

Key Stage 3 Wellbeing Event 4 March 2026



Upton-by-Chester High School
'Learning to shape the future'

School Support: Intervention Waves for learners

<u>Wave 1 Support</u>	<u>Wave 2 Support</u>	<u>Wave 3 Support</u>	<u>SEND learners</u>
<p>Low Level EHWB:</p> <p>Pastoral Support Managers-</p> <p>Refer to MHST. Please liaise with J.Keegan before making a referral.</p> <ul style="list-style-type: none"> ● Emotional dysregulation refer to Alf Galera ● Low level anxiety and depression refer to El MacGregor or Catrin Jones ● MHST will advise if the learner needs to see the school counsellor or if they need a referral to CAMHs 	<p>Common mental health and other psychological problems:</p> <p>Pastoral Support Managers-</p> <p>Refer to the school counsellor:</p> <p>A. Scaife, trainee counsellors</p> <ul style="list-style-type: none"> ● Anxiety ● Depression ● Self-Harm ● Bereavement ● The school counsellor will advise if the learner needs to be referred to CAMHS <p>If the school counsellor has limited capacity the following outside agencies can provide counselling.</p> <ul style="list-style-type: none"> ● Platform for life for learners in Blacon, Lache or Kingsway 	<p>Severe and complex mental health problems:</p> <p>J.Jackson -</p> <p>Refer to CAMHs</p> <ul style="list-style-type: none"> ● Suicidal ideation with a plan ● Severe Self-Harm ● Bi-polar ● Severe anxiety ● Severe depression ● J.Jackson completes the CAMHS referral ● CAMHs will advise if the learner needs to see the school counsellor or the MHST ● Eating disorders- refer through the GP 	<p>K coded and learners with EHCPs with SEMH complex needs:</p> <p>Pastoral Support Managers-</p> <p>Refer to J.Jackson</p> <ul style="list-style-type: none"> ● J. Jackson will liaise with the MHST, school counsellor and CAMHs after speaking to the learner ● Wave 3 cases referred to CAMHS



Upton-by-Chester High School

'Learning to shape the future'

Clinical Hypnotherapy

- Hypnotherapy takes place when you are in a relaxed state of mind where you will hear and be open to positive suggestions with the therapist's help. You will be able to deal with negative aspects of your life such as addiction, phobias, self-esteem, stress and anxiety.
- I am a fully qualified Integrative counsellor and a Clinical Hypnotherapist. I offer hypnotherapy sessions for exam stress and anxiety
- It is delivered in small groups with another member of staff present

MHST offer:

1-1 Intervention for low to moderate anxiety or low mood

Whole School Approach

Group Work with Young People

Parent Groups

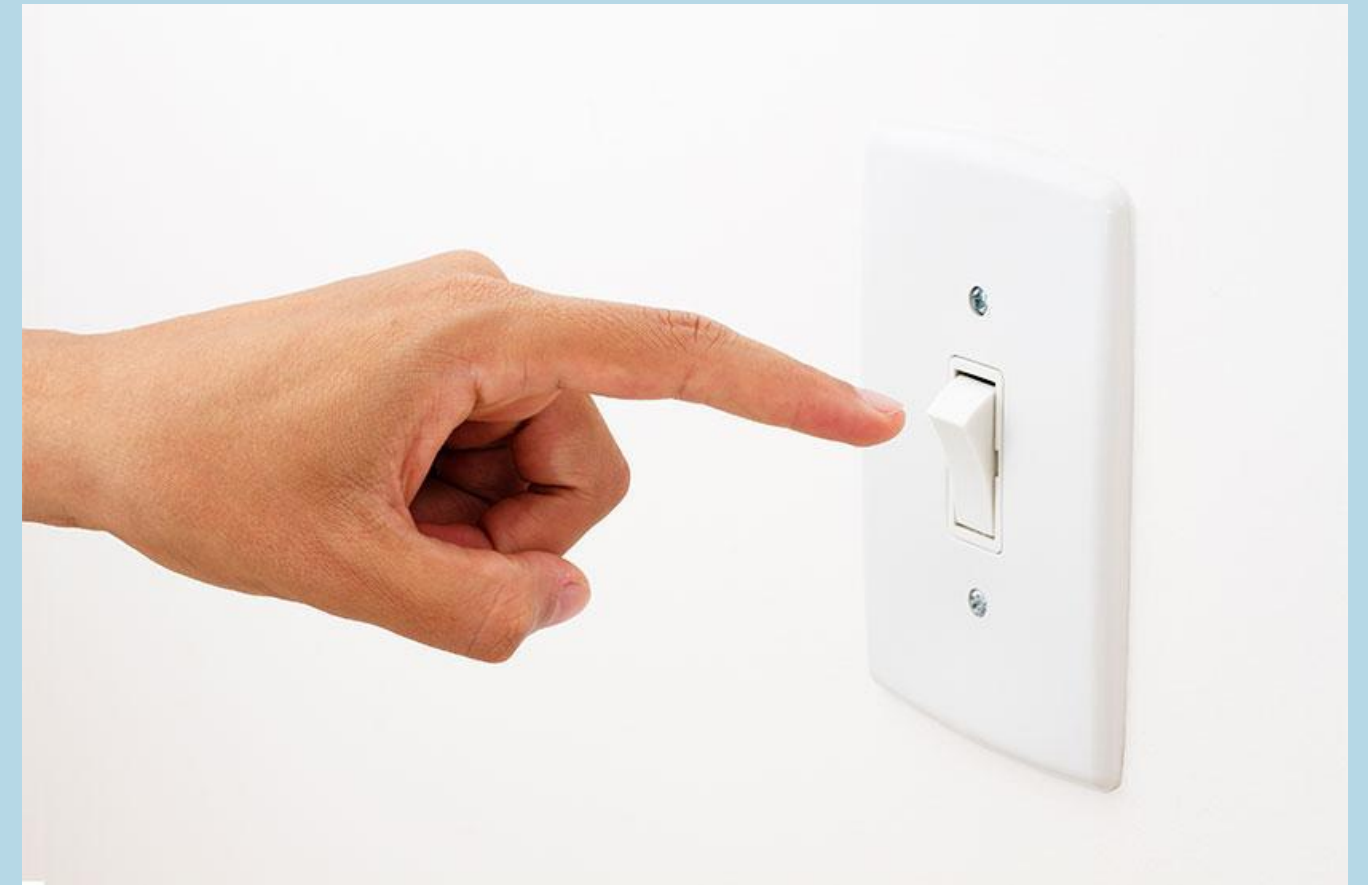
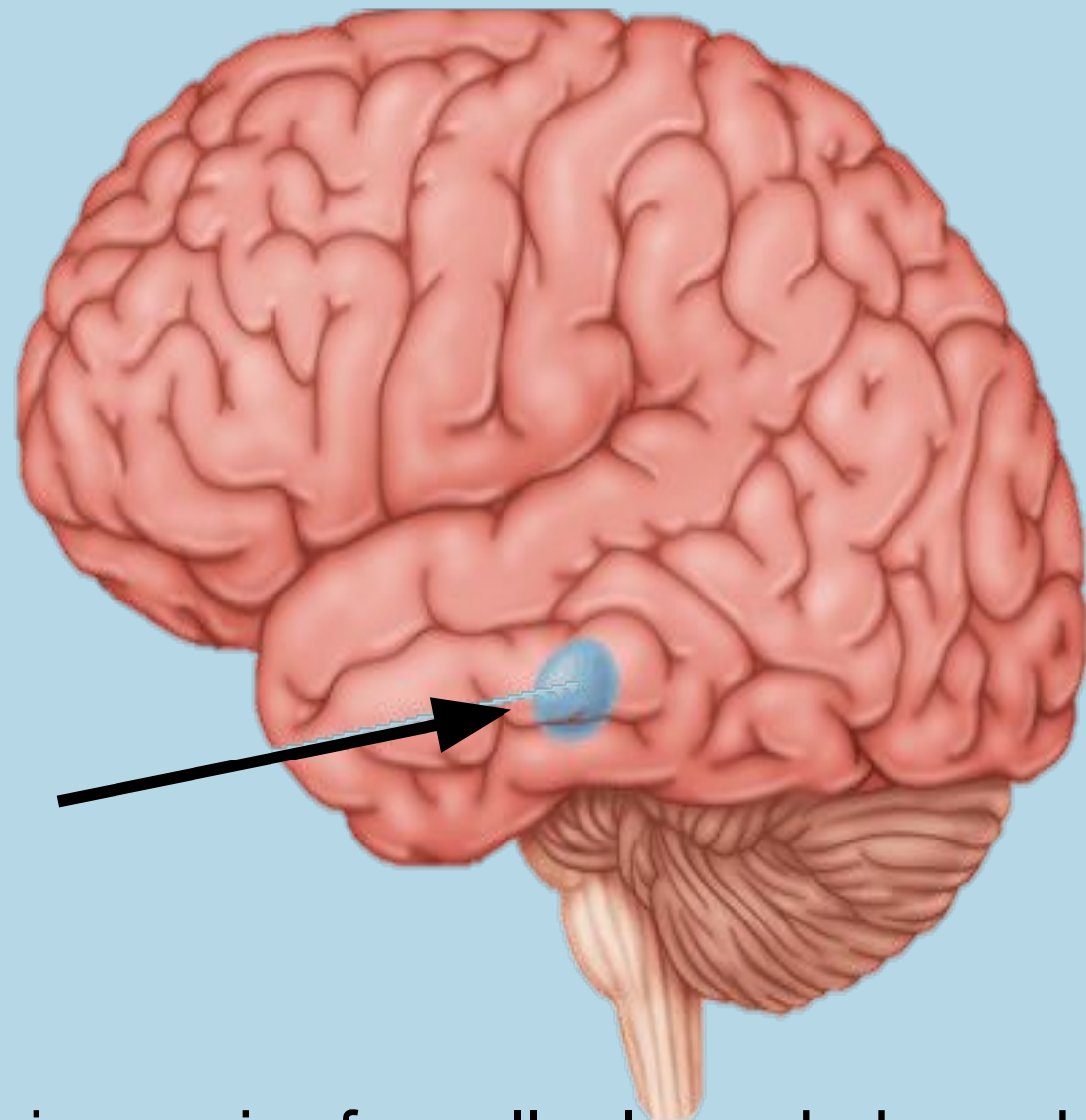
What is Mental Health?



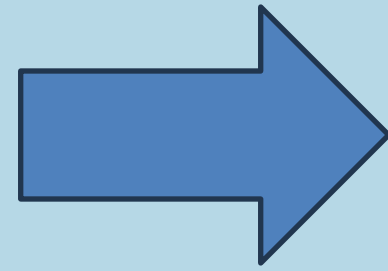
“We all have mental health, just like we all have physical health. Sometimes we feel well, and sometimes we don’t. Mental health is complicated because it’s about how we think, feel and act, and this is always changing. When our mental health is good, we enjoy being around other people and we feel able to take on challenges and new experiences. But when our mental health is not so good, we can find it much harder to cope.” YOUNG MINDS



The Amygdala



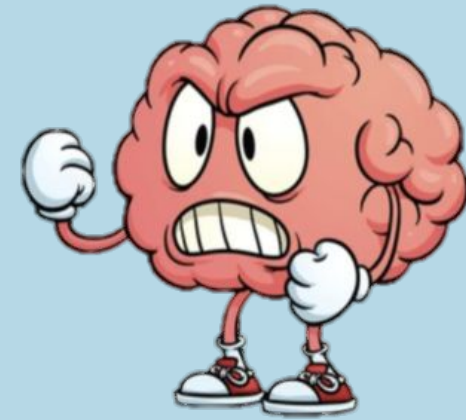
The amygdala is a pair of small, almond-shaped nuclei located deep within the brain's medial temporal lobe, acting as a core component of the [limbic system](#). It acts as the brain's "fire alarm" for emotional processing, particularly for fear, anxiety, pleasure, and aggression. It is crucial for survival by detecting threats and activating the "fight-or-flight" response.



Fight

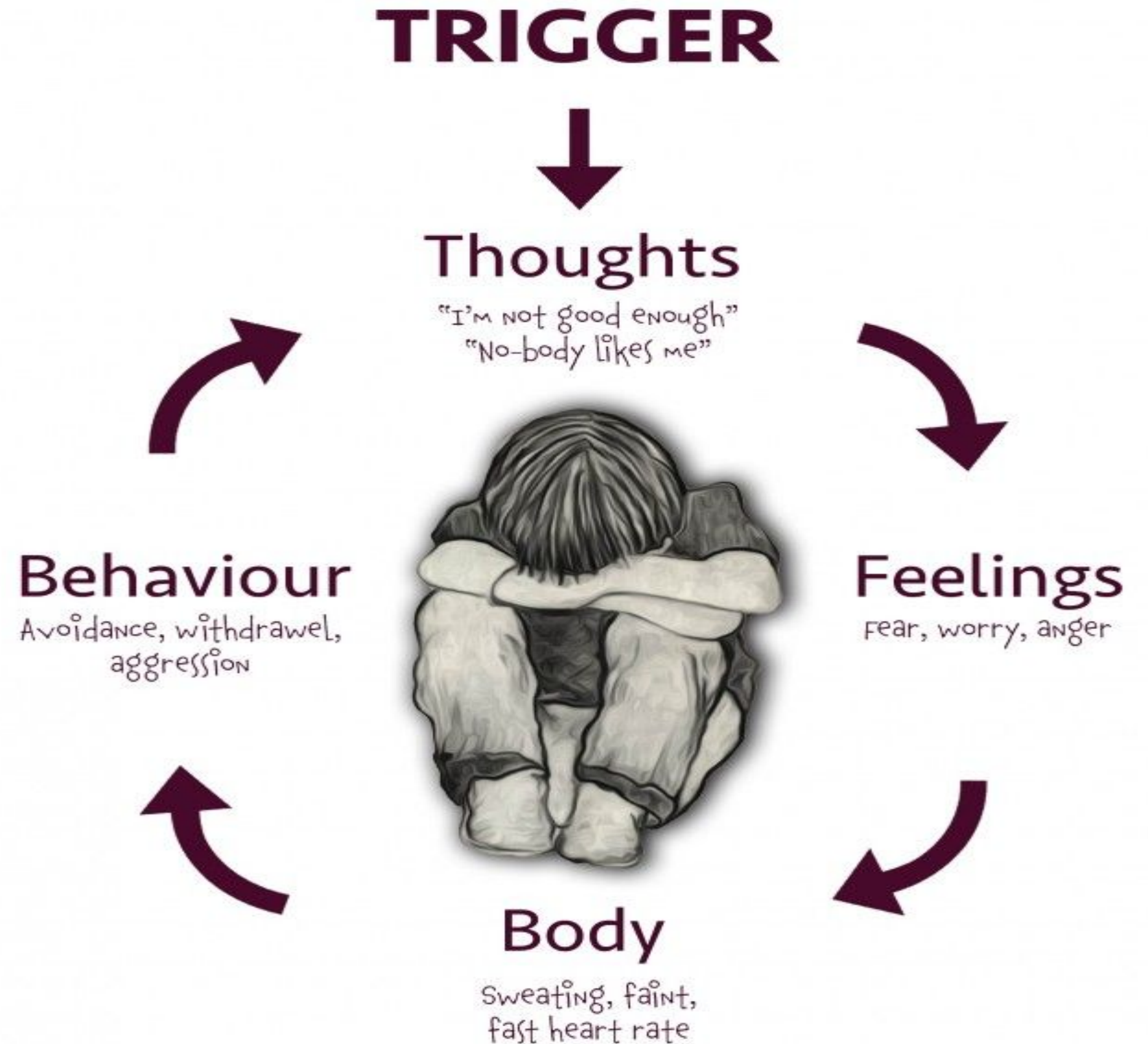
flight

FREEZE



How anxiety is maintained

Psychologists believe that anxiety is maintained by a vicious circle of thoughts, behaviours and feelings, such as those described in the diagram.



The Stress Response and coping skills

The fight-or-flight (or freeze) response is one of the tools your body uses to protect you from danger. When you feel threatened, the stress response is automatically triggered, and several physiological changes prepare you to deal with the threat.



- **Temperature**
- **Breathing**
- **Energy**
- **Muscles**



Cheshire and Wirral Partnership 
NHS Foundation Trust

Cheshire MHST Crisis Card

- CWP 24/7 Crisis line: **111**
- Kooth Text Service 24/7: **85258**
- Child Line 24/7: **0800 1111**
- Samaritans 24/7: **116 123**
- Young minds: **<https://www.youngminds.org.uk>**

**If you feel that you cannot keep yourself safe, please call 111 or
present yourself to A&E**



TYPES OF COPING SKILLS

Self-Soothing

(Comforting yourself through your five senses)

1. Something to touch
(ex: stuffed animal, stress ball)
2. Something to hear
(ex: music, meditation guides)
3. Something to see
(ex: snowglobe, happy pictures)
4. Something to taste
(ex: mints, tea, sour candy)
5. Something to smell
(ex: lotion, candles, perfume)

Distraction

(Taking your mind off the problem for a while)

Examples:

Puzzles, books, artwork, crafts, knitting, crocheting, sewing, crossword puzzles, sudoku, positive websites, music, movies, etc.

Opposite Action

(Doing something the opposite of your impulse that's consistent with a more positive emotion)

1. Affirmations and Inspiration
(ex: looking at or drawing motivational statements or images)
2. Something funny or cheering
(ex: funny movies / TV / books)

Emotional Awareness

(Tools for identifying and expressing your feelings)

Examples:

A list or chart of emotions, a journal, writing supplies, drawing / art supplies

Mindfulness

(Tools for centering and grounding yourself in the present moment)

Examples:

Meditation or relaxation recordings, grounding objects (like a rock or paperweight), yoga mat, breathing exercises.

Crisis Plan

(Contact info of supports and resources, for when coping skills aren't enough.)

**Family / Friends
Therapist
Psychiatrist
Hotline
Crisis Team / ER
911**

Distress Tolerance Skill 1: TIPP



TEMPERATURE

Change your body temperature. Splash your face with cold water, hold an ice cube, let car AC blow on your face, take a cold shower



INTENSE EXERCISE

Do intense exercise to match your intense emotion. Sprint to the end of the street, do jumping jacks, push ups, intense dancing



PACED BREATHING

Try Box Breathing: Breathe in for 4 seconds, hold it for 4 seconds, breathe out 4, and hold 4. Start again, and continue until you feel more calm.



PAIRED MUSCLE RELAXATION

Focus on 1 muscle group at a time. Tighten your muscles as much as possible for 5 seconds. Then release & relax. Repeat with other muscle groups.

@the.love.therapist

TIPP

Responding to Children's Anxiety

✗ **Parents should *not* do these when responding to a child's anxiety**

Talking about what makes *you* anxious

Children can absorb and mirror adult anxiety. Sharing your own worries (especially in detail) can unintentionally increase their sense that the world is unsafe.

Allowing or encouraging avoidance

This is a big one. Avoidance gives short-term relief but **teaches the brain that anxiety = danger**, which strengthens anxiety over time.

Deliberately not paying attention to your child's anxiety

Ignoring anxiety doesn't teach coping; it can feel invalidating and may stop children from seeking support or learning regulation strategies.

Becoming impatient with your child or being negative

Responses like "just get over it" or visible frustration can increase shame and escalate anxiety.

Responding to Children's Anxiety

✓ **These *are* helpful and should be encouraged**

Reassuring your child + empathising

Naming and validating feelings (“I can see this feels really hard”) helps calm the nervous system.

Promoting brave, non-avoidant behaviour

Small, supported steps toward feared situations build confidence and resilience.

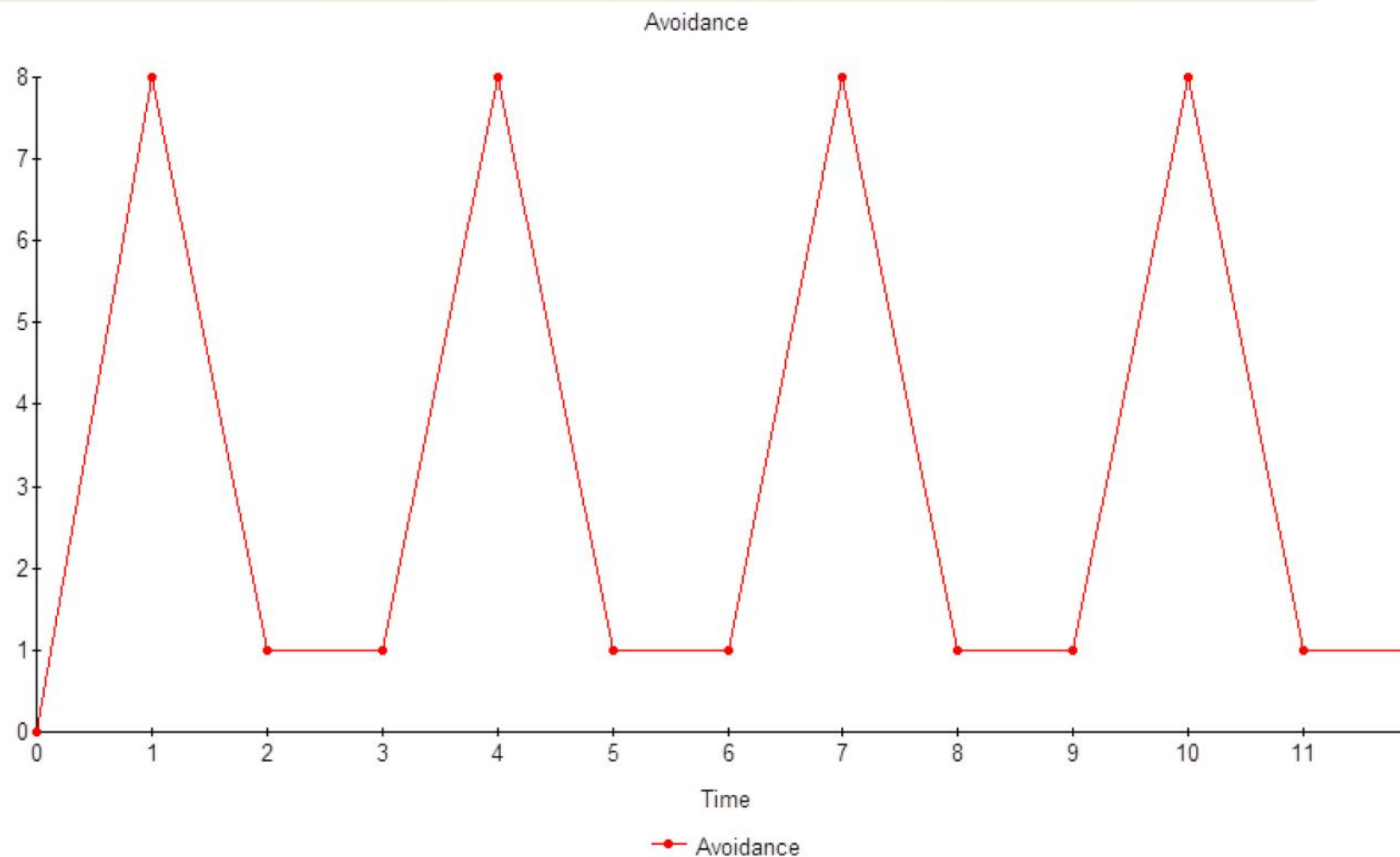
Communicating your expectations

Clear, calm expectations (“I know you’re anxious *and* we’re still going to school”) provide safety and predictability.

Prompting your child to use their coping skills

Breathing, grounding, self-talk – this reinforces independence and emotional regulation.

Scenario – My child is worried about something in school e.g., an upcoming presentation, so they stayed home that day.



- This response is allowing/ encouraging avoidance of the anxiety-provoking situation.
- **Short term** – your child instantly feels better not going into school, anxiety reduces.
- **Long term** – the fear of the situation (doing a presentation) has now increased, alongside the initial anxiety felt. It will now feel more difficult to face this fear.
- **How to avoid this** – promote brave, non-avoidant behaviour and prompt your child to use their coping skills when they are feeling anxious.

Sleep

Our brain needs sleep so that we can concentrate and learn. When we sleep, our brain makes sense of what you have learned during the day. We can also solve problems and think of new ideas when you have enough sleep.

Muscles, bones and skin grow during sleep and your body repairs itself. Your immune system is boosted during sleep helping you to fight illness.

How many hours sleep do school age (up to 12yrs) children ideally require?

- **10-11 hours**

How many hours sleep do teenagers age 14 – 18yrs require

- **8-9 hours**

SLEEP VIDEO



<https://vimeo.com/470652654>

Possible Causes of Sleep Issues



- Lack of routine
- Anxiety/ Stress
- Low Mood
- Hunger or Thirst
- Discomfort
- Exercise too close to bedtime
- Physical surroundings and sleep environment
- Over stimulated at bedtime / Use of screens prior to bedtime



5 Tips for Better Sleep



3. Disconnect From Devices

Turn off your electronics at least an hour or two before bed.

4. Cut out the Caffeine

Caffeine can influence how long it takes you to fall asleep, duration, and quality. It's hidden in lots of products that we might associate with bedtime, such as hot chocolate. Avoid them in the evening before you go to sleep.



1. Be Consistent

Try and do the same things at around the same time each night – even at weekends – so that your body has time to prepare for relaxation and sleep.



2. Bedroom Environment

Make your bedroom quiet and dark.



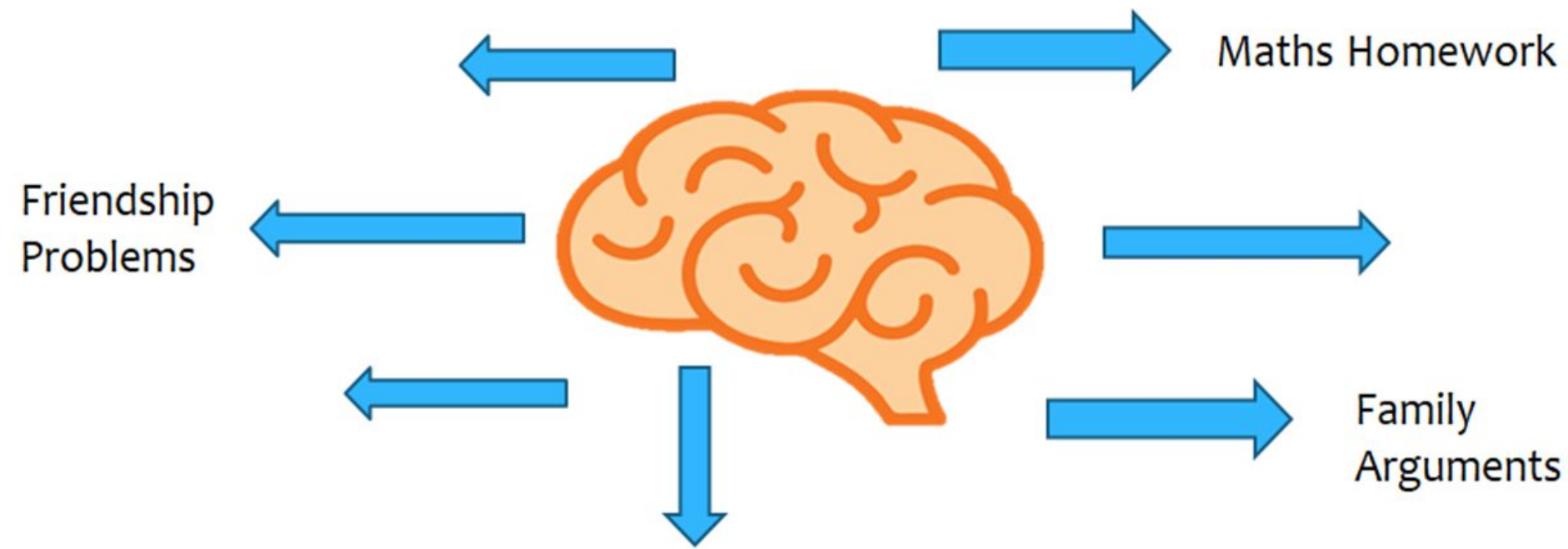
5. Stretching & Meditation

To reduce muscle tension and calm your mind.





Brain Dump!



- PUTTING THE DAY TO REST...
- 1. Set aside 20 minutes every evening (same time daily)
- 2. Sit somewhere you won't be disturbed
- 3. Think about what has happened during the day and any worries you have about tomorrow.
- 4. Write down main points, write a 'to do' list of anything outstanding.
- 5. When bedtime comes remind yourself you have dealt with it. If new thoughts arise, write them down to deal with them in the morning.

For more info...



zzz

<https://teensleephub.org.uk/>

BACK TO BASICS

FOOD & WATER



Fresh-air



Move & Stretch



Sleep



Connections



Stimulation



Internet Safety

The online world is an essential part of our daily lives and learning how to use technology safely is an essential skill for young people.

- Apps such as Tiktok and Whatsapp, for example, are extremely popular but risks are posed and it is important that schools, parents and carers work together to take an active role in teaching children about online dangers.
- Learning how to act safely when using the internet is an incredibly important part of safeguarding our children and your role as a parent/carer can make a significant difference.
- It is vitally important that parents and carers check which social media groups their children are joining.
- Learners have been taught in school not to join open groups, for example Whatsapp and Tiktok, and give away personal details including images which show their school uniform or other personal information.
- Disagreements between children on social media can have a negative impact on their wellbeing whilst taking up a great deal of valuable time for staff in school.

Age Restrictions for Social Media Platforms





Links for keeping your child safe online

['What I wish my parents or carers knew...': A guide for parents and carers on managing children's digital lives | Children's Commissioner for England](#)

[Keeping children safe online | NSPCC](#)

[Keeping children safe online | Barnardo's](#)

[Support for parents and carers to keep children safe online - GOV.UK](#)

SOME SIMPLE RULES TO MAKE YOUR ONLINE EXPERIENCE MORE PLEASANT AND SAFE

- Block abusive comments or people that abuse you
- Respect others online and think carefully about the comments you post—comments can easily be misinterpreted
- Don't arrange to meet people in real life that you have only talked to online—some people might not be who they say they are
- Check attachments and pop-ups for viruses before you click or download
- Use secure and legal sites to download music and games to avoid the risks associated with streaming content from unauthorised sites
- Be careful with the information you find on the internet. Not everything you read or watch will be 100% accurate, so watch out for being misled.
- Bullying someone online or sending inappropriate pictures could result in someone reporting you to the school or police
- People don't always show what their lives are really like on social media. Photos can be staged, airbrushed or filtered. People only show others what they want others to see. Do not compare yourself with these images.

RESOURCES

Other Online

www.actionforhappiness.org

www.positivepsychology.org.uk/practice

www.smilingmind.com.au

www.anxietybc.com

www.papyrus-uk.org

www.samaritans.org

www.childline.org.uk

You tube channels

- TED talks,
- The School of Life (positive psychology)



The Cheshire MHST Crisis Card features the CWP logo (Cheshire and Wirral Partnership NHS Foundation Trust) and a list of crisis services. It includes a graphic of two speech bubbles and a smartphone icon. At the bottom, it provides a warning: "If you feel that you cannot keep yourself safe, please call 111 or present yourself to A&E".

Cheshire MHST Crisis Card

- CWP 24/7 Crisis line: **111**
- Kooth Text Service 24/7: **85258**
- Child Line 24/7: **0800 1111**
- Samaritans 24/7: **116 123**
- Young minds: <https://www.youngminds.org.uk>

If you feel that you cannot keep yourself safe, please call 111 or present yourself to A&E

TOP 10 MENTAL HEALTH APPS



- 1 SMILING MIND**
Mindfulness guided meditation app designed for both adults and young people.
- 2 MOODGYM**
An online interactive cognitive behaviour therapy program for young people experiencing depression or anxiety.
- 3 REACHOUT BREATHE**
Using simple visuals, this app helps reduce physical symptoms of stress and anxiety.
- 4 THE CHECK-IN**
This app, created by Youth Beyond Blue, is for those who want to check in with a friend. It provides you with things you can say and how you can support a friend.
- 5 BRAVE**
An online cognitive behaviour therapy program for young people experiencing anxiety and their parents.
- 6 CALM**
Simple mindfulness app that teaches you the right skills to follow a daily meditation practice.
- 7 FITNATION**
One of the best ways you can improve your mental health is by moving and eating well.
- 8 MOMENT**
Use this app to track your screen time and be more intentional about using technology.
- 9 MOODMISSION**
Mental health strategies to help low moods and anxiety in a fun and achievable way.
- 10 BEYOND NOW**
Convenient and confidential, this app helps you create a safety plan that you can access at any time.

