

Welcome to this Winter / Spring 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 More tip on helping with exam stress, we look at online safety and coming up in February we have Children's Mental Health Support Week.

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.



Student Wellbeing

Student well-being is a holistic state of physical, mental, emotional, and social health that enables students to thrive, learn effectively, and build resilience, encompassing self-esteem, strong relationships, healthy habits (sleep, nutrition, exercise), emotional regulation, and a sense of purpose, all crucial for academic success and life fulfillment, especially in high-pressure educational environments. Key strategies to foster it involve mindfulness, connecting with others, physical activity, skill-building (emotional intelligence, goal-setting), and ensuring a supportive, inclusive school culture.

As the new year starts we aim to promote each of these areas to students and parents so they may also help us educate students on how to maintain a healthy existence.

We will look at some of the area's Which we can help educate our students in to help them lead a happy school life. [Continued on next page >](#)



Children's Mental Health Week

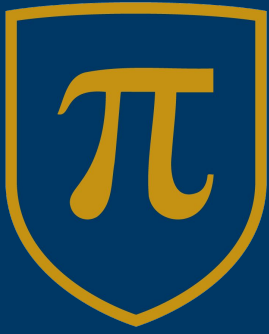
Children's Mental Health Week is an annual mental health awareness week launched by children's mental health charity, Place2Be. The week exists to empower, equip and give a voice to all children and young people in the UK.

Children's Mental Health Week 2026 will take place from 9-15 February 2026. The week launched back in 2015 and we celebrate it every February. Mark your calendars and join us in marking the 12th Children's Mental Health Week.

The official theme for Children's Mental Health Week 2026 is 'This is My Place' We know that our sense of belonging as individuals, in our friendships, in school, and in communities plays a vital role in our mental health and wellbeing. To know our place and really feel part of our environment is a basic human need. It can have powerful and long-lasting impacts in lots of areas of our lives, including our physical and mental health, education, employment and relationships. When we feel that we belong, it empowers us to contribute to the world and make a real difference.

This year, Place2Be's Children's Mental Health Week will aim to support the groups and systems surrounding our children. We'll encourage peers, families and communities to join us and create inclusive and nurturing environments, where children and young people feel they belong and can say "This is My Place".





Year 11 Mock Exams

As year 11 approach their second round of mock exams, it is only natural to experience feelings of anxiety and worry. There are lots of really good websites to help support students with the issues many of them face:

Young Minds is an excellent website with support for parents and carers as well as students.

HOW TO COPE WITH A BUSY EXAM SCHEDULE
by @Inner_Drive | innerdrive.co.uk

- 1 Accept the situation
- 2 Become an optimistic realist
- 3 Prepare a good revision timetable
- 4 Schedule in some "you" time
- 5 Prioritise your sleep schedule
- 6 Eat breakfast every morning

School Clubs

We offer a whole range of Extra Curricular clubs not only after school but also before school, at Break and Lunchtimes too.

We send out a termly clubs listing to parents and students and all clubs are normally free to attend.

Check out the current list at the school website now.

Student Wellbeing

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Key Components of Student Well-being:

Mental & Emotional Health: Managing stress, anxiety, building resilience, self-esteem, and emotional awareness.

Physical Health: Nutrition, sleep, exercise, and healthy lifestyle habits.

Social Health: Positive relationships, a sense of belonging, and strong social skills.

Academic Health: A healthy relationship with learning, managing academic pressure, and motivation.

Why It Matters:

Academic Performance: Well-being is a prerequisite for learning, improving concentration and achievement.

Holistic Development: Builds confidence, autonomy, and essential life skills.

Future Success: Prepares students for future employment and socially engaged lives.

How to Promote Student Well-being:

In Schools: Create positive environments, integrate mindfulness and physical activity, foster social connections, and provide counseling.

Individual Steps (NHS 5 Steps): Connect with others, be active, learn new skills, give to others, and pay attention to the present (mindfulness).

Resources: Utilize educational counseling services and mental health hubs for support.

FIVE WAYS TO WELLBEING

- Give:** Your time, your words, your presence
- BE ACTIVE:** DO WHAT YOU CAN, ENJOY WHAT YOU DO, MOVE YOUR MOOD
- KEEP LEARNING:** EMBRACE NEW EXPERIENCES, SEE OPPORTUNITIES, SURPRISE YOURSELF
- CONNECT:** TALK & LISTEN, BE THERE, FEEL CONNECTED
- TAKE NOTICE:** REMEMBER THE SIMPLE THINGS THAT GIVE YOU JOY

INTRODUCE THESE SIMPLE STRATEGIES INTO YOUR LIFE AND YOU WILL FEEL THE BENEFITS. Mental Health Foundation

NHS East Sussex School Health Service

Aged 11 to 19?
Or parent/carer of a child or young person aged 5 to 19 years old?

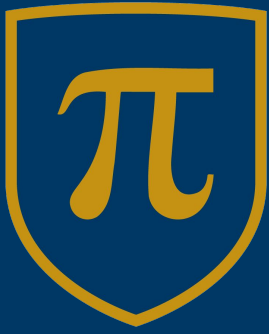
Speak to a school nurse in person.
Tuesdays and Thursdays
10am to 3 pm and 6 to 9pm

Click <https://nhs.uk/east-sussex-school-health>
or text 07507 332473 anytime.

East Sussex School Health

Service provided by Kent Community Health NHS Foundation Trust

Confidential, private and here for you.



THE 10 MOST COMMON MISTAKES STUDENTS MAKE
by @inner_drive | www.innerdrive.co.uk

- 01 SKIPPING BREAKFAST** This has a detrimental impact on attention and learning.
- 02 ONLY READING YOUR REVISION NOTES** Re-reading encourages you to skim read the text rather than properly processing it.
- 03 REVISING TO MUSIC** Listening to your favourite songs can distract you from revising. Study is usually best carried out in a quiet space.
- 04 MOBILE PHONES AND HOMEWORK** The mere presence of a phone has been found to cause a 20% decline in performance.
- 05 TAKING NOTES VERBATIM IN CLASS** Taking down word for word what your teachers says stops you from engaging with the material.
- 06 CRAMMING YOUR REVISION** Revising a little but often is much more effective than trying to learn a lot of information all at once.
- 07 NOT GETTING ENOUGH SLEEP** Set up a consistent bedtime routine that ensures you get the needed 8-10 hours sleep a night.
- 08 LEAVING THE HARD TASK TO THE END** Start hard tasks early as they always take longer than you think.
- 09 NOT GETTING ENOUGH FRESH AIR** Getting sufficient fresh air and exercise can have a positive impact on your wellbeing.
- 10 TAKING PHOTOS OF LECTURE SLIDES** Interacting with the material and making notes in your own words at the time of learning is a much more effective strategy.

Recommended Reading for Teenagers suffering Anxiety and Stress

My Anxious Mind: A Teen's Guide to Managing Anxiety and Panic by Michael A. Tompkins: Uses cognitive behavioral therapy (CBT) to help teens manage anxiety, panic, stress, and build confidence.

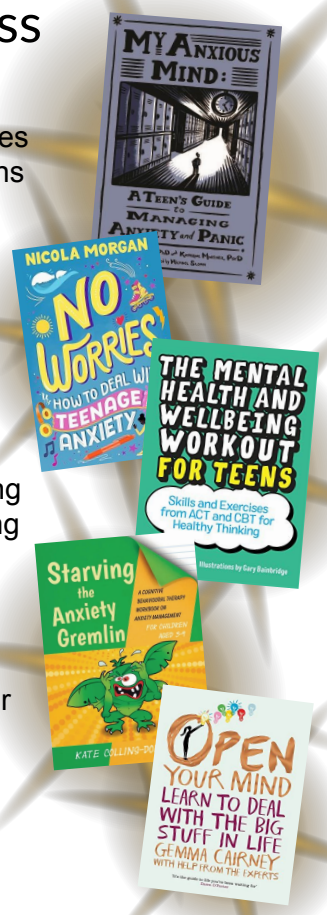
No Worries! by Nicola Morgan: Packed with science-based advice and hacks to help teens control worries and find calm.

The Mental Health and Wellbeing Workout for Teens by Paula Nagel: A guide to understanding thinking habits and building personalized coping strategies.

Starving the Anxiety Gremlin by Kate Collins - Donnelly: An engaging workbook using the "Gremlin" metaphor to teach kids to starve their worries.

Open Your Mind by Gemma Cairney: Honest, practical advice from a radio personality and professionals on stress, anxiety, and life.

These books are all available at Amazon.co.uk



BREAKFAST CLUB

THE TURING SCHOOL

FREE BREAKFAST

Yum Yum!

STUDENTS CAN ATTEND AT ANYTIME. WE OFFER A WARM AND SAFE SPACE WHERE STUDENTS CAN GET A HEALTHY START TO THE DAY. NINTENDO SWITCH CHALLENGES EACH DAY. BOARD GAMES AND TIME TO CATCH UP WITH FRIENDS OR STAFF WHO CAN HELP WITH HOMEWORK.

OPEN TO ALL STUDENTS

OPEN MON - FRI 7.30AM - 8.30AM

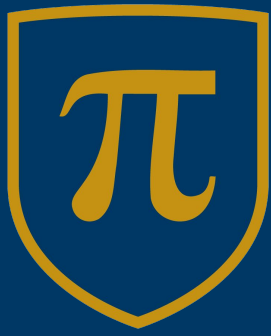
FREE BREAKFAST - STUDENTS ARE ALLOWED TO CHOOSE FROM TOAST, BAKE, OR PANCAKES AND WAFFLES ON SELECTED DAYS. A RANGE OF CEREALS IS ALSO AVAILABLE AS WELL AS A RANGE OF FRUIT JUICES, TEA AND WATER. VEGAN AND VEGETARIAN OPTIONS ALSO AVAILABLE.



Rise & Shine is a mental health alarm clock app that wakes you up feeling great!! With guided meditations, metaphors and powerful positive suggestions. We are at our most susceptible to suggestions within the first 20 minutes of the day, Rise & Shine taps into this. Mindfulness starts before you even open your eyes. It works like a dream!

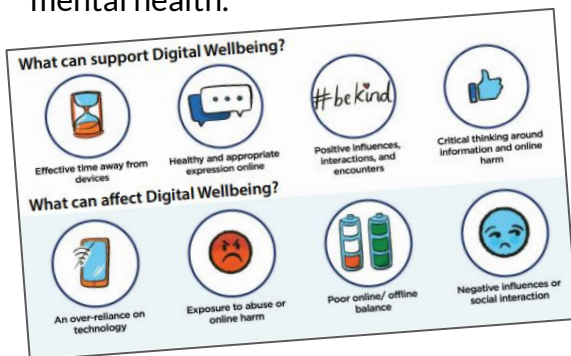
They currently offer a 1 month trial of the app which can be downloaded from major app stores.

The set up is easy, but it does take a little practise to ingrain a new habit. The phone needs to be plugged in on charge overnight, connected to wifi. Check media volume is up and last and most importantly, a low level light 'Dark Screen' / 'Sleep Screen' needs to remain on and visual overnight so that the app can wake you in the morning. Simply hit 'Save & Sleep' as the last thing that you do and then set the phone. www.riseandshineclock.com



Digital Wellbeing

Digital wellbeing can relate to how the use of digital technology including personal devices, social media and other apps can affect an individual's life. It can be affected by many things, such as how long we spend on devices, how we behave online, how we interact with others, how others interact with us, what we expose ourselves to, what we're influenced by and how we use technology to achieve desired outcomes. Much like general wellbeing, it can contribute to other areas such as our overall physical and mental health.



Support

In recent times, online platforms such as social media apps have included new features to support digital wellbeing which can involve limiting the exposure of content or encouraging active breaks. Some of the latest features include TikTok, which offers digital wellbeing information, Instagram operates a 'Take a Break' feature and Youtube has functions to hide dislike features. Check out other settings on Facebook and X with similar features offered.

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

SEND Team
tts-send@swale.at

General enquiries
tts-office@swale.at