



MOWDEN MATTERS



The definitive guide to Pastoral Matters at Mowden Hall School

May '23

What a busy few weeks we have had in school, despite having Year 7 away on what looks to have been an incredible residential trip to Sauveterre.

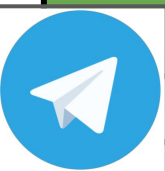
Whilst enjoying the improving weather, as well as a number of bank holidays, we have been able to cover a wide variety of pastoral issues, hopefully allowing the children to explore a bit more about themselves.

We also conducted another Pupil Wellbeing Survey, which the children fill in by themselves, and we were overwhelmed by both the happiness of the pupils but also the individual comments they left - "School is so fun!!!!", "I love my teachers", "Mowden Hall is a great school" and "I'm getting more friends each day!" to highlight a few.

I wish everyone an enjoyable half term break and am very much looking forward to the final half of the summer term - I am told it is a busy one!

Mr P. Sturt

NSPCC



Telegram

What we are being told to focus on:

At school (and specifically in the Safeguarding Team), we are often signposted to specific areas of concern, which occasionally need to be passed on. This month it is "Telegram" - an emerging competitor to WhatsApp and Facebook Messenger. Click the logo above and I will send as a .pdf document too.

Mental Health Awareness Week took place this month and the focus nationally was Anxiety. In school, we organised lunchtime talks with Mental Health Lead Nurse Laura and also got children to focus on what they can and cannot control. Click the NSPCC logo above to access information specifically on this matter.



A bit of Coronation Creativity

8 WAYS A CHILD'S ANXIETY SHOWS UP AS SOMETHING ELSE

1. Anger

The perception of danger, stress or opposition is enough to trigger the fight or flight response leaving your child angry and without a way to communicate why.



2. Difficulty Sleeping

In children, having difficulty falling asleep or staying asleep is one of the hallmark characteristics of anxiety.



5. Lack of Focus

Children with anxiety are often so caught up in their own thoughts that they do not pay attention to what is going on around them.

FOCUS

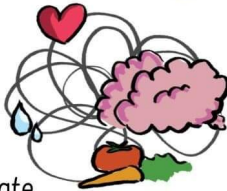
6. Avoidance

Children who are trying to avoid a particular person, place or task often end up experiencing more of whatever it is they are avoiding.



3. Defiance

Unable to communicate what is really going on, it is easy to interpret the child's defiance as a lack of discipline instead of an attempt to control a situation where they feel anxious and helpless.



8. Overplanning

Overplanning and defiance go hand in hand in their root cause. Where anxiety can cause some children to try to take back control through defiant behavior, it can cause others to overplan for situations where planning is minimal or unnecessary.



7. Negativity

People with anxiety tend to experience negative thoughts at a much greater intensity than positive ones.



4. Chandeliering

Chandeliering is when a seemingly calm person suddenly flies off the handle for no reason. They have pushed hurt and anxiety so deep for so long that a seemingly innocent comment or event suddenly sends them straight through the chandelier.



In addition to focusing on Anxiety and The King's Coronation, pupils have also received an assembly on revision techniques. Not strictly a pastoral matter, but there are some children out there who are already showing signs of worries about end of year exams and Common Entrance examinations too. Click the link for tips...

BBC
Bitesize

Coming up in June...

**MOWDEN HALL SCHOOL HEALTH AND
WELLBEING DAY 2023**