

# Student Wellbeing Booklet

Key Stage 4



# Thrive



chaseterraceacademy

# Welcome to your Wellbeing Booklet

At Chase Terrace Academy, we believe that your mental health and wellbeing are just as important as your physical health and your academic success. This booklet has been created to support you in understanding your wellbeing, offering practical tips and advice, and helping you find the support you may need - both in school and within the local community.

Everyone experiences a range of thoughts and feelings as part of everyday life. Sometimes things can feel overwhelming, and that's okay. Knowing where to turn for help and how to look after yourself can make a real difference. This booklet is here to guide you - whether you are looking for ways to manage stress, build resilience, or simply take care of your wellbeing.

At Chase Terrace Academy, we aspire to promote positive mental health for every member of our school community. We aim to support you in becoming a resilient individual who feels confident in facing life's challenges. Through our Thrive initiative, we ensure that both staff and pupils have opportunities to be recognised, listened to, and valued. Mental health and wellbeing are an important and visible part of everyday life at our school.

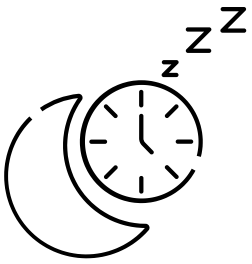
We want you to understand that mental health is something everyone has, and it plays a key role in how we think, feel, and cope with the normal stresses of life. Because of this, we take the provision of mental health support very seriously. All staff are trained to recognise early signs that someone may be struggling, and there is always someone ready to listen.

You are never alone. You can speak to any member of staff, who can act as a trusted adult and help guide you towards the right support. Whether you need someone to talk to, advice on managing your wellbeing, or help accessing additional support, we are here for you.



# Basic self-care for teenagers:

This section focuses on basic self-care - the simple, everyday things you can do to look after yourself. During your teenage years, life can feel busy, emotional, and sometimes overwhelming, so learning how to care for your body and mind really matters. Self-care isn't selfish or complicated; it's about noticing how you're feeling and taking small steps to support your wellbeing, like getting enough rest, eating regularly, staying active, and being kind to yourself. These habits can help you feel more balanced, cope better with stress, and build healthy routines that last beyond school.



## Healthy sleeping habits

School children should be getting between 8-10 hours of sleep each night. Without this, you'll find it hard to concentrate, be irritable or short with others and struggle to get your work done in lessons. You can download apps to help guide your sleeping habits or use a smart watch to track your sleep.

## Digital wellbeing

Be mindful of how much time you spend using your phone, particularly social media. Studies have shown that excessive use of social media can be harmful to young people, causing feelings of anxiety or depression. Think about the positive online spaces you can use, limit screen time and make sure that you are keeping safe online.



## Organisation

Secondary school means that you need to become more independent and responsible as you progress towards your GCSEs and A Levels. Use a planner, Satchel One or even the calendar on your phone to make sure you keep organised. This will reduce stress and help you prioritise. Staff can help you get organised and provide you with some useful tips to keep on top of work during especially busy periods.



## Positive self-talk

Be kind to yourself and try not to compare yourself to others. If you feel that you are having negative thoughts about yourself, challenge them and speak to yourself in the same, kind way that you would speak to a friend if they were feeling low. Celebrate your small wins and be patient with yourself. This can help develop resilience and confidence.



# Five Ways to Wellbeing:

## Connect

Feeling close to and appreciated by other people is important for us and our wellbeing. It also helps us with everyday life.

Communication with people you know or don't know can be really tricky for people of all ages.

With this in mind, try to do something different today and make a connection.

- Talk to someone face to face instead of sending an email or text
- Speak to someone new, even if it's just a smile or asking how their weekend was
- Put five minutes aside to catch up with a friend you haven't spoken with for a while



## Be Active

Not a sports fan? Don't worry, exercise doesn't need to be particularly intense for you to feel good.

Slower-paced activities, such as walking or swimming can have the benefit of making you feel good as well providing some level of exercise.

Here are a few ideas:

- Head for the stairs instead of a lift
- Walk to or from school, maybe with a friend?
- Try joining a sports team or doing a sports challenge for charity.
- Have a kick-about in a local park
- Do some 'easy exercise', like stretching, before you leave for school in the morning



## Take notice

Reminding yourself to 'take notice' and be aware of what is taking place around you allows you to make positive choices.

Take some time to think about the good things in your day. Here are a few ideas:

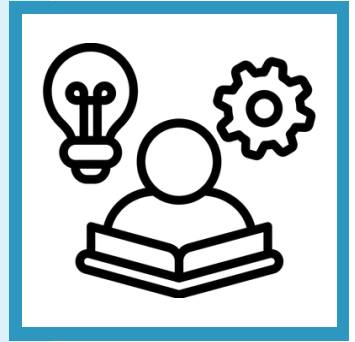
- Think about an achievement from today, no matter how small it may be
- Clear your room or have a sort out
- Take notice of how your friends or family are feeling or acting



## Keep Learning:

Learning new skills can give you a sense of achievement and a new confidence. So why not learn something new today? Here are a few more ideas:

- Sign up for a club or activity like Duke of Edinburgh
- Read a magazine or book
- Download some quiz apps or Sudoku
- Research something you've always wondered about



## Give

Even the smallest act can count, whether it's a smile, a thank you or a kind word. Larger acts, such as volunteering at your local community centre, can improve your wellbeing and help you meet new people.

- Sign up to some volunteering, not only will you gain lots of new skills and meet new people but it will help someone who's less able
- Ask how someone's day is or offer a compliment to a friend or family
- Make someone close to you dinner or even just offering a cup of tea.
- Listen to some audio guides to boost your mood.



# Support with exam stress

We know that tests and exams can feel challenging and sometimes overwhelming. It's completely normal to experience a mix of emotions during this time - from pressure and nerves to excitement about what's ahead. Please remember, you're not alone, and support is always available.

If you're feeling stressed or need someone to talk to, our Mental Health First Aider team is here for you. They're always ready to listen, offer advice, and help you find ways to feel more calm and in control.

Your Progress Teams are also here to support you every step of the way. They can help you stay organised, keep on top of your revision, and build your confidence as your exams approach.

Below, you'll find a range of useful resources to help with revision, managing stress, and looking after your wellbeing. We encourage you to take a look and use anything that might help you feel more prepared and supported.

## Exam stress – for 11-18 year olds

Information for young people on exam stress and where to go for support can be found [here](#). The page includes tips for coping with exam stress, how exam stress might effect you and where you can find support.



**YOUNGMINDS**

## Coping with exam pressure

Information for young people on coping with exam pressure can be found [here](#). This page includes guidance on how to deal with exam stress, revision tips and preparing for results day.

## Exam stress and pressure

If you're feeling stressed about your exams, you aren't alone. Get advice and tips to help you cope. [This page](#) includes guidance on worrying about exams, coping with pressure and getting help with other problems when studying for exams.



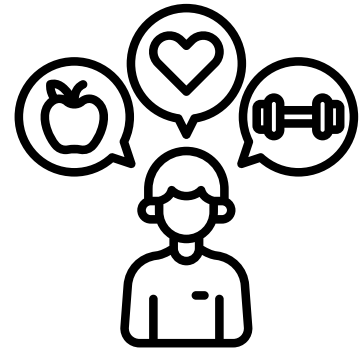
**childline**  
ONLINE, ON THE PHONE, ANYTIME

# How can you manage exam stress?



## Manage exam stress

- Break revision into small chunks
- Use planners or revision timetables



## Look after your body

- Sleep (ideally 8 - 10 hours)
- Make sure to eat regular meals
- Exercise



## Challenge negative thoughts

- Ask: "Is this 100% true?"
- Limit social media comparison



## Reach out early

- Reach out to a family member, friend or trusted adult if things feel overwhelming.

# Support in school

## Who are my trusted adults?



In the first instance, contact your **Personal Development Tutor**.



### Progress Teams

## I need to talk to someone about my mental health!

You can speak to any member of staff in school if you have concerns about your mental health, including your PD tutor, the Progress Teams, the Safeguarding Team or First Aid.

## What if I have a safeguarding concern?



**Mrs Thombs**  
Designated  
Safeguarding  
Lead



**Mrs Woodhouse**  
Safeguarding  
Officer



**Mr Cain**  
Deputy  
Designated  
Safeguarding  
Lead



**Mr Inman**  
Deputy  
Designated  
Safeguarding  
Lead



You can use Tootoot to confidentially report any concerns or incidents to a trusted member of staff. Please be aware that in cases of severe safeguarding concerns, the Safeguarding Team will work with Tootoot to identify and support any pupil in need.

## Mental Health Support Team

We have access to the MHST in school. Lucy Edwards comes into school to work with students who have been referred to the service. This usually means 6-8 sessions with her to help support you with your mental health. Lucy also runs group sessions each half term for different concerns from exam stress to emotional regulation. If you feel you need some support from the MHST or that you would benefit from attending one of the group sessions, please speak to a member of the pastoral or safeguarding teams.



## School Nurse:

The School Nurse is also available to see in person at school. If you feel that you might need an appointment, please speak to a member of the pastoral team.



Families' Health and Wellbeing

**NHS**  
Midlands Partnership University  
MHS Foundation Trust

# School Nurse virtual drop in clinic

Every  
Thursday  
from  
3.30 - 4.30pm



The School Nurse is here to help your child feel healthy, happy and safe during their school years and to get the best from their education. If you have any concerns about their health and wellbeing please drop in to chat.

Join the link and talk to a School Nurse.

We provide a confidential and friendly service

[mpft.live/schoolnurse](https://mpft.live/schoolnurse)





## StayWell

Stay Well Staffordshire (Stay Well CYP) is an early intervention mental health service for children and young people aged 5-18 (up to 25 with SEND) in Staffordshire. It provides group workshops, one-to-one support, and peer support to help manage emotional health. You can find out more by scanning the QR code.

# Stay Well Prescription



**FREE** Mental Health Service for young  
people ages 5-18 years in Staffordshire  
*(upto 25 with SEND or careleavers)*



Scan Me



### Who can refer?

-  **Self Refer**
-  **Parents/Carers**
-  **GP's & Professionals**

Call: 01782 418518 *option 2 or 3*  
Email: [staywellcypstaffs@changes.org.uk](mailto:staywellcypstaffs@changes.org.uk)  
Visit: [staffs.staywellcyp.org](http://staffs.staywellcyp.org)

# Other ways you can access support:

Children and young people can access free confidential support anytime from Government-backed voluntary and community sector organisations such as:



## Kooth

Kooth is the UK's largest and longest established digital mental health service. They partner with NHS and local authority organisations to deliver game-changing mental health support to young people from age 10 and up. Visit <https://www.kooth.com/>

## SHOUT

Shout (85258) is a free, 24/7 UK text messaging service offering confidential mental health crisis support, connecting individuals with trained volunteers. It enables immediate assistance for anxiety, depression, or distress by texting "SHOUT" or "CALMER" to 85258, operating across all major mobile networks



## Childline

Childline is here to help anyone under 19 in the UK with any issue they're going through. Childline is free, confidential and available any time, day or night. You can talk to them:

- by calling [0800 1111](tel:08001111)
- by [email](#)
- through [1-2-1 counsellor chat](#)

Whatever feels best for you.



## The Mix

The Mix offer free, confidential support, expert advice and a welcoming community, all designed with and for young people. Whether you need help with mental health, relationships, work, money or anything else, you'll find it - whenever you need it. Find out more here <https://www.themix.org.uk/about-us/> or call 0808 808 4994



The logo for YoungMinds, featuring the word "YOUNG" in yellow and "MINDS" in grey, both in a bold, sans-serif font.

## YoungMinds

[YoungMinds](#) is a UK charity dedicated to improving children and young people's mental health (up to age 25). They work to stop mental health crises by offering online information, a dedicated parents' helpline, and resources to help young people understand their feelings and find support.

## The Sandbox

[The Sandbox](#), part of Mindler, is an innovative digital mental healthcare service for Children and Young People from ages 5 to 25. They work together with the NHS, local government, and other organisations to help Children and Young People with their mental health.



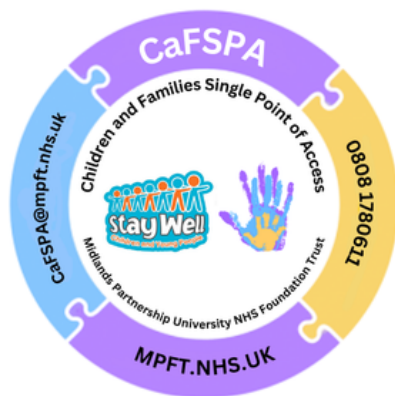
Anna Freud

The **Anna Freud Centre** is a UK mental health charity that focuses on improving the wellbeing of children and young people. It was founded by Anna Freud, a pioneering child psychoanalyst, and today it combines research, clinical support, and education to help young people understand and manage their mental health.

Students often use the charity's resources because they are clear, trustworthy, and designed specifically for young people. The charity also trains teachers and professionals, helping schools create supportive environments where mental health is taken seriously.

# CAMHS Single Point of Access (CaFSPA)

The CAMHS Single Point of Access are one of the teams within the Children and Families Single Point of Access (CaFSPA).



They are the central referral hub for children and young people's mental health needs for children who are not currently open to a mental health service. When a referral is received, they will triage and signpost to the most appropriate service based on their needs.

Their ethos is getting the right support, at the right time.

They are a multidisciplinary team made up of nurses, social workers, occupational therapists, education practitioners, emotional health and wellbeing practitioners, and are supported by an administration team. All of the clinicians have a background of working within children's and adult mental health services.

They maintain strong links with internal and external agencies to ensure we can direct children and their families to the most appropriate service or services to meet their needs.

There are a range of emotional and mental health services within our area - you can find out more by looking at their [Emotional and Mental Health Services in Our Area page](#). You can still refer directly these services, however if you are not sure which is the most appropriate, you can refer to us.

We are separate to the core CAMHS team who are the specialist service you see face to face.

## How to make a referral

To complete this online referral you will need the consent of your parent / carer.

This request for support is aimed at young people who are resident in South Staffordshire (excluding both the City of Stoke-on-Trent and North Staffordshire Moorlands).

Self-referrals can be made via the [mpft website](#).

## Help and advice for young people

The mpft website has a wealth of resources for a number of queries such as bullying, self-image, relationships, food, drugs and alcohol and more.

These can be found [here](#).



We hope you found this booklet useful.

A digital version is available on our school website under 'Wellbeing', where you can address hyperlinks and websites.