



Welcome to
Langley
Grammar
School

Parent Forum

Supporting Students' Mental Health

Supporting students' mental health:

We want to:

- Provide information about the main triggers of anxiety and ill mental health for students;
- Explain what we do in school to support students' mental health and to keep students safe;
- Provide up to date information about strategies for students to use to help improve their mental health;
- Signpost you to further sources of advice and guidance.



National Picture

1 in 5

The number of young people with a probable mental disorder (the highest on record)

50%

Percentage of mental health conditions that start by the age of 14

3,355

Number of urgent referrals to young people's mental health services in October 2023 (a sharp increase compared to previous years)

30%

Percentage of young people too embarrassed to seek mental health support

What do we mean by 'mental health'?

- Mental health is a state of mental wellbeing that lets people:

Cope with the stresses of life

Realise their abilities

Learn well and work well

Contribute to their communities

- Everyone has mental health – it's a key part of our overall health and wellbeing
- It's more than the absence of a mental disorder

Other key terms



Mental wellness or positive mental wellbeing:

- Generally happy or feeling OK in mood
- Still normal to experience sad, anxious or angry thoughts and feelings, but they're proportionate to events that trigger such feelings and are often short-lived



Mental ill health or poor mental wellbeing:

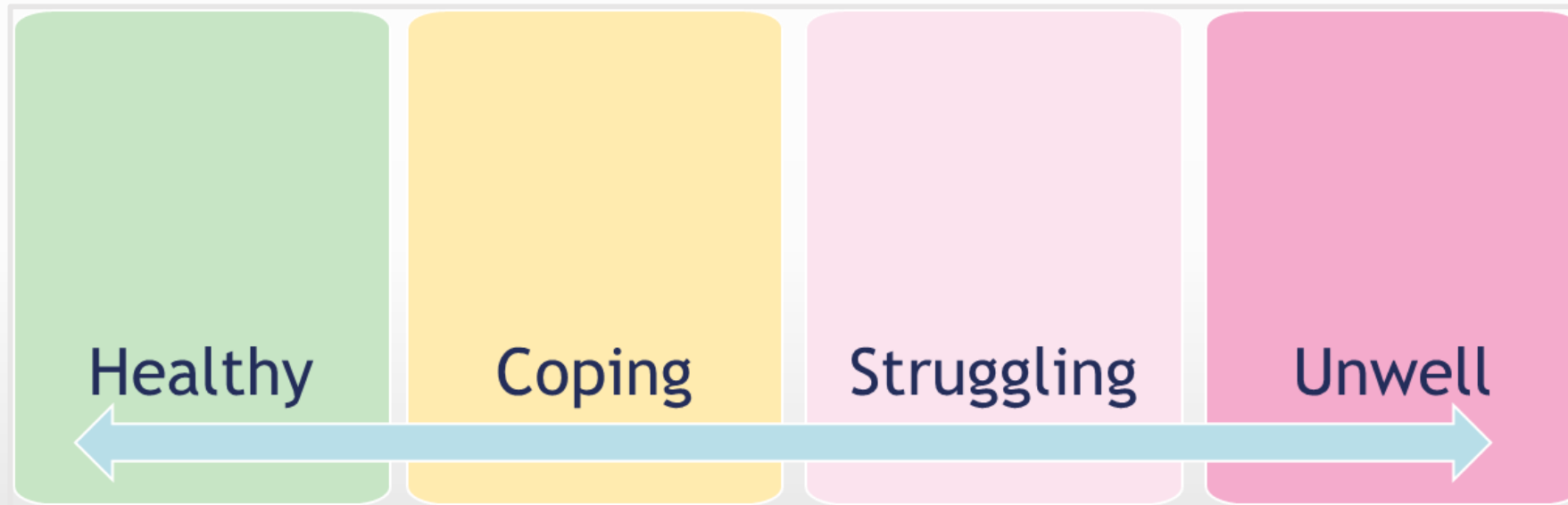
- When patterns in our mental health or behaviours cause distress or stop us from functioning in a healthy way. May include low mood that doesn't go away over time



Mental health disorder/condition:

- Some symptoms of mental ill health may result in the diagnosis of a mental health condition

Mental health is a spectrum



What does positive mental wellbeing look like?

Feeling good, and that life is going well

Developing and thriving

Learning about and exploring the world

Coping with change, setbacks and uncertainty

Able to regulate emotions

Forming and maintaining good relationships

What does this look like day to day?

Imagine a pupil called Jenni.

When Jenni has positive mental wellbeing, she:

- Can concentrate and engage with school
- Is positive about the future
- Can control her emotions
- Can handle pressures such as tests and exams well



What are indicators that a child is struggling with their mental wellbeing?

Changes in behaviour, emotions or school performance

Physical signs, such as unexplained injuries

Less interest in things they usually enjoy

Increased social isolation

Changes in eating habits or weight

Low mood, tearfulness or being irritable and intolerant of others

What does this look like day to day?

If Jenni is struggling with her mental wellbeing, she might:

- Not do as well at school
- Find it harder to deal with pressures like tests and exams
- Have more emotional outbursts
- Spend less time with her friends or on hobbies



How to talk to your child about mental health and wellbeing

Find an appropriate time to talk in a relaxed, quiet place

Offer empathy rather than solutions

Take what they're saying seriously, acknowledge feelings and don't minimise them

"I'm really sorry to hear you're going through this."

Actively listen and give your full attention

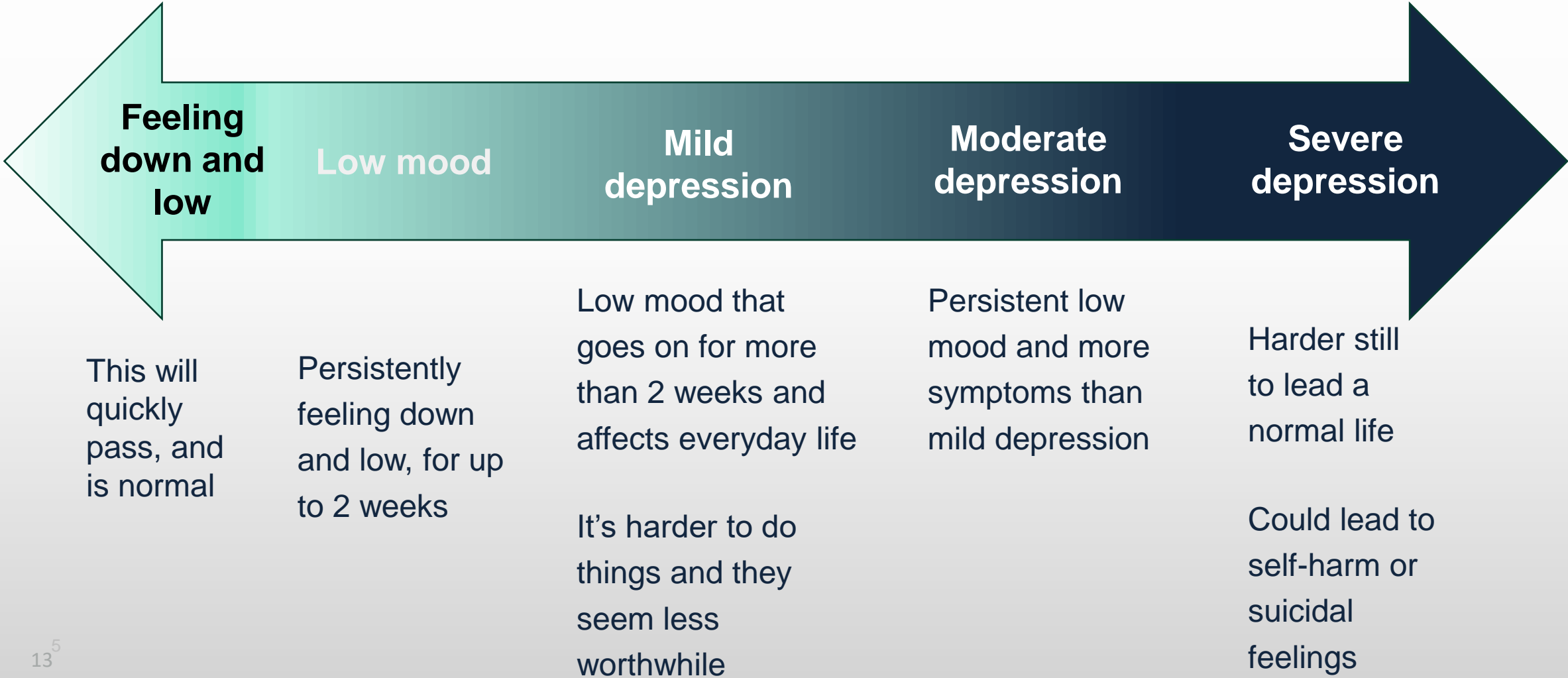
Don't promise not to tell anyone

Remember that children with SEND may struggle to tell you their feelings and need extra support

Low Mood and Depression



Feeling sad or down is normal – but when is it more than that?



Why do children experience depression?

Difficult life events

Experiencing
discrimination

Family
difficulties

Being abused

Being bullied

Having a parent or
family member with
physical or mental ill
health

Moving schools
or home

Bereavement
and loss



Signs that something is wrong

Feeling unhappy or miserable, or becoming tearful

Being tired or not having any energy

Being moody and irritable

Losing interest in things they used to enjoy

Becoming withdrawn or isolating themselves

Feeling hopeless or worthless



Look for a change in a child's mood that goes on for more than a few days

Conversation starters

You don't seem your usual self today.
What can I do to help?

What was the biggest
problem you had today?

You said something earlier
about how you were feeling.
How do you feel now?

You look worried today. What is it that's
made you feel worried?



Help develop self-care strategies

Find relaxing things to do

Try an activity

Write down how they feel

Socialise with others



Use distraction techniques

Listen to music

Set goals

Exercise

What not to do



Make light
of what your child is
saying



Minimise
what your child is
saying



Refer to personal
examples

Eating Disorders



EATING DISORDERS



THE SILENT STRUGGLE AND PATH TO RECOVERY



To what extent are eating disorders a problem for young people?

It's estimated 1.25 million people have an eating disorder, and a **disproportionate number are below 25**

Of children ages 11 to 16, the rate of possible eating problems is 12.3%

Anorexia nervosa is known to have the highest mortality rate of any psychiatric condition

Hospital admissions for young people due to eating disorders have increased by over 10,000 a year

Hospital admissions of young men for eating disorders have more than doubled

Different types of eating disorders

Anorexia nervosa

Avoidant
restrictive food
intake disorder
(ARFID)

Bulimia nervosa

Binge-eating
disorder (BED)

Pica

OSFED



Eating disorders and social media



- **What might a child see?**
- Content which can have a negative affect on body image
- Harmful content that promotes eating disorders, such as 'pro-ana' and 'pro-mia' content
- Advertisement of weight-loss products

Signs that a pupil may have some form of disordered eating

Changes in weight

Changes in eating habits

Exercising more

Lying about their eating or weight

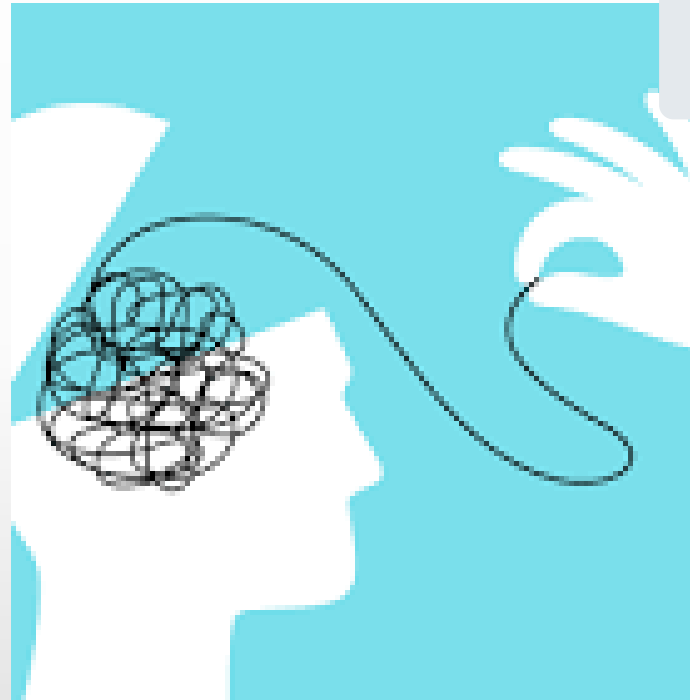
Absence from school or lessons

General changes in behaviour

Refusing to change in front of others

Wearing loose-fitting clothes

Going to the toilet a lot after eating



More specific symptoms

Anorexia

- Weight loss
- Lying about how much they've eaten or what they weigh
- Avoiding eating around other people
- Cutting food up into small pieces to disguise how little they're eating

Bulimia

- Eating a lot of food, very quickly
- Going to the toilet a lot after eating
- Excessively exercising
- Physical signs, such as a puffy face, tiredness, or self-harm

Binge-eating disorder (BED)

- Eating a lot of food, very quickly
- Trying to hide what they're eating
- Storing up on supplies of food
- Putting on weight (although this doesn't always happen)

Be mindful of language

Ugh, I feel so fat today

I need to get my summer body ready

That's a waste of calories

Go on then, I'll be bad

You're not fat, you're beautiful!

Suicide



“What should I look out for?”

Look out for:

Expressing hopelessness
about the future

Giving away things that are
important to them

Preoccupation with death,
dying or suicide

Statements about
death or suicide



An apparent improvement in mood could be a sign the child has resolved to end their life

What not to say

- “Commit” suicide
- “You’re not thinking about doing something silly, are you?”
- “Attention seeking”
- “It’s not that serious”
- “Successful” suicide



Self-care

- Give yourself permission for 10 minutes each day to recharge your batteries.
- Be kind to yourself
- Make a to-do list
- Ask for help
- Maintain energy levels
- Prioritise sleep
- Stay connected with friends
- Say 'no' to things
- Take time away from social media
- Remember your passions



Manage screen time

- Set parental controls
- Agree rules on screen time
- Talk to your child about staying safe online
- Encourage off-screen activities





Jamf app



Langley Grammar School

≡ MENU

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Jamf Parent App

Jamf Parent is a free app that allows you to manage your children's school iPad, from your own mobile device.

You can only add a child's device to Jamf Parent, or manage your children's devices, with Jamf Parent outside normal school times (7am - 3.30pm Mon-Fri).

Note: Images below are from an Apple device. Options may vary with other devices.

Get Started:

1. Install the Jamf Parent App on your mobile device, from your mobile app store.



Mental health: our approach

- Children are taught about mental health as part of the curriculum
- We keep parents informed by sending updates via the newsletter and Parent Forums
- We have filters and monitoring systems in place e.g. Smoothwall & Apple Classroom
- We work with our local safeguarding partners and external agencies



What are we doing as a school?

- Mental Health strategy
- Mental health awareness week
- Young Health champions
- Tutor programme and PCs
- School ethos
- Teach social and emotional skills
- Talk about mental health
- Support children who are more at risk
- Work with families
- Support staff wellbeing
- Spot potential signs and get support



PCS Curriculum

Year 7:

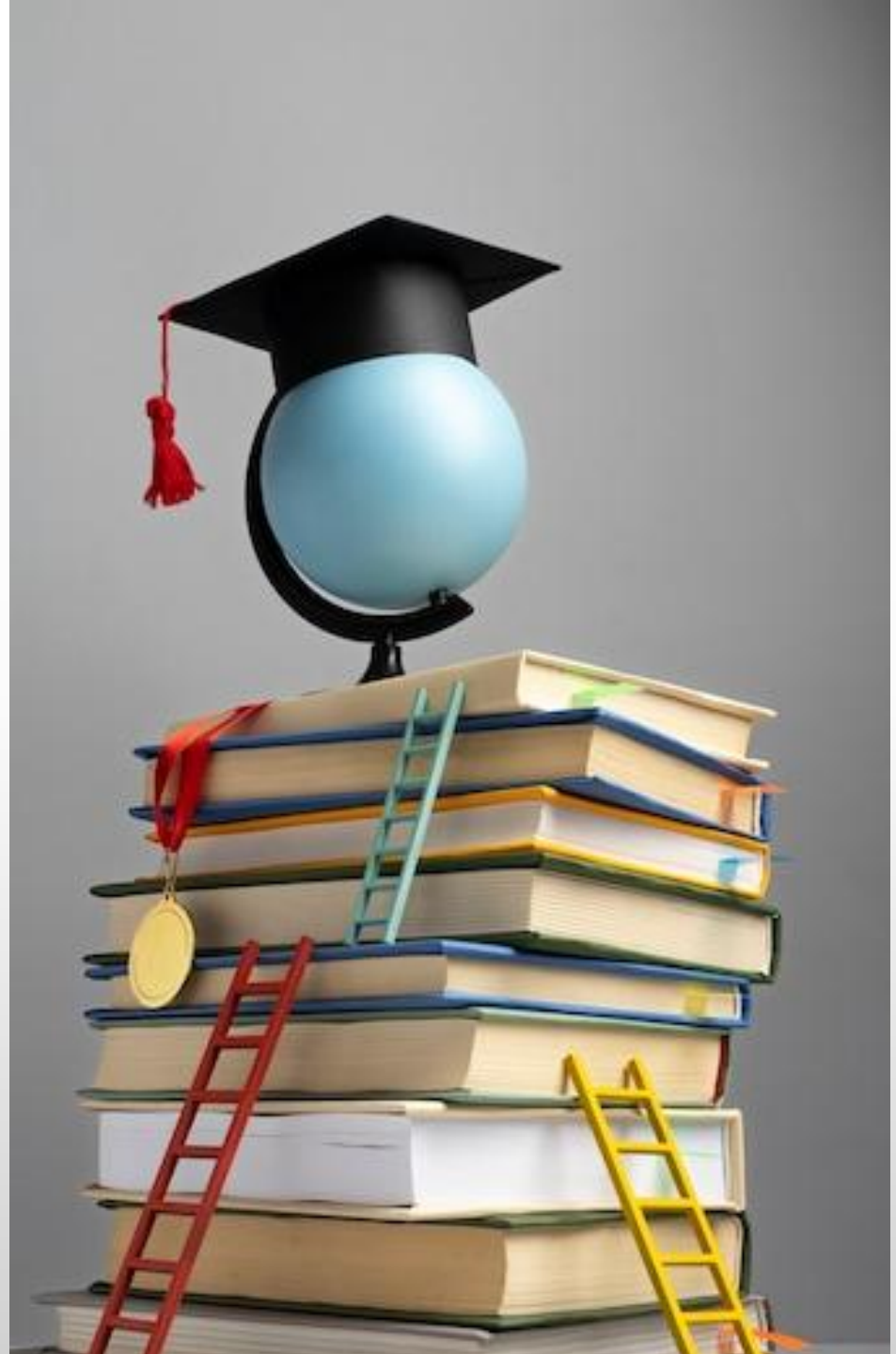
Attitudes towards mental health; promoting emotional wellbeing

Year 8:

Healthy coping strategies; unhealth coping strategies;
Change, loss and grief.

Year 10 and 11:

New challenges; negative thinking; mental ill health.





Take notice and be alert to any changes in behaviour



Start conversations early



Reach out to school – we can help

Strategies





NSPCC



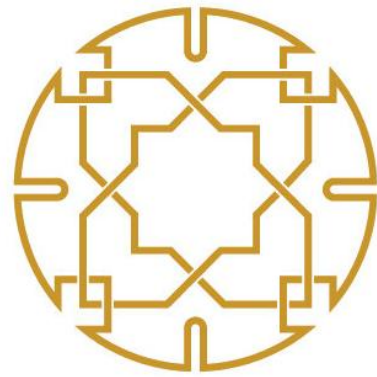
YOUNG
MiNDS



Anxiety UK



kooth



THE GARDEN
CLINIC



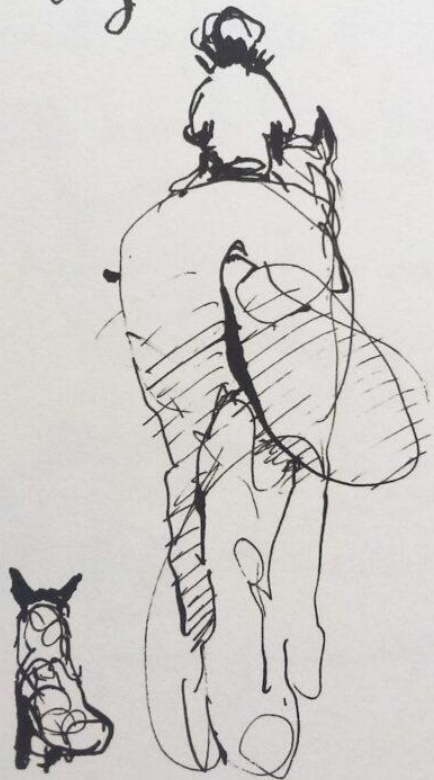
YOUNG HEALTH
CHAMPIONS

CONTACT US

Safeguarding@lgs.slough.sch.uk



"What is the bravest thing
you've ever said?" asked
the boy.



"Help," said the horse.