



Ringwood School
PSHE
Making Positive Choices



Welcome to Year 11 Revision Evening



Key Dates coming up



Consultation Evening – Thursday 17th November

After feedback, this will remain as a virtual event this year

Letter with a link to the School Cloud booking system to book appointments will be sent next Thursday (10th)

This is the full consultation evening; please do make as many appointments as you can

Mock exam week: 30th Nov – 8th Dec



Timetable will be on the website by next week at the latest;

Students will then receive their own in a couple of weeks;

The Revision Booklet is a key resource for all students – please encourage them to use it and tick off each topic;

Students will get help planning their revision timetables next week – they have told us this will be useful to them





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Parents and Carers' Guide

to supporting students through exams

Stress



- Lots of things can make us stressed – we are not all the same
- Stress is our body's response to pressure
- Sometimes it's helpful as it helps us to push through
- Too much stress over a long period of time can be harmful to our physical and mental health.

Good Stress



Dream **Big**
Be **Curious**
Be **Determined**
Make **No Excuses**
Embrace **Opportunities**

★ Change Your Mind(set) ★

-Don't think of STRESS as

- a threat
- a demoralizer
- pressure
- overwhelming
- debilitating

-Don't focus on problems

-Don't fight stress



+Do think of STRESS as

- a challenge
- a motivator
- an opportunity
- manageable
- energizing

+Do focus on possibilities

+Do embrace stress



Mental Health
Foundation



How you might feel

You may feel:

- anxious
- afraid
- angry or aggressive
- sad
- irritable
- frustrated
- depressed

These feelings can sometimes produce physical symptoms, making you feel even worse.

How your body might react

If you're stressed, you may experience:

- headaches
- nausea
- indigestion
- digestive problems such as constipation, bloating or diarrhoea
- shallow breathing or hyperventilating
- sweating
- heart palpitations
- aches and pains

How you might behave

You may behave differently if you're stressed. You may:

- withdraw from other people or snap at them
- be indecisive or inflexible
- be tearful
- have problems getting to **sleep** or staying asleep
- experience sexual problems
- **smoke**, drink **alcohol** or take **drugs** more than usual

If the stress is long-lasting, you may notice your sleep and memory are affected, your eating habits change, or you feel less inclined to exercise.

Some research has also linked long-term stress to gastrointestinal conditions like Irritable Bowel Syndrome (IBS) or stomach ulcers, as well as conditions like cardiovascular disease.

6 Tips TO HELP TEENS COPE WITH

STRESS



Get Some SLEEP



Getting enough sleep helps you grow and develop normally, pay attention throughout the day, and maintain overall health. For teens this means about **8-10 hours each night.**

Focus on Your STRENGTHS



Take time to **think about what you're good at** and ways to do more of those things. By focusing on and building your strengths, you can keep your stressors in perspective.

Do Things That Make You HAPPY



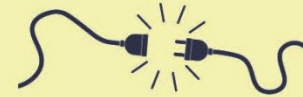
Find activities or hobbies that make you happy and incorporate them into your daily life.

Engage in PHYSICAL ACTIVITY



Exercise takes our mind off stress and releases chemicals in our brain that make us feel better. This can be anything from a stroll in the park, to downhill bike ride or basketball game with friends.

Unplug From TECHNOLOGY



Take some time to reconnect with yourself and be present in activities taking place around you.

TALK To Someone



It can be hard to manage stress alone. Talk to someone about your problems and they may be able to help you find **ways to manage your stress.**

Good sleep for teenagers



- Follow simple habits
- It's good for teenagers to be involved in solving their own sleeping problems
- Sleep is good for physical health, appetite, energy levels, concentration, focus and resilience, healthy relationships
- Lack of sleep can make it harder for your child to behave well, regulate emotions, pay attention, do well at school, and get along with others. Being tired all the time can even contribute to mental health issues like [anxiety](#) and [depression](#).

Most teens need about 8 to 10 hours of sleep each night. Getting the right amount of sleep is important for anyone who wants to do well on a test or play their best in sports. Unfortunately, many teens don't get enough sleep.

You can be a healthy sleep role model for your child – for example, by winding down before bed, reducing screen use before bed, relaxing and managing stress, and reducing your intake of caffeine before bedtime.

Spend the hour before lights out avoiding screens and doing relaxing activities like reading, listening to music or having a warm shower.

We asked some of our Year 11s “what do you need?”



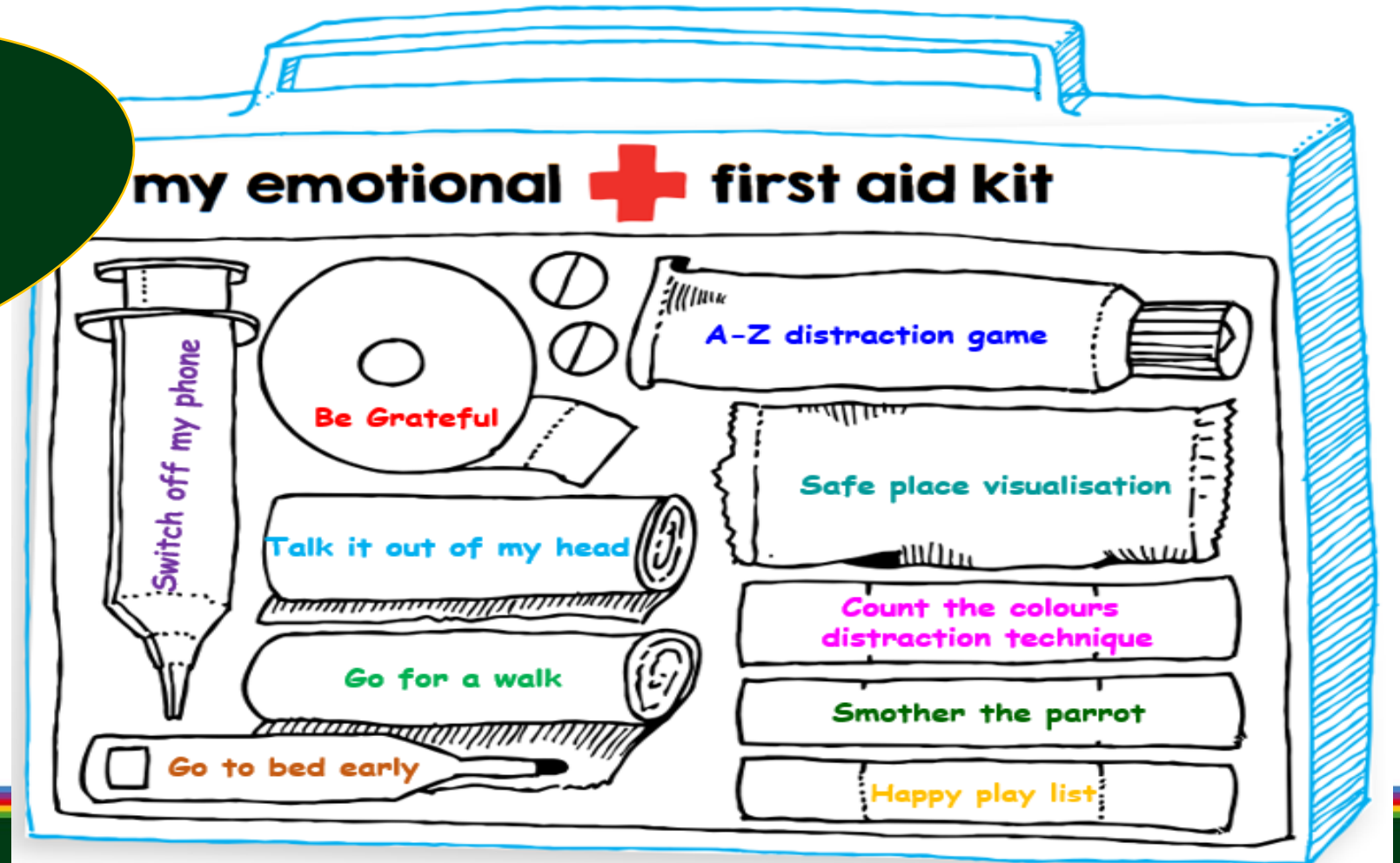
- Feel listened to
- Encourage help-seeking and problem solving
- Nice snacks
- Regular breaks are okay
- Good rewards
- Good sleep
- Trust me to understand what I am doing
- Don't nag me - leave me to it unless I come to you. Help to get me started then walk away
- Stress management – everyone manages stress differently
- Care but don't fret

What does your tool box look like?



Dream Big
Be Curious
Be Determined
Make No Excuses
Embrace Opportunities

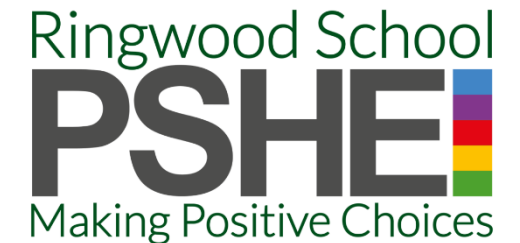
Does your child know
their strategies?
Are we good role
models?



Where can my child access support at school to help manage their stress?



- Tutor
- Trusted adult at school (every single adult has been in their shoes!)
- OnCall
- Medical
- Mental Health Ambassadors
- Assemblies/ Tutor Activities/ PSHE lessons
- PE lessons
- Helplines/Websites
- Self-referral to tutor groups and lunchtime workshops
- Emotional Support Referral through Head of Year



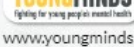
I am different like you

Abilities. Religion. Orientation. Culture. Gender.

If you want to talk to anyone outside of school, these organisations are brilliant:

Free confidential advice & support for whatever you need help with:

Mental health and wellbeing:

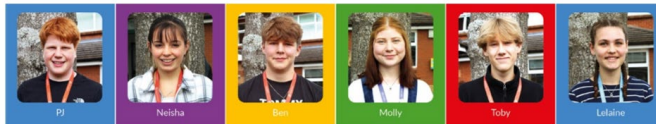


www.mind.org.uk www.youngminds.org.uk

Got a problem? Not sure how to solve an issue? Need to talk to someone?

You can email our Mental Health Ambassadors on mentalhealthamb@ringwood.hants.sch.uk

You are not alone – there is always someone to talk to. #BeKindToYourself



WORRY BOX

Our vision – Inspired to learn, supported to succeed

Don't bottle it up



Who to talk to:

- Tutor
- OnCall Team
- Head of Year
- School Nurse
- Mental Health Ambassadors
- Trusted Friends
- Parents
- Helplines/Websites



Ringwood School

CHILD PROTECTION & SAFEGUARDING TEAM



Miss C ADAMS
Designated Safeguarding Lead



Miss H JOLLY
Deputy Designated Safeguarding Lead



Mr A WALBRIN
Deputy Designated Safeguarding Lead



Mr T COOPER
Deputy Designated Safeguarding Lead



Mrs V LEWIS
Deputy Designated Safeguarding Lead



Mr T BROADHOUSE
Deputy Designated Safeguarding Lead



Mrs C M...
Deputy Safegua...

EXAM STRESS & POSITIVE MENTAL WELL-BEING



If you have any concerns about the safety or welfare of a student please email safeguarding@ringwood.hants.sch.uk

If you're struggling, speak to your Tutor. A problem is often a problem when you don't have a solution.



Go to your Tutor, Head of Year and they can help with your "depression"



The rest of our Revision Evening – in small groups with English / Maths / Science teams



Room:	Subject:	Session 1 6:20-6:40	Session 2 6:40-7:00	Session 3 7:00-7:20
Ma1	Maths	A	G	D
Ma2	Maths	B	H	E
Ma3	Maths	C	I	F
Ma4	Science	D	A	G
Ma5	Science	E	B	H
Ma6	Science	F	C	I
La01	English	G	D	A
La02	English	H	E	B
La03	English	I	F	C

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Dream Big
Be Curious
Be Determined
Make No Excuses
Embrace Opportunities

		Session 1 6:20-6:46	Session 2 6:40-7:00	Session 3 7:00-7:20
Ma1	Maths	A	C	E
Ma2	Maths	B	D	F
<a3	Science	E	A	C
Ma4	Science	F	B	D
La01	English	C	E	A
La02	English	D	F	B