



May 2020

No. 2

Newsletter

ST MATTHEW'S
Roman Catholic High School

WELL-BEING

Information and support for our community

Dear parents / carers,

What a different type of term we have had. Thank you for all the positive feedback that we continue to receive - it has been a pleasure working with you. This newsletter is just a reminder that St Matthew's are here to support you in any way we can.

We hope that you are keeping safe and that you find the information included in the newsletter useful and informative.

If you need to speak to someone at school please ring the main office on 0161 6816178 or email contact@smrchs.com and someone will respond.

The aim of this newsletter is to ensure that key services and agencies are shared with parents and careers and of course pupils too - and is another reminder that you are not alone.

Please keep an eye on the website as information is updated regularly.

Thank you for your ongoing support. Stay safe.

STAY ALERT 

CONTROL THE VIRUS

 SAVE LIVES

Manchester Community Response

A helpline and a distribution service to support Manchester's most vulnerable people, and help them cope with the impacts of the coronavirus outbreak.

This has been set up by MCC for vulnerable people - they coordinate food parcels, medicines and top up payment for people with no support network and for those who have been told by the NHS that they are high risk.

The helpline is open Monday to Saturday
8.30am-5.30pm

Tel: 0800 2346123

STAY AT HOME



PROTECT THE NHS



SAVE LIVES



School Safeguarding line

If you would like to speak to a member of staff regarding a safeguarding matter please ring our safeguarding line and someone will get back to you.

Tel: 0161 6816178

Press 1 to leave a message

Pupils accessing work from home

Follow Instagram for daily updates ...

smrchs_ks3

or

smrchs_ks4

or

Look at the 'working from home' section of the website.

or

Sign into your school email account.

or

Speak with your Form Tutor on your weekly phone call for further advice / information.

Support for young people

Kooth: free, safe and anonymous online support for young people by trained counsellors
www.kooth.com

Chat Health: a confidential text messaging service for 11-16 year olds **07507 330 205** (run by the school health team)

Manchester Mind Counselling - service for young people aged 15-25 years of age is now open for new referrals. All new referrals will be told what the potential waiting time might be and if appropriate they could be referred to other mind services. To access Counselling ring **0161 221 3054** and press option **2** or **complete form on website** <https://www.manchestermind.org/our-services/young-people/cyp/counselling/> or email cyp@manchestermind.org

Calm Zone: Childline has launched Calm Zone - an online hub of calming techniques and resources for young people to help them feel better when they feel anxious, scared or sad. There are useful hints and tips eg on bullying, friends, family, body image, etc and games and activities to encourage children of all ages to express their feelings e.g. artbox and mood diary. <https://www.childline.org.uk/toolbox/calmzone-teenagers-cope-with-lockdown>

Thank you
NHS
and all Key Workers



Bereavement support :

Please see support available following the loss of a loved one:

Sudden is a charitable initiative for suddenly bereaved people and the people caring for them. Their mission is to ease the suffering of people bereaved by any kind of sudden death. www.sudden.death.org

Samaritans helpline – **116 123**

Support for Parents/carers

Manchester City Council have a very clear website where access can be made and information obtained on almost everything ranging from health to benefits. secure.manchester.gov.uk/info/500361/coronavirus

Text Shout to 85258 Free, for all Greater Manchester residents

Private, silent, and trusted way for those experiencing mental health challenges including, but not limited to, anxiety, depression, suicidal thoughts and relationship issues) to find a safe space to seek help and support. Delivered by a team of trained crisis volunteers (supported by qualified clinical supervisors). Read the [FAQs](#) on the website, contact your network, or **email info@giveusahout.org**

Citizens Advice most frequently visited page on their website at the moment is '**What to do if you're struggling to pay your energy bills**' highlighting that (energy) bills are certainly a concern for people at the moment. Contact **03444 111 222** for advice

Northwards housing - Northwards Tenants can access Money Matters advice by telephone on **07932 418591**.

Gateway Debt Advice - Money Management Centre at Church of the Saviour Phone advice line **07413305819 on a Monday and a Tuesday from 8am until 6pm**. People can also email for advice on: info@gatewaydebtadvice.org.uk or manager@gatewaydebtadvice.org.uk.

Domestic Violence: Local Domestic Abuse services in Manchester are still operating and delivering support: [Manchester Women's Aid](http://ManchesterWomen'sAid.org) 0161 660 7999 or email referrals@manchesterwomensaid.org

Domestic Abuse helpline 0161 636 7525 or email helpline@independentchoices.org.uk

What do you do if you need help from the police but can't speak? **You can still call 999**. After 20 seconds you will be asked to press **55** so you can be connected to a call handler. Listen carefully to their questions and instructions so they can arrange help even if you **can't speak**.

7 Ways to support children and young people who are worried

Clinicians at the Anna Freud Centre have developed **seven ways** that we consider to be best practice in responding to children and young people's fears.

1 Create a space for conversation

Demonstrate that you are available to talk but don't force the conversation at the wrong time as this may feel intrusive. Be open and consistently available, allowing conversation to flow when the young person is ready and willing to talk. **Children and young people often find it easier to talk while doing another activity, such as drawing, going for a walk or baking.**

3 Empathise and validate

We often want to reassure children, and to help find solutions to make them feel better, but first, spend time listening to the young person, ask them questions, and show an interest in viewing things from their perspective. Be accepting of their worry, anger and sadness about how things are at present. Try to avoid early reassurance which can often sound like "everything's fine". Recognise that these kinds of feelings are common and understandable. **Explain that, although the physical feelings we experience in our bodies when we are anxious can be unpleasant, they are normal.**



6 Problem solving and coping

Focus on emphasising confidence in the young person's ability to cope and engage them in helping to think about different strategies. For example;

(a) **Future and action orientation:** '...so what are we going to do about this? We can't do X... but we can do Y...'

(b) **Holding the hope:** that somehow this situation may make space for something different and better to happen.

(c) **Keeping up healthy habits** – school and domestic routines.

2 Demonstrate calm

Try to model a calm and measured response. We know that children are good at noticing when others around them are anxious and will watch the behaviour of others to work out whether they too should feel anxious themselves. Even if you're feeling anxious on the inside, you can help the young person by **remaining calm on the outside. This will help to reassure them that things might be difficult, but they are manageable.**



4 Introduce alternative perspectives and ways of thinking

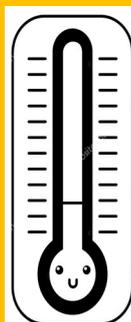
A worry is a thought, not necessarily a fact. Listen to the young person and try to understand exactly what they are concerned about. What exactly are they worried about, and are their worries likely to happen, if so, what would it mean if they did? **Exploring alternative ways of looking at things might help to put worries into perspective and in turn result in less anxiety-provoking conclusions.**

5 Reduce environmental stresses

Help the young person to consider and recognise what makes anxiety worse, for example constant exposure to stressful stimuli such as too much social media/news, and the withdrawal of daily activities which may have previously provided support. Try to keep to a routine, with activities throughout the day (e.g. schoolwork, exercise, relaxing, keeping in touch with friends and sleep). However, don't add pressure if they seem overwhelmed. Instead, **emphasise the importance of self-care and being kind to themselves.**

7 Check-in and monitor progress

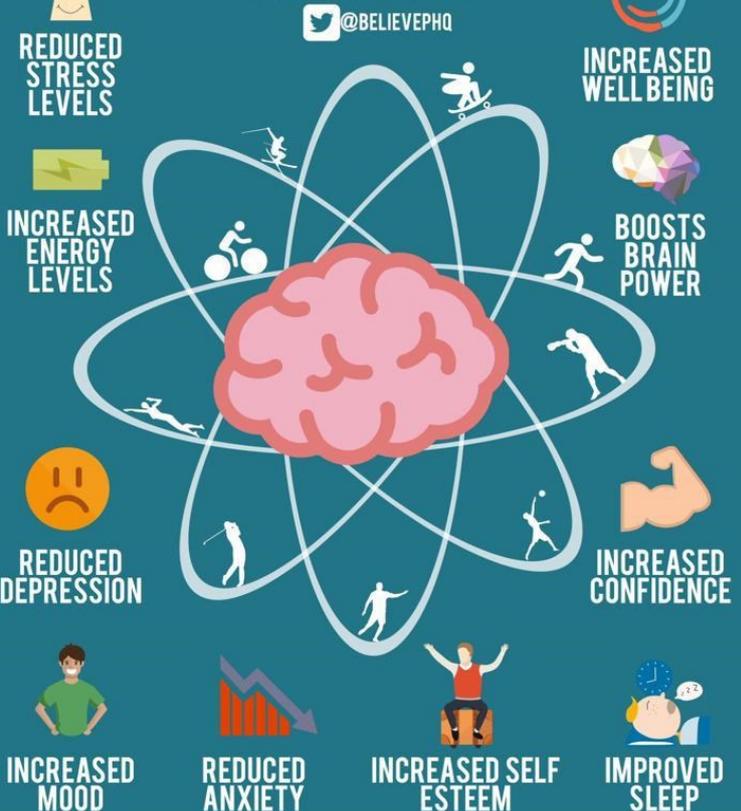
A critical part of the process is to carefully observe the impact of any suggestions/changes in approach with the young person. This could be done using an Anxiety Thermometer which is based on the child's response; 0 being calm and content to 10 being extremely anxious, hopefully by taking these steps the young person's Anxiety Thermometer will reduce over time.



How to have a healthy relationship with social media

1. Have a break day. Try taking a day or even a week off from using social media.
2. Try not to compare your life with other people's social media accounts.
3. Take a note of what you share. Think about whether the content is helpful or harmful to others. If it doesn't contribute something positive to the digital world, it may not be worth sharing on your social media account.
4. Stay in the moment with life experiences. Rather than posting about events or occasions on social media try and enjoy the experience.
5. When with friends or family try and turn your phone to silent mode and engage in some phone down time.
6. Be selective about who you follow. Unfollow accounts which cause you to experience negative emotions or thoughts.
7. Work on reducing your screen time each day. Try and connect face to face with people.
8. Monitor and be aware of the impact social media has on your mental health. If you are struggling to fall to sleep without checking social media then maybe it is a good time to take a break.
9. **Create a healthy balance between when you use social media and when you should have a break.**

THE BENEFITS OF EXERCISE ON MENTAL HEALTH



If you have any concerns regarding any of the enclosed content please contact one of the members of staff below:

St Matthew's Well-being Team

Ms H Nicholls (DSL) h.nicholls@smrchs.com
 Mr C Ostmeier (DDSL) c.ostmeier@smrchs.com
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MANCHESTER CITY COUNCIL

Help is available if you need it.



Food. Medicines. Company.



Fuel bills. Online help.

CALL 0800 234 6123

Email : contact@smrchs.com