

Q&A Session

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have. They can be
anonymous!
We will read
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CROWN HILLS
COMMUNITY COLLEGE

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Dental Practice with availability to see children under the NHS.

Oral health is a crucial part of overall health and well-being. Poor oral health can lead to pain, infection, and even more serious health issues. Regular check-ups can help prevent dental problems before they start, and can help ensure that children maintain healthy teeth and gums throughout their lives.

A range of dental services are provided for children, including check-ups and fillings. All services are covered by the NHS, so there is no cost to families

Please e-mail Dentoral@smileclinicgroup.com

With the child's full name, address, dob and contact number

Leicester Smile Clinic
223 Eastpark Road
Leicester, LE5 5HJ
01162543712





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A Specialist Sports College

The Parents' Guide to
**TEENAGE STRESS &
ANXIETY**



**Welcome to our Coffee Morning on:
Supporting Children with Stress/Anxiety.**

What to look out for

Sometimes there isn't obvious signs, but you may notice they're:

- Losing interest in things they once liked
- Becoming withdrawn and anti-social
- Persistent feelings of worry or complaining often
- Obsessing over and speaking about the same topic i.e. body image
- Not sleeping well



How to help

- Research suggests the main causes of poor mental health, stress and anxiety are due to **unhealthy diets, a lack of exercise and a poor sleep routine.**
- If you can't fix the exact worry that your child has, you could work on helping them with these 3 triggers...



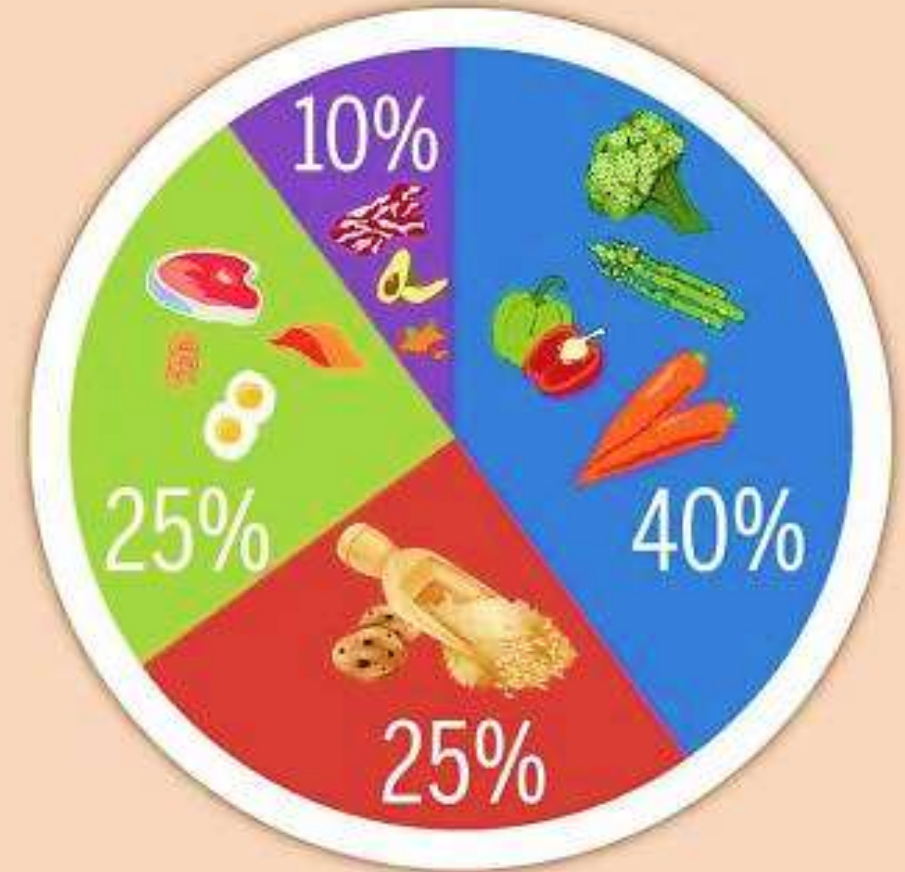
Encourage healthy eating

Ensure your child is:

- Eating a **balanced** diet every day
- Avoiding sugary foods. These will negatively impact their concentration and energy levels
- Avoiding caffeine; too much can cause anxiety, increased heart rate, and sleep disturbance
- Eating regularly and having a breakfast, lunch and dinner

Try cooking together at home - show them some delicious home cooked meals!

Balanced diet



- Fruits and vegetables
- Protein
- Fibre-rich carbohydrates
- Fats

Harmful effects of energy drinks

The high levels of sugar, caffeine, and stimulants contained in energy drinks can cause some serious health problems including:

- sleep problems
- hyperactivity and behavioural problems
- tooth decay
- weight gain
- anxiety



Energy drinks contain stimulants such as guarana, taurine, and ginseng.

The stimulant effects of energy drinks can cause hyperactivity, sleep problems and poor concentration. This can lead to poor performance at school.


Encourage exercise

Try to minimise the time they are seated by reducing the time they're watching TV, or playing video games. Break this time up by:

- Swapping bus journeys for daily walks to the park or to school and back
- Taking part in extra-curricular clubs (there are many sporting clubs students can take part in throughout the week, at lunch time or after school)
- Walking or cycling to school

Take family walks to town or the park at the weekend



 GOV.UK

What are the benefits of being active for at least 60 minutes each day?

- Improves heart health
- Maintains a healthy weight
- Improves bone health
- Improves self-confidence
- Develops new social skills

Encourage getting at least 8 hours sleep

- Teenagers need 8-10 hours per night
- Removal of screens from bedroom 30 mins before sleep
- Checking they're not playing games or still awake after 9pm
- Being strict but fair (it's worth the aggravation for the long term benefits)
- At GCSE age, they should be in bed by 10pm

They may not know it yet but you're helping them.

Their future, happier self WILL thank you for it.



How many hours of Z's are enough?

AGE	HOURS OF SLEEP
4-12 MONTHS	12-16*
1-2 YEARS	11-14*
3-5 YEARS	10-13*
6-12 YEARS	9-12
13-18 YEARS	8-10

TEEN SLEEP
MATTERS

#TEENSLEPMATTERS

Direct them to further support

- If they're not accepting your help, encourage them to seek support from another trusted adult
- Counselling service at CHCC
- Safeguarding team at CHCC
- **FREE** online support:
 - **Young Minds:** www.youngminds.org.uk
 - **Mind:** www.mind.org.uk
 - **Samaritans:** call 116 123
 - **TeenSleepHub:** teensleephub.org.uk



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"In the garden of life, School Counsellors are the nurturing gardeners who help students bloom"



**Mrs Inayat
School Counsellor**

My approach to counselling
We all get times in our lives where we run into difficulties and do not know where to turn next. The School Counselling Service is a place that can help you find a way forward and develop more effective coping strategies and life skills.

As the school counsellor, I hope to offer you a chance to explore and understand issues that are having a negative effect on your academic work, relationships or life outside of school, and to help you cope more effectively. You can talk in confidence to a professional counsellor about anything that is worrying you.

We will have regular appointments over a period of time which can enable students to gain new and different perspectives. This can lead to changes in how students feel about themselves, their relationships with others, their thinking and behaviour - both in and out of school. I will be carrying out 1 to 1 session with students as well as fun and interactive workshops to provide you with the tools to manage your concerns.

Topics that can be discussed in therapy:

- Your relationships
- Your childhood
- Your thoughts, feelings and emotions
- Past and present life experiences
- Significant life events
- Situations you find difficult

Services provided:

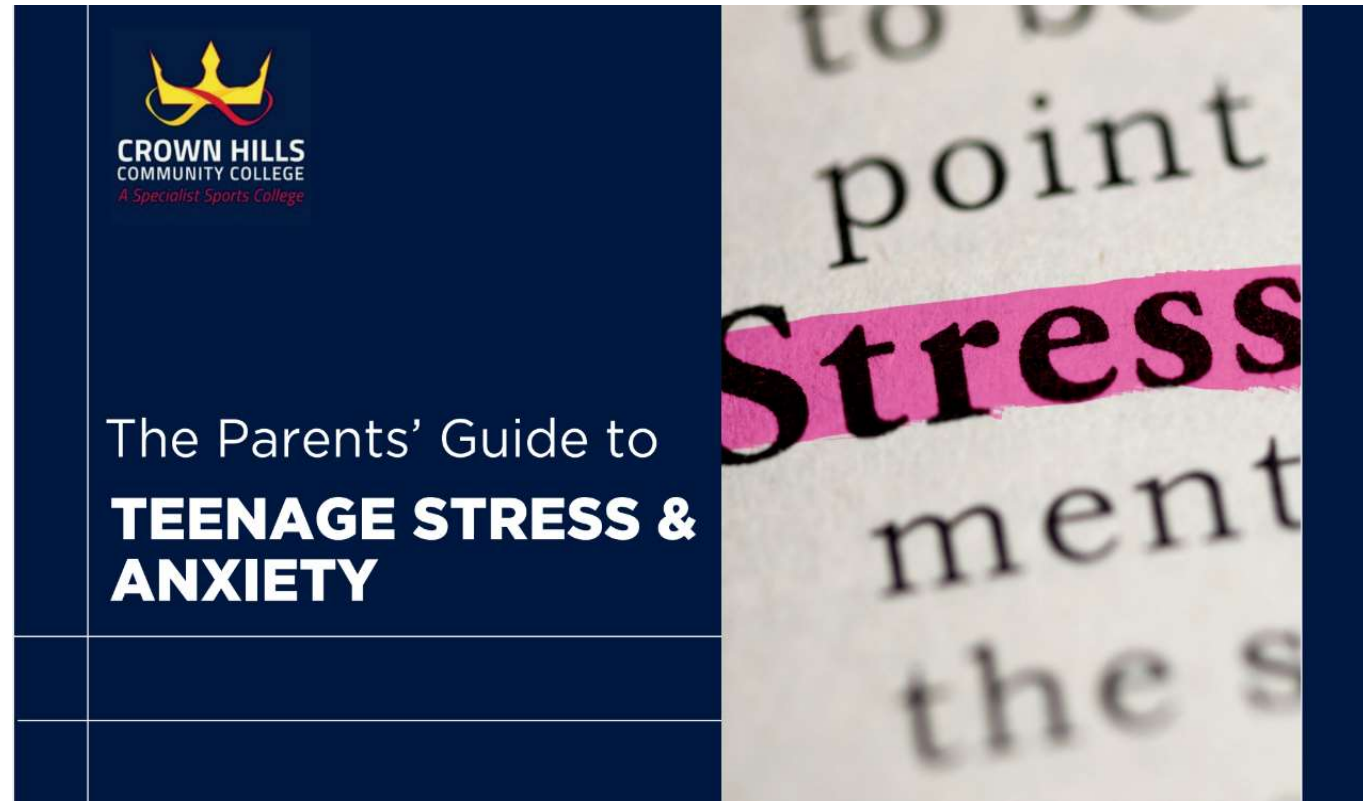
- 1-1 sessions
- Workshops
- Assemblies
- Drop ins

Thank you for listening

- All this information and further support is provided in the leaflet
- Any questions, please let us know or get in touch:

cmatthews@crownhills.leicester.sch.uk

sduis@crownhills.Leicester.sch.uk



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