



**THE  
COLESHILL  
SCHOOL**



Wellbeing: supporting your child's mental health  
The Coleshill School



**It is no wonder that your child gets stressed from time to time.**

**The teenage brain has not fully developed its frontal lobes and therefore decision making and problem solving alike may take a lot of energy to accomplish.**

**This often shows as increased anxiety and stress in young people.**



## Objectives:

- Understand stress, and successful students
- Advice and strategies
- Useful sites for further support

# AT HOME WELLBEING TIPS



## Stress, strategies & Success

Tips:

Coping with stress:

Sleep (8 – 10 hours suggested)

Eat well

Exercise

Reduce screen time – use as a reward

Ask for advice/ help if feeling stressed

# Stress, strategies & Success

Tips:

- Be organised; check bag the night before, timetable, equipment.
- These are skills they need to practice. They will still need prompting by you, especially if these skills are underdeveloped
- Checklist
- Positive reinforcement- rewards, not sanctions, works best!



# Train yourself!

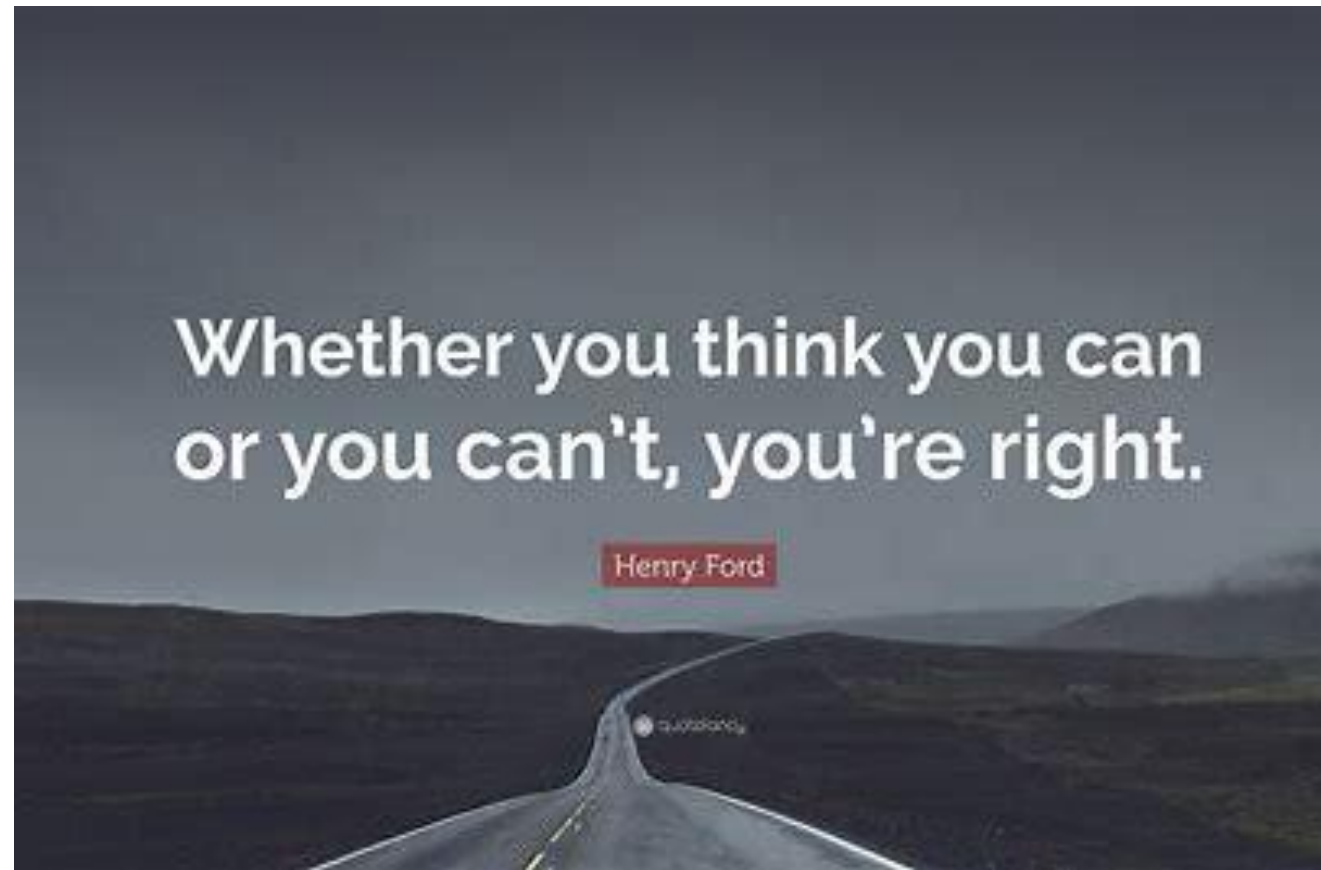
## 60 second challenge

- Give them space-  
Stopwatch!
- Find solutions together
- Keep calm and solution orientated
- Top two things
- Trusted adult cards in schools



# Attitude is key to success

- :
- Positive mindset essential for school and life
- 'I can not do it..... YET! But I will give it a go'.



# CHANGE YOUR WORDS; CHANGE YOUR MINDSET.

## FIXED

I'll never be as smart as that person.

I can't do it.

This is too hard.

I'm not good at this.

I made a mistake.

I give up.



## GROWTH

Everyone is talented in many ways.

I'm still learning. I'll keep trying.

With more practice it will be easier.

This may take some time and effort.

Mistakes help me learn.

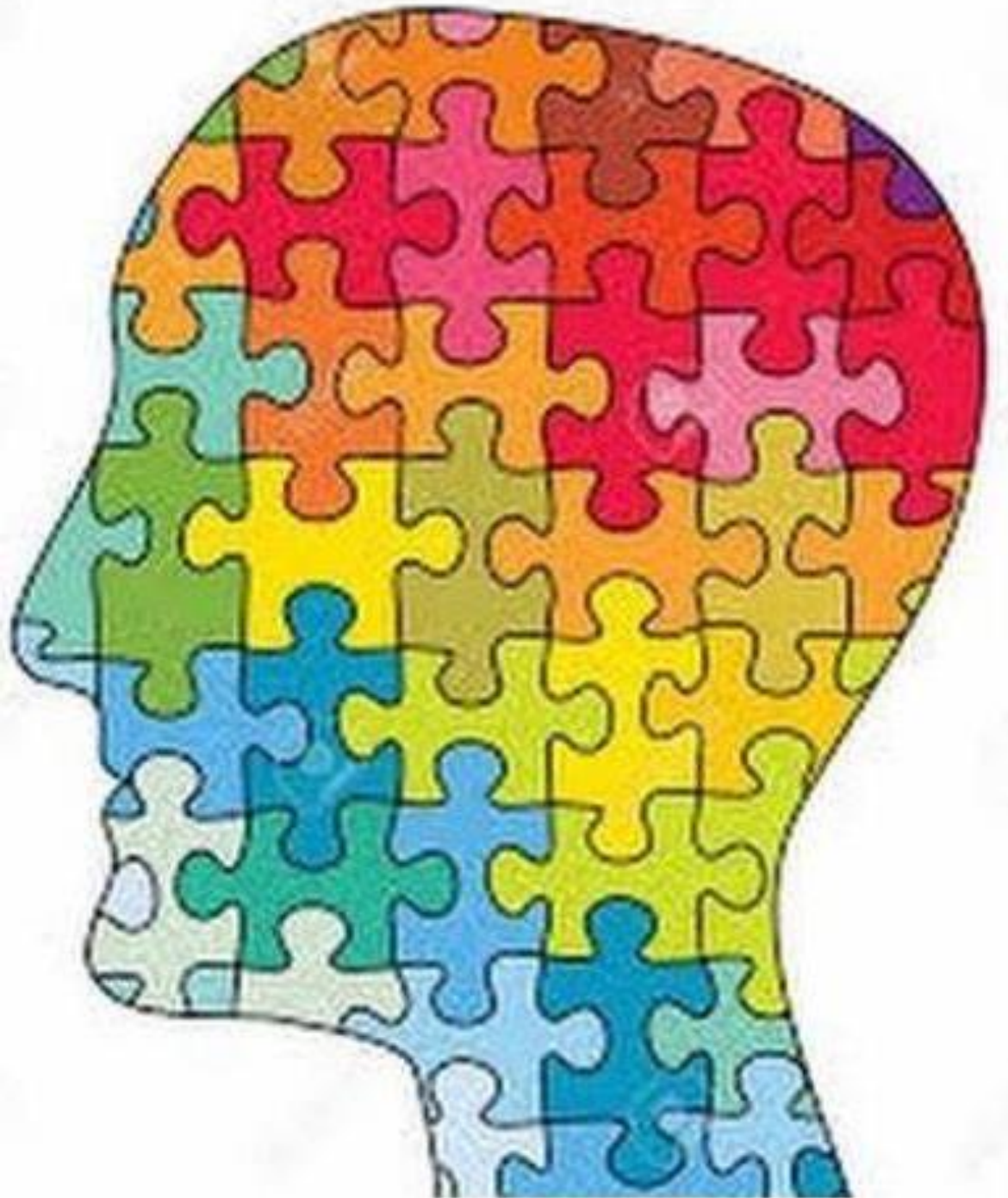
I can try a different strategy.





# Positive Psychology

- **Encourage outside interests- build a definition of self outside appearances and academic achievement**
- **Encourage physical activities**
- **Encourage different social groups**



# Useful websites

- Our school website has various links that can support you and your child during this academic year.
- [Health & Wellbeing – The Coleshill School](#)
- [Study support - BBC Bitesize](#)

# THANK YOU

[South.v@thecoleshillschool.org](mailto:South.v@thecoleshillschool.org)

Vanessa South

Mental Health and Wellbeing Lead

