



# Personal Development: A Guide for Parents/Carers

## In the news: how do I speak to my child about conflict?

Conflict is an incredibly difficult topic of conversation for children and adults alike. There is an unrelenting amount of information available to young people via. Social media can often be graphic and distressing

Content they see online can also be polarising – dividing groups of people into either ‘good’ or ‘bad’, often using offensive or discriminatory language.

If your child has a phone and access to social media, please do speak to them about anything they may have seen online.

Unicef has a helpful guide for parents and carers about how to approach the topic with your child which you can view by [clicking here](#).

Attached to this email is a guide from National Online Safety about how to support your child if they have seen distressing content online.

**If you or your family are affected by current conflicts, please inform your child’s tutor so they can further support your child in school.**

### Click on the links below to access further support:

[Young Minds](#): general support with children’s mental health

[Kooth](#): an online mental health support charity for young people

[Childline](#): general support with children’s mental health

[NottAlone](#): a mental health support service for young people covering Nottingham City and Nottinghamshire

[Young Minds guide](#): how to talk to your child about mental health

# Year 8: Spring Term 1

## Unit 3: Emotional Well-Being

Students will be learning about mental health and well-being in more depth this year. Students will learn about attitudes towards mental health including stereotypes, myths and stigma which may prevent people from seeking help. In lesson 3, students will consider unhealthy coping strategies; this lesson will briefly touch on ideas around self-harm and eating disorders. Following this, students will consider their own daily well-being and how to manage their emotions focusing on healthy coping strategies.

Students are signposted to support services at the end of each PD lesson. We also have the following services that run within school:

- Wellbeing drop-in service every Monday-Thursday between 1:10-1:40pm with Miss Wilson and Miss Blair in the well-being hub.
- Mental health support team (MHST) drop-in service runs every Friday lunchtime with Olivia from MHST in the well-being hub.
- A school nurse (from the local NHS authority) visits every Thursday between 12:40-1:55pm. This service runs from the office at the back of the dining room. This is a confidential drop in.
- Our reflection room is open for students to use every lunchtime in room 34 between 1:10-1:40pm to pray or have some quiet reflection time. The direction of Mecca is clearly signposted for students as well.

### Discussion points/questions for home:

- What does your child do when they have a down day or are feeling low?
- Does your child know what to do if they were concerned about a friend’s mental health or well-being?
- In their final two lessons, students explore healthy coping strategies. You could try some of these at home: going for a walk, listening to music, watching some feel-good TV, create something together such as a cake or a jigsaw, mindful colouring, yoga, meditation etc.