



Welcome to our fifth Safeguarding Bulletin. Last half term we explored **BRITISH VALUES OF TOLERANCE AND RESPECT** and **DISCUSSING THE CONFLICT AT HOME**. In this addition we will be focusing on “burnout,” particularly as our Y11 students hit exam season. We are also examining the theme of loneliness and how we can help ourselves and others.

Stress and Burnout

MyTutor.co.uk have written an article about exam stress burnout and given some sensible advice for getting students through it. They've been hearing about exams for ages. So it's no surprise that lots of students are feeling overwhelmed as exam season approaches.



Signs of teen burnout:

- They're not sleeping or eating well.
- They're a lot more irritable.
- They want to spend all their time alone.
- They've lost interest in things they normally enjoy.

How you can help them get through it

It's completely normal for you to worry when your teen's going through a stressful time. But there's still lots you can do as a parent to help them along. Exam season is a bit like a marathon, and it takes regular self-care to make it to the finish line.

- Have regular chats to check in.
- Help them build down-time into their schedules.
- Give them advice on managing their screens.
- Reach out for support.



Details on all of these symptoms and support systems can be found here: <https://www.mytutor.co.uk/blog/parents/4-signs-of-burnout-in-your-teen-and-how-to-help-them-through-it/>

Mental Health week

This half term we also Celebrated Mental Health awareness week, the national theme was Loneliness

Your feelings of loneliness matter

Anyone can experience loneliness. However, the way you experience loneliness can be different to somebody else.



If you or your child have a non-emergency concern, please contact safeguarding@saintspeterandpaul.halton.sch.uk for advice and support. For emergencies please call 999.



Some people can be alone and not feel lonely and others can be surrounded by people and feel lonely.

“I shouldn’t feel lonely?”

Do you relate to this phrase? If so, know that a lot of young people think that too, including us. But what you may not realise is that loneliness is a common feeling in young people.

- Almost 10% of young people said they were ‘often’ lonely
- Almost 70% of young people said they have felt alone some or all of the time during the pandemic

We want to help you reduce the stigma you may feel around loneliness and get you to a place where you can say: **“It’s okay that I feel lonely sometimes.”**

<https://www.mentalhealth.org.uk/sites/default/files/15-loneliness-tips-for-young-people.pdf>

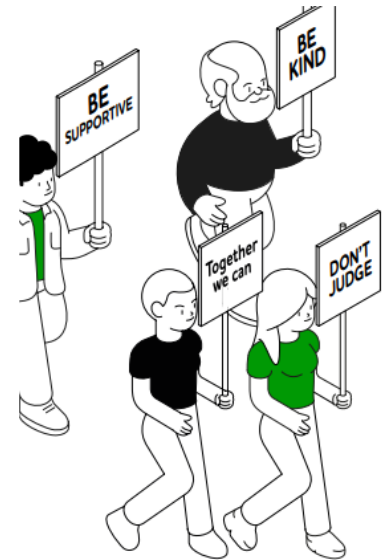
A range of online resources are available for students and parents to access for assistance:

<https://www.papyrus-uk.org/>

<https://www.youngminds.org.uk/>

<https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/>

No matter what, asking for help, helps.



The Safeguarding Team



Mr Forber

Deputy Designated Safeguarding Lead



Mrs Forber

Designated Safeguarding Lead



Mrs Nightingale

Deputy Designated Safeguarding Lead



Mrs Woan



Mrs Cunningham



Mrs Scott



Mrs Downing

If you or your child have a non-emergency concern, please contact safeguarding@saintspeterandpaul.halton.sch.uk for advice and support. For emergencies please call 999.