

STUDENT WELFARE

THORPE ST ANDREW SIXTH FORM - ALWAYS SUPPORTING OUR STUDENTS



WHY IT IS IMPORTANT TO SUPPORT OUR STUDENTS



We put the welfare of our students at the centre of education and provide students with the support, knowledge and tools to be proactive with their own mental health and wellbeing. These are key life skills that will not only support students within their Sixth Form studies but also their future careers.

HOW WE SUPPORT OUR STUDENTS

Different support – why?

Support is offered to students in different formats as we understand that our students are all individuals and therefore their needs are too. Offering varying techniques and strategies allows students to access the correct support for them.

Support is available to all of our students in the following formats:

- Student Welfare Website – Wellbeing Hub
- Newsletters
- One-to-one support



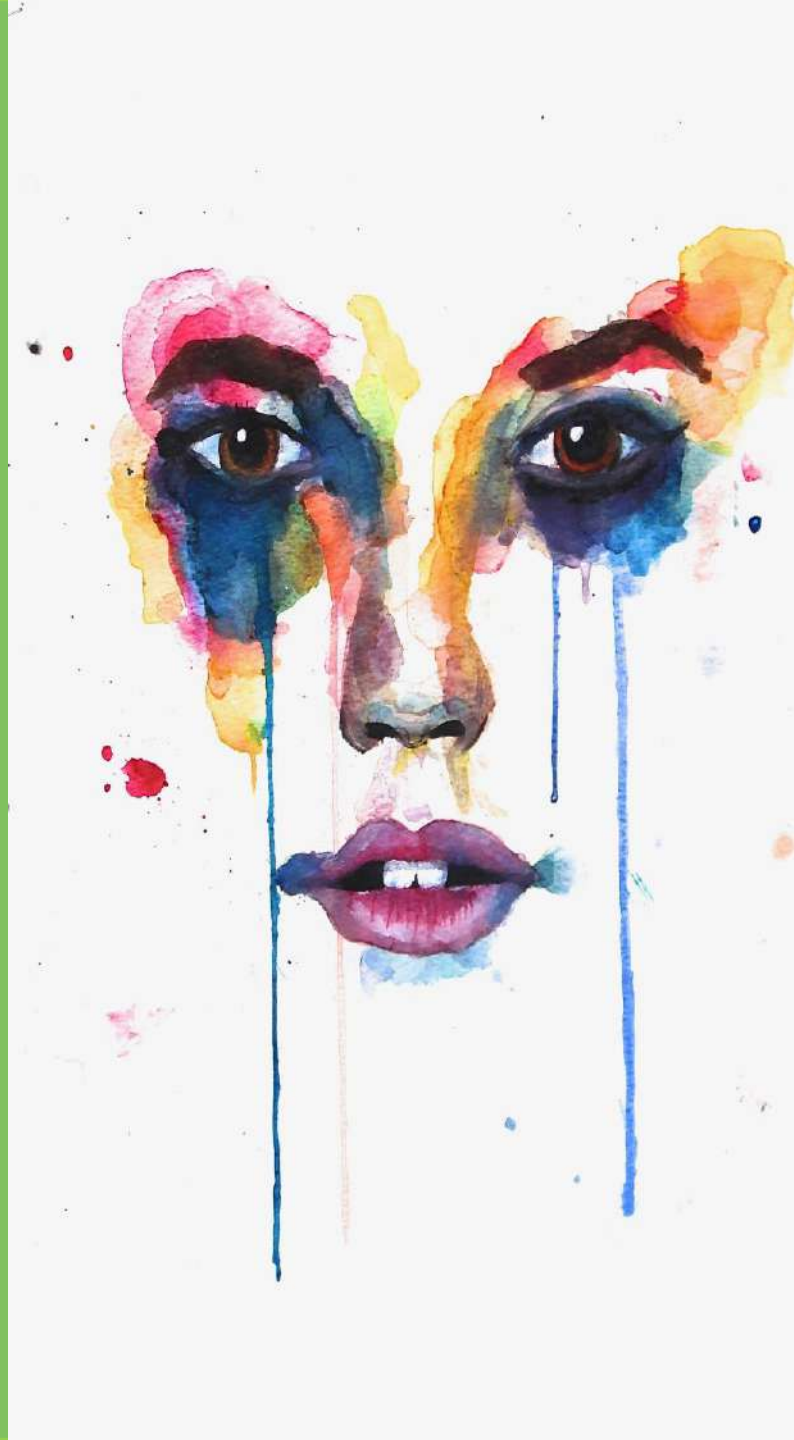


STUDENT WELFARE

OUR WELLBEING HUB

The student Wellbeing Hub is a website area accessible to students who have joined our Sixth Form. This hub contains toolkits in the following areas and are updated on an ongoing basis to ensure that the most current and relevant information is provided.

- Anxiety – Information and support on how to help with anxiety, especially within a school setting.
- Low Mood – The effects of low mood, ways to identify this as being an issue and ways to prevent from having a negative impact.
- Mindfulness – How important this is to maintain a work/life balance and ways in which to do this which are manageable.
- CBT – Understanding what CBT is and ways to help individuals.
- Examination Stress – Information on how to implement good strategies from day one to deal with the stress which is brought on by examinations.





WELLBEING NEWSLETTERS

Wellbeing Newsletters are sent out to students on a half-termly basis. They provide students with current information and techniques to help them support themselves with their own wellbeing and mindfulness.

These newsletters also provide students with external support services as well as links to request a meeting for our one-to-one support.





ONE-TO-ONE SUPPORT

One-to-one support is available from our Student Guidance Officer who is on hand to provide students with more tailored support should this be required at anytime.

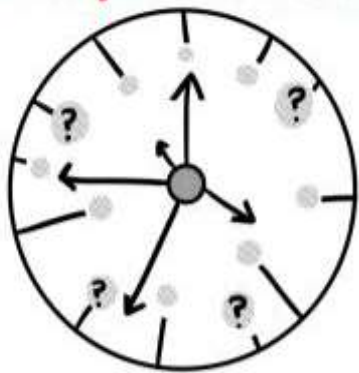
This one-to-one support gives students a contact for ongoing guidance and support throughout their Sixth Form studies.

Students who wish to arrange a one-to-one meeting with our Student guidance Officer, please click [here](#).



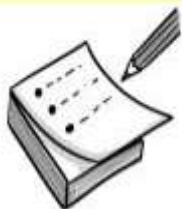


Did you know?



Increasing numbers of young people are seeking help because of exam-related stress and the pressures of doing well in their academic studies. The NSPCC has reported that there has been a sharp rise in the number of counselling sessions for 16-18 year olds, with many people worried about getting into universities and others concerned about their parents' reactions to results.

Reward effort more than grades - research shows that praising effort gets better results.



What can you do?

Your child's welfare is really important to us. Learning how to be independent at the same time as considering their own future can sometimes feel overwhelming. Here are some ways that you can help them.

- Sometimes, some quite basic things are really crucial in periods of pressure: your child's mental energy, quality of sleep, ability to rest and recover, how much physical activity they are doing, their nutrition and how they are able to handle stress.
- It is important that they develop a Growth Mindset, looking at goals, motivation, focus and self-belief and understanding that if they cannot do something at the moment, they can persevere and achieve.
- One of the key trigger points for high degrees of pressure is when students do not feel that they are in control of their work. Getting organised so that work is not last minute helps to reduce stress.
- The best way to revise is in short, manageable chunks with breaks in between.

- Although sometimes teenagers like to think they can handle very late nights, that is not what the evidence suggests. Lack of sleep will quickly lead to underperformance and feelings of stress and anxiety. Encourage them to get eight hours sleep a night.
- Research shows that high use of social media is linked to poor mental health. One recent study shows that young adults who used social media heavily were three times more likely to be depressed than occasional users. Another study discovered that young people who exceeded two hours of social media use per day were more likely to claim that their mental health was 'fair' or 'poor' than occasional users.
- Sometimes it is good to take your child out of the house for a break – go for a walk or for a drink, simply to get some fresh air. Experts say that this very simple act can make a difference to our mental health.

For support and advice, go to www.childline.org.uk



Did you know?



Cognitive load theory is a handy model to understand challenge and how to learn information which isn't too hard, or too easy, but just right. (Sweller 1998) Cognitive load is the amount of information our working memory can hold at any one time. The capacity of our working load is limited and therefore students can maximise their working memory by practising a range of strategies.

Research shows that strategies for reducing cognitive load can assist the human brain to learn and store knowledge, boost confidence and improve memory retention.

Further research has identified that reducing the cognitive load can reduce stress and anxiety and the feeling of being overwhelmed with tasks.



What can you do?

Support your child to try out strategies to reduce the cognitive load. Examples include:

- Breaking down problems into smaller parts. This reduces the problem space and lightens the cognitive load, making learning more effective.
- Helping them to understand worked examples in order to work out how to complete tasks.
- Encouraging them to take advantage of auditory and visual channels in their working memory and supporting them to create stories to help remember information in accessible chunks.
- Working with them to simplify information and build on it. Students should avoid overloading their brain with too much information at any one time.

The learning environment is crucial to reducing cognitive load. Help your child to create a calming environment to work in with as few distractions as possible. Encourage them to turn off their phone, music or the TV whilst revising or doing homework. Distractions only add to our working memory.

Help and encourage your child to review information from their lessons as they go along because this will help improve their retention, adding knowledge to their long-term memory. Help them get into a routine which works for them.

Ways to support students with pressures