



**Altrincham Grammar
School for Girls**
BRIGHT FUTURES EDUCATIONAL TRUST

Year 7 Information Evening

Ms Gill, Mrs Ogunmyiwa, Dr Thomas



Bright Futures
EDUCATIONAL TRUST

Welcome to AGGS



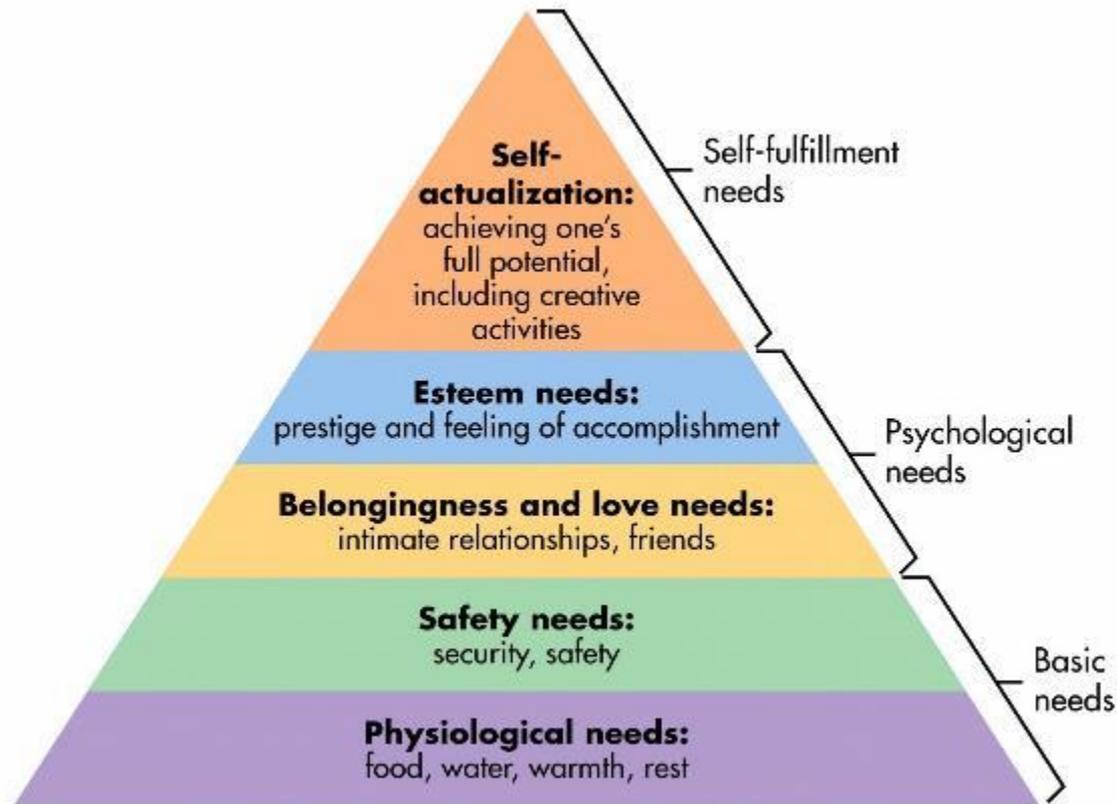
**How parents/ carers
can help support
their child's mental health
and wellbeing**

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Objectives

- ★ To discuss Maslow's hierarchy of needs and how this links to young people's mental health and wellbeing.
- ★ To explore ways in which parents/ carers can help support their child's mental health and wellbeing (also with reference to students' return to school following COVID-19 lockdown).

Maslow's hierarchy of needs



Physiological needs – Diet

- ★ Healthy breakfast that is high in complex carbohydrate/ protein and low in sugar.
- ★ Five pieces of fruit and veg per day.
- ★ Iron-rich foods (e.g., dark green veg; nuts and seeds; pulses and beans).
- ★ Six to eight glasses of water per day.
- ★ Caffeine (i.e., stop caffeine intake 6-hours before bed time).

Physiological needs – Sleep

- ★ Young people aged between 11 and 18 need 9- to 9.5-hours' sleep per night.
- ★ Typical for young people in this age group to develop a 'teenage sleep pattern' of less sleep than needed on a school night with more sleep than needed on a weekend night (i.e., to pay back the 'sleep debt' that has built up).
- ★ Stop blue light technologies (e.g., mobiles; tablets; laptops; TV; games consoles) 2-hours before bed time and keep them away from the bedroom.
- ★ Do mentally stimulating activities (e.g., homework) away from the bedroom.

Physiological needs – Vitamin D

- ★ Vitamin D is produced by our skin during exposure to sunlight. Vitamin D:
 - ★ Helps the body absorb calcium and phosphate from our diet, both of which are important for healthy teeth, bones and muscles;
 - ★ Increases the body's production of Serotonin – the neurotransmitter in our brain that is responsible for positive emotions and motivated behaviour.

- ★ Between late March/ early April and the end of September, our skin is able to produce Vitamin D by being exposed to sunlight outdoors, especially between 11:00 and 15:00.

- ★ In the winter months (i.e., October to mid March), the sun doesn't emit enough UVB radiation for our skin to make Vitamin D. During these months, we can get Vitamin D from by including certain foods in our diet, such as:
 - ★ Oily fish (e.g., herring; mackerel; salmon; sardines);
 - ★ Red meat;
 - ★ Eggs;
 - ★ Foods fortified with Vitamin D (e.g., breakfast cereals).

Physiological needs – Exercise

- ★ Whilst exercise is not a physiological *need* (per se), it is an essential part of a healthy lifestyle. For example:
 - ★ Research has shown that those who exercise regularly are significantly more likely to maintain a healthy diet;
 - ★ Regular exercise promotes healthy sleep;
 - ★ Outdoor exercise exposes us to sunlight which, in turn, increases our production of Vitamin-D during the lighter months.
- ★ Exercise also causes our bodies to release endorphins, which are hormones that reduce the perception of pain and increase feelings of euphoria.
- ★ The NHS recommends that young people should be physically active for 1-hour per day with a combination of moderate activity (e.g., walking to/ from school) and vigorous activity (e.g., running; dancing; cycling).
- ★ The NHS also recommends that young people should engage in muscle and bone strengthening activities three times per week (e.g., team sports; tennis; gym classes; workouts).

Psychological needs – Parenting style

	LOW BOUNDARIES/ STRUCTURE	HIGH BOUNDARIES/ STRUCTURE
HIGH WARMTH/ NURTURE	<i>PERMISSIVE</i> <i>(lenient; indulgent; over- involved)</i>	<i>AUTHORITATIVE</i> <i>(supportive; assertive; flexible)</i>
LOW WARMTH/ NURTURE	<i>UNINVOLVED</i> <i>(distant; uninterested; passive)</i>	<i>AUTHORITARIAN</i> <i>(rigid; "because I said so"; "I'm the boss")</i>

A note on mental health

Mental Health Continuum Model



- ★ The Children's Society (2008) found that 20% of adolescents may experience mental health difficulties within any given year, yet 70% of those with mental health difficulties do not receive support/ intervention at a sufficiently early stage.



Universal support (available to everyone all of the time)

ARE YOU PROMOTING YOUR OWN WELLBEING? (see tips for wellbeing)

- Anti-bullying ambassadors
- Anti-bullying blog
- Circle time
- Connexions advisor
- Extra-curricular clubs/exercise
- Form tutors and teachers
- Leaflets and information
- 'Looking after myself' page in school diary (p. 289 & 290)
- Wellbeing page on school website
- School nurse
- Sharp system on school website
- Wellbeing ambassadors
- Wellbeing page on school website
- Wellbeing space and wellbeing club



Targeted support (when you need a bit of help)

ARE YOU PROMOTING YOUR OWN WELLBEING? (see tips for wellbeing)

- Consultation with form tutor
- Consultation with senior tutor
- Pastoral mentoring
- School nurse
- Mental Health first aider



Intensive support (when it's really important that you talk to someone)

ARE YOU PROMOTING YOUR OWN WELLBEING? (see tips for wellbeing)

- 42nd Street counsellor ²
 - Child and adolescent mental health services (CAMHS)³
 - Educational psychologist¹
 - Relate counsellor ²
 - School nurse ¹
- (¹Referral via senior tutors; ²Referral via senior tutors or self-referral; ³Referral via school nurse)

Wellbeing support available in Altrincham Girls Grammar School

Students' return to school following COVID-19 lockdown

- ★ The National Institute for Health Research published some interesting research in August 2020 regarding the impact of lockdown on adolescents' mental health, having surveyed 1,047 Year-9 students across 17 different secondary schools.
- ★ Overall, adolescents were far more concerned about the risk COVID-19 posed to their family than themselves, both in terms of physical and mental health.
- ★ Adolescents' greatest concerns were around missing school and the impact this may have on their friendships and academic outcomes.

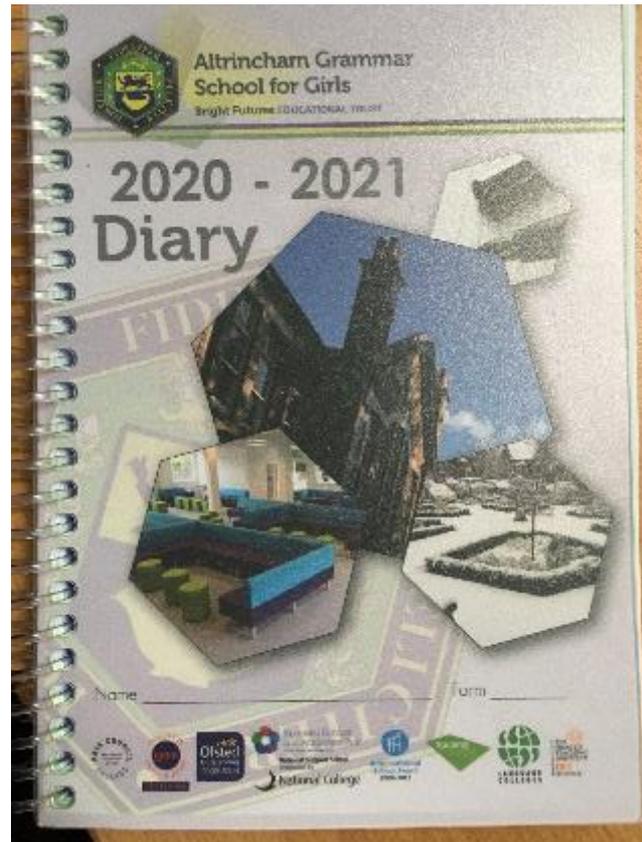
Students' return to school following COVID-19 lockdown

- ★ In terms of the ways in which parents/ carers can support their children's mental health as they return to school, a recent literature review gave the following advice:
 - ★ Avoid placing adult perspectives on young people's experiences
 - ★ Allow for a period of 'watchful waiting' for the first half term
 - ★ Encourage young people to maintain the type of activities that promoted their sense of school connectedness during lockdown
 - ★ Highlight the importance of establishing new routines
 - ★ Maintain open communication between yourselves, your children and school staff
 - ★ Support your child's friendships outside of school
 - ★ Support your child's self-efficacy (e.g., extracurricular clubs; hobbies; etc.)

Communication with the school

- ★ School number 0161 912 5912
- ★ School email address
admin@aggs.bfet.uk
- ★ Senior Tutor Year 7 Mr Lovelady
- ★ Assistant Senior Tutor Year 7 Mrs Clutton
- ★ Pastoral Assistant Mrs Prichard

Homework Diary



Absence procedures

- ★ Contact the absence line 0161 912 5912, leave a message including child's name and form and reason for absence.
- ★ If your child is unwell during the school day, they should inform their teacher and go to reception. You will be contacted to collect your child from reception.
- ★ Appointments during the day – please inform Mrs Prichard (by telephone or email), giving at least 48hours notice if possible.
- ★ Only named contacts on our system will be able to collect your child from school and parents/carers do have to come into reception to sign your child out of school.

Attendance and punctuality

- ★ Do keep your child at home if they are displaying any symptoms of coronavirus and follow the guidance already sent home from school.
- ★ Follow all quarantine rules if you are returning from abroad to protect all members of our school community.
- ★ Education Welfare Officer – Glynnis Collins works with students and families if there are concerns about attendance
- ★ All students need to be on site for 8.30am
- ★ Applications for leave of absence are only approved in exceptional circumstances.

Uniform policy

- ★ The full uniform policy is in the homework diary and is also on the website.
- ★ Any confiscated items are kept until the end of the term.
- ★ PE kit should be worn to school on days when students have PE lessons.
- ★ Requests to purchase pre-worn uniform can be sent via email to Karen Owen at admin@aggs.bfet.uk

Online safety and security

- ★ Information and guidance is available to parents/carers on the school website.
- ★ Students will be given access to office 365.
- ★ Students and parents/carers have all signed our acceptable use agreement.
- ★ Remote learning available on Teams.
- ★ Mobile phones are allowed in school. Ensure your child is aware that phones have to be switched off in all assemblies, form time and lessons and must not be visible or in use when crossing between sites.

Parental Engagement

- ★ ParentMail; system used for sending out letters to parents, asking for parent information and feedback, completing trip and extra-curricular activity permissions.
- ★ Access via a web browser, but recommended to download the ParentMail app on a smartphone, as this allows for easy completion of online forms.
- ★ EduLink One; system used for student's reports, viewing your child's timetable, monitoring attendance, monitoring rewards and merits, updating the student's personal details, and where relevant, viewing examination timetables.
- ★ Access via a web browser, but recommended to download the EduLink app on a smartphone.

Parental Engagement

- ★ If you already have a child at the school, you should have access already to both systems. You will not need to do anything further.
- ★ New parents; ParentMail registration is complete and you should already be receiving communications via email. We will be setting up EduLink access in the next few weeks.
- ★ Details will be sent to the email address we have for each parent/carer. If your email address has changed, please contact reports@aggs.bfet.uk with the new details.
- ★ Please do not contact us for access to EduLink before then.

Road and site safety

- ★ Reminders to all students in assembly about road safety.
- ★ Parents/carers should not wait outside the school gates.
- ★ Parents/carers should not park on double yellow lines or the zig zag lines in the immediate vicinity of the school.
- ★ Please help us to ensure we keep our school community safe.

Useful dates

- ★ Glaramara has been postponed in line with government guidance
- ★ Year 7 interim reports – 17 December
- ★ Year 7 - Parents' Evening Wednesday 3 March 2021

