

# SUPPORT YOUR



# Wellbeing Support

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## **Emotional wellbeing support at Tallis**

At Tallis we place a high priority on the wellbeing of our students.

Students regularly take part in PSICHE (Personal Social Citizenship Health Education) in tutor groups.

Our **Therapeutic service**, offer a number of treatment pathways, including NHS school nurse, counselling, clinical psychologist, family therapy, referrals to CAMHS (Child and Adolescent Mental Health Services) and transition groups.

**Learning Support Unit**, offers advice and support to parents, students and teachers in the areas of emotional, social and behaviour difficulties. Students are then reintegrated into class.

**The Support Centre for Autism and Language Impairment** is for students identified with communication difficulties including autism. The SCALI team will support children with whole class learning, one to one and small group interventions.

## **The Deaf Support Centre.**

Specialist staff provide support, working alongside teaching staff, to ensure that the needs of the deaf students are taken into account. A signer is provided for each child.

## **People that can help**

If you have any concerns relating to your child, your first point of contact at Tallis is the **Tutor**. The Tutor will see your child twice a day and will be able to support any concerns and stay in contact with you.

The **Head of Year** will all be able to help if the matter is of a more serious nature. You can speak to the Head of Year about other services at school that may be able to help support your child's needs further.

**Toot Toot** is an online safeguarding tool for students to report bullying. It is completely anonymous. Parents can encourage their child to use Toot Toot, it is on our school website, just go to the front page and click on the Toot Toot icon.

**Children and young people thrive in situations where they feel safe, secure and respected. Family, friends and school have a strong influence on health and wellbeing and shape the habits and behaviours which can last a lifetime.**

## Possible causes of poor wellbeing;

- **Depression** - Low mood, unhappiness, tearfulness or irritability can all be signs of depression.
- **Bereavement** - Losing someone important is one of the hardest things to experience in life. For young people, bereavement can be even more difficult.
- **Bullying** - Bullying can be very upsetting and can affect young people for a long time. A young person who is being bullied may believe they deserve it. They can feel isolated, anxious and angry. Bullying can lead to depression, self-harm and eating difficulties.
- **Trauma** - When traumatic life changing events take place in a young persons life this can have a significant impact on relationships, physical health, emotional state, behaviour and self esteem.
- **Poverty** - Young people growing up in poverty face multiple disadvantages. They are more likely to have poor diet, ill health, lack of knowledge of how to reach aspirations, struggle with mental health and experience negative relationships.
- **Relationship breakdown** - Parent and extended family relationships, friendships and relationships with a partner can all have a major impact on a young persons wellbeing.

## Signs to look out for:

- Lasting feelings of sadness and hopelessness which can be mild or so extreme the young person may feel suicidal
- Loss of interest in things they used to enjoy
- Feeling tearful
- Socially isolated, avoiding friends and family
- Anxious
- Trouble sleeping or feeling constantly tired
- Complaining of unexplained aches and pains
- Changes in appetite
- Mood swings
- Finding it hard to concentrate and do schoolwork
- Not caring what they look like, no pride in appearance
- Not wanting to go to school
- Spending long periods of time online

## How can parents can help?

- Slow down and find the time to talk with and listen to your child
- Share mealtimes, fewer hours in front of TV and find activities that the family can enjoy together
- Children's friendships are vital. Encourage your children to see their friends outside of school, will make a real difference to their wellbeing.
- Children need a range of opportunities to be active, both in and outdoors. These can be as straightforward as walking, cycling or swimming.
- Pass on the skills we may have, such as cooking, carpentry, DIY, model making, sewing or photography.
- Model the positive attitudes towards learning that we'd like them to adopt.
- Encourage them to pay attention to their feelings and show them how to process their emotions in a positive way. This will help your child cope with uncertainties in life and have confidence to try new things.