

Welcome to this Spring term newsletter for mental health and wellbeing.

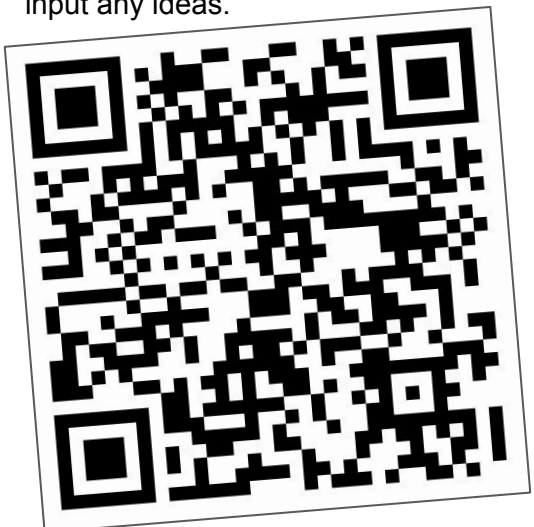
The Turing School has organised and is planning future events to support and promote mental health and wellbeing not only for students but it's staff and parents also.

In this newsletter we will tell you about our plan to form a Mental Health Ambassadors team, and the work which they plan to do, but also our Wellbeing Award accreditation.

We would welcome your thoughts on what you would like us to write in these newsletters. There might be some specific topics you would like us to cover and potentially give you advice on.

This could be Exam worries and stress, Anxiety, depression, self-harm, eating issues etc...

We have added a QR code here that will take you to Google Form for you to input any ideas.



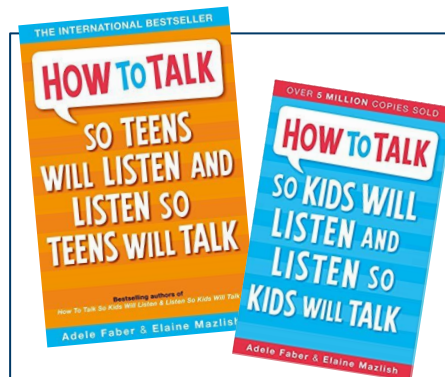
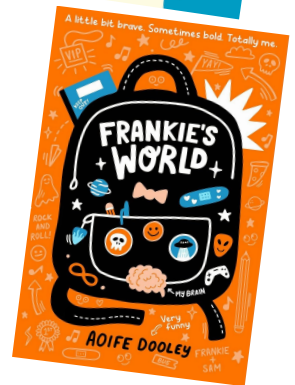
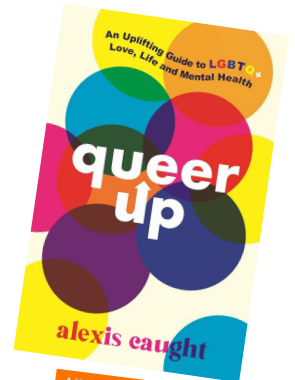
Books for Youngsters & parents around mental health & wellbeing

Queer Up: An Uplifting Guide to LGBTQ+ Love, Life and Mental Health, by Alexis Caught

This book is all about helping people understand what it means to be LGBTQ+ and supporting queer and curious teenagers to explore their LGBTQ+ identity. It covers a range of topics including questioning, coming out, friends and family, love, sex, shame, pride, and allyship. It includes first-hand experiences from other notable LGBTQ+ people.

Frankie's World: A two-colour graphic novel about standing-out and fitting-in when you feel different, by Aoife Dooley.

Frankie's World is a fictional graphic novel, written and illustrated by Aoife Dooley, who was diagnosed as autistic when she was 27. Frankie knows she's not like everyone else, but she can't quite figure out why – whether it's because of the way she looks, or that she has to go to hospital sometimes or that her dad left when she was a baby. With her best friend Sam, she goes on a mission to find her Dad.



Other Helpful Books

How to Talk So Kids Will Listen & Listen So Kids Will Talk by Adele Faber & Elaine Mazlish.

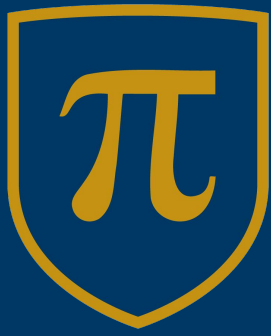
The Whole-Brain Child by Daniel J. Siegel and Tina Payne Bryson.

Raising An Emotionally Intelligent Child by John Gottman.

Mental Health Ambassadors

Over the next school year we will be setting up a Student lead Ambassador program, where students will be nominated to lead a small committee of ambassadors. They will lead on generating ideas and putting into place events and plans to help our cohort well being.

Any students interested in forming this crack squad of Student wellbeing ambassadors can apply by emailing Mr Friend at greg.friend@swale.at We also have a student suggestion box up in our student entrance where students can post ideas and suggestions.



Time2Talk Project

We are a grant-funded, free at the point of access, confidential, voluntary, and impartial mediation project that operates across East Sussex, and we work with young people aged between 8-18 and their families to help improve how they communicate.

Mediation is an empowering process, where family members come together as equals to find solutions to their own problems.

Their skilled, volunteer mediators, help to facilitate safe conversations that families so often need to have. Over the past 22 years, we have worked with hundreds of young people and their families, many of whom testify to the positive impact the project has had on them.



What is a family hub?

Family hubs are a one-stop-shop for families to access activities or receive support in their local community.

Who are family hubs for?

You can get support if you are:

- pregnant
- a parent of a child aged 0 to 19
- a parent of a child aged 0 to 25 with special educational needs or a disability
- aged 19 or under
- aged 25 or under with special educational needs or a disability

Visit their website here:

<https://familyhubs.eastsussex.gov.uk/about/what-is>

Supporting Boys in the Digital Age

Guidance for Parents and Carers

The Netflix series Adolescence has sparked important discussions about the challenges facing young boys and in relation to toxic masculinity, incel culture, and online radicalisation. The series tells the story of a 13-year-old boy who becomes involved in a tragic incident after being influenced by harmful online content, highlighting how young people - especially boys - can be drawn into dangerous online spaces.



Due to the popularity of this series, it has brought attention to this subject and it serves as a reminder of the importance of parents and carers being proactive in guiding their children through the digital world. Below are some key strategies to help support young men and mitigate these risks:

1. Stay Actively Engaged in Your Child's Digital Life

Jack Thorne, co-creator of Adolescence, has stated that he will withhold smartphones from his own son until at least the age of 14 to limit exposure to harmful online content and the pressures of social media.

We know that some parents in our community have chosen to give their children basic phones that do not allow access to social media, but we also recognise that many face pressure from their children to provide the latest devices. If your child does have a smartphone, consider the following steps:

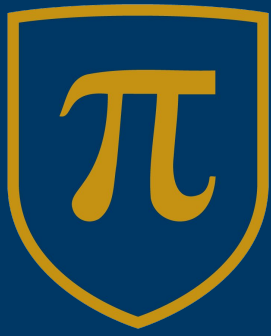
- **Have an open-phone policy** – regularly check messages and social media to see who they are communicating with.
- **Limit access at night** – keep phones and other devices downstairs overnight to reduce social media use at bedtime.
- **Talk to them about their online presence** – ask what apps they use, what privacy settings they have, and who they interact with.
- **Educate yourself** – learn about online subcultures that may promote harmful ideologies, such as incel forums, so you can have informed discussions.

2. Teach the Importance of Healthy Relationships

The charity Everyone's Invited has highlighted how toxic behaviours can emerge at a young age. Encourage open conversations about respect, consent, and appropriate interactions to help your child develop a healthy understanding of relationships. For example:

- Normalise discussions about respect and boundaries
- Teach your child that consent is not just about sex - it applies to personal space, sharing information and emotional boundaries
- Use age appropriate examples - hugging a friend, borrowing something from a peer.
- Discuss media portrayals of or masculinity in films, music & social media
- Challenge harmful attitudes - e.g. boys will be boys
- Teach your child that real strength comes from respect and empathy and not dominance or control.

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Support in the Community

The Old Bank Wellbeing Trust Bursary and discounted counselling for children, young people and adults in Hampden Park.

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



Eastbourne Child Therapy are specialists in psychotherapy for children, adolescents and young adults from ages 2 to 25.

<https://www.eastbournechildtherapy.co.uk/>

Eastbourne Child Therapy

Specialist psychotherapy for children, adolescents, and young adults from ages 2 to 25

Calm Journey Therapy are based in Eastbourne and offer reduced cost counselling.

<https://calmjourney.co.uk/>



E-Motion is a free online counselling project for young people aged between 12-18 years who live in East Sussex.

Take a look at their website to register:

<https://www.e-motion.org.uk/>

3. Encourage Critical Thinking About Online Content

Engaging in open discussions about the potential dangers of online material—including the spread of misogynistic ideologies—can help raise awareness and promote independent thinking. Encourage your child to:

- Be skeptical, not cynical – Ask: Who wrote this? Why was it written?
- Recognise bias – Not everything online is true, and even reputable sources can have an agenda.
- Spot manipulation tactics – Identify clickbait headlines, emotionally charged language, and confirmation bias.
- Be aware of AI-generated content – Show them how to fact-check claims using multiple sources before forming an opinion.

4. Provide Positive Male Role Models

Boys need strong, positive influences in their lives. Fathers, male carers, and mentors can model empathy, respect, and emotional expression to counteract societal pressures that equate masculinity with aggression or emotional suppression.

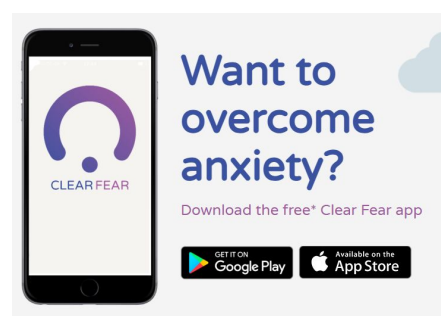
Need Further Support?

If you are concerned about your child's online activity or any views they have expressed, please contact their Head of Year or the Safeguarding Team. We are here to support you and can signpost you to further resources if needed. By working together, we can help young people navigate the digital world safely and confidently. If you are interested in further reading about the matter, here is a psychotherapist's view on the shows themes.

Free Mental Health Apps

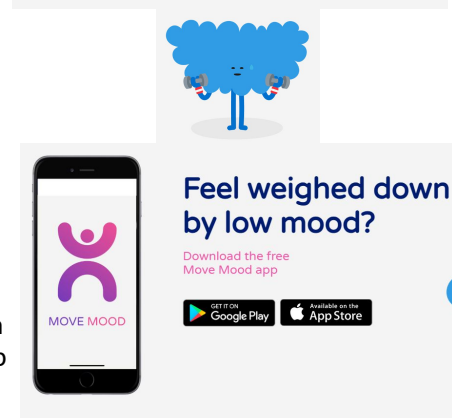
Clear Fear - Anxiety

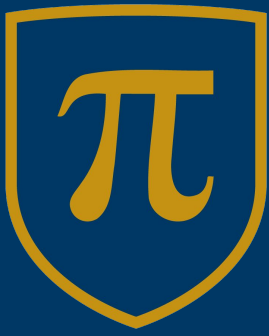
is an app developed for teenage mental health charity stem4 by Dr Nihara Krause, Consultant Clinical Psychologist, and used the evidence-based treatment CBT to focus on learning to reduce the physical responses to threat by learning to breathe, relax and be mindful as well as changing thoughts and behaviours and releasing emotions. Available on Google Play and App Store



Move Mood - Low Mood

Move Mood is an app developed for teenage mental health charity stem4 by Dr Nihara Krause, Consultant Clinical Psychologist, and uses the evidence-based treatment Behavioural Activation Therapy to help you improve your mood by encouraging you to increase your motivation to carry out a variety of tasks in order to help you move forward, take control and feel positive.





CAMHS Service East Sussex

Run by the NHS service, Camhs is sometimes the first port of call for parents who may need help with support for their child be it for mental health or support within schools for extra needs and support with learning.



Resources for children and young people



Resources for families, carers and professionals

Visit their website for more information and to find out if it is something that could help you:

<https://www.sussexcamhs.nhs.uk/refserrals>

Me & My Mind

We are the Mental Health support Teams (MHST) Parent and Carer Practitioners. We aim to be able to support parent and carers to understand children's mental health and emotional well being, and learn how a range of strategies to support their children. We offer a range of webinars and in-person sessions in East Sussex's Family Hubs and schools.

Visit us here to book in and attend a webinar: <https://www.tickettailor.com/events/mentalhealthandwellbeingineducation>



The Turing School Safeguarding Team



Safeguarding Lead
Assistant Headteacher
Mr Greg Friend
greg.friend@swale.at



Miss Susan Dench
Safeguarding Officer
susan.dench@swale.at



Miss Jade Turner
Safeguarding Officer
jade.turner@swale.at

Who to contact at school

Year 7 Team - tts-year7team@swale.at
Year 8 Team - tts-year8team@swale.at
Year 9 Team - tts-year9team@swale.at
Year 10 Team - tts-year10team@swale.at
Year 11 Team - tts-year11team@swale.at

Safeguarding Team
tts-safeguarding@swale.at
Attendance Team
tts-attendance@swale.at
General enquiries
tts-office@swale.at