pm to 10pm on weekends. Call HopelineUK on 0800 068 41 41 or Text 07786 209697.

### **Shout**

[Shout](#) also offers confidential 24/7 crisis text support for times when you need immediate assistance. Text "SHOUT" to 85258 or [visit Shout Crisis Text Line](#)

### **Childline**

If you're under 19, you can also call free on [0800 1111](#) to talk to [Childline](#). The number will not appear on your phone bill.

### **Talk to your GP**

You can also talk to your GP about your mental health concerns and can be referred to other services for specialist support if needed.

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