Family Communication Morning

December 17th 2019

**Topic-The anxious child**

Mrs Corrin explained how school can support a child who is feeling/experiencing anxiety. There is no one way that defines how a child will show symptons of anxiety and parents were encouraged to access the **youngminds.org.uk** website which has great resources on how to spot signs of anxiety in your child and how to talk with your child if they are anxious.

At RGS, students can access support via:

* Student asking for help.
* Primary school transition support.
* Teacher referral.
* Parental referral.

The support available can range from time out in the quiet room, an exeat card which allows the student to leave a lesson, 1-1 sessions with the listening service or timetabled sessions in the nurture area in student services and support.

Miss Teare explained how sessions in the nurture area work. Students are encouraged to talk and share emotions and then they are given skills to help them if they feel anxious. Parents are welcome to see resources if they so wish.

Christian Varley from MSR explained the importance of exercise and diet and this can affect anxiety levels. Parents were encouraged to get out walking with their child and continue this for both adult and child positive mental health. Young minds has advice on how diet/exercise can affect mental health.

Lorna Fairclough from parent2parent spoke about her own experience of her daughters struggles with anxiety. She explained that the charity was established to help parents understand that they are not on their own and get some tips which may help their family life. You can contact parent2parent via facebook messenger- you can explain your concerns and you will be paired up with someone who has experienced the same issues- they are not therapists- they are there to support and listen. They also hold sessions which you can attend and chat.

Please contact Mrs Corrin via [enquiries@sch.im](mailto:enquiries@sch.im) if you would like to discuss support for your child.

Many thanks

Mrs Josie Corrin