

Supporting students with exam stress

- Start the conversation. Ask them questions about how they're feeling. If they're not comfortable sharing, try opening up about any struggles you've faced in the past.
- Encourage them to exercise and get some fresh air each day, a change in surrounding can do wonders for shifting a negative mindset.
- Act early! If you think they are struggling, don't sweep it under the carpet.
- Educate yourself on mental health and the best ways to support your child if they are struggling. Young Minds has great resources for parents and carers.
- Work with your child to try and set up a sustainable routine around GCSE preparation, even if it's initially 15 minutes each day. The confidence-building power of daily routine is transformative and can prevent performance stress before it starts. We will have daily open sessions in the library to provide a supportive study atmosphere for those who get distracted at home.



WE WILL LISTEN
and **WE CAN HELP**



At Cowes Enterprise College every single staff member is responsible for safeguarding. All staff are here to promote the welfare of children and protect them from harm.

ALL adults are trained to take the appropriate action and ensure that one of these people displayed are informed so that they can follow up with specific assistance, support and guidance on an individual basis.

 <small>Mr Lyon Designated Safeguarding Lead R.Lyon@cowesec.org</small>	 <small>Mrs Jupe Deputy Designated Safeguarding Lead K.Jupe@cowesec.org</small>	 <small>Mrs Kitley Principal R.Kitley@cowesec.org</small>	 <small>Mr Harding Vice Principal KS3 T.Harding@cowesec.org</small>	
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As individual students we want you to feel happy to talk to whomever you feel most comfortable - whether this is your form tutor, head of year or any other staff member.



COWES *CARES*

Support for parents and carers



Where to find financial support

 Isle of Wight

The Money Advice team can help you to take control of your finances and provide you with solutions for dealing with your priority and non-priority debts. They offer a wide range of advice on a variety of different types of debts, and provide you with help and solutions on how to deal with your creditors and how to manage your finances going forward.

citizensadviceiw.org.uk

Use the free and easy-to-use Benefits Calculator and Grants Search tools to check what benefits you might be able to claim and what grants you might be able to apply for.



turn2us.org.uk



If you need help from the foodbank there are a few simple steps to follow.

The most important step is to get a Foodbank voucher. These can be issued by a number of local community organisations including the school. Please do contact info@cowesec.org.

isleofwight.foodbank.org.uk

Online safety

A simple and effective way to get involved with your children and their lives online is through discussion. By maintaining an open dialogue with your child and encouraging them to talk to you about their internet use parents can help children access the amazing resources the internet has to offer whilst keeping them safe online.



Conversation starter ideas

- Ask your children to tell you about the sites they like to visit and what they enjoy doing online.
- Ask them about how they stay safe online. What tips do they have for you, and where did they learn them? What is OK and not OK to share?
- Ask them if they know where to go for help, where to find the safety advice, privacy settings and [how to report](#) or block on the services they use.
- Encourage them to help. Perhaps they can show you how to do something better online or they might have a friend who would benefit from their help and support.
- Think about how you use the internet as a family. What could you do to get more out of the internet together and further enjoy your lives online?

childnet.com

Mental health and wellbeing support

There are many websites which offer self-help for young people.

- Young Minds – The UK's leading charity committed to improving the emotional wellbeing and mental health of children and young people

 www.youngminds.org.uk

- ChildLine – The UK's free helpline for children and young people, providing a confidential counselling service for any child or young person with a problem

 www.childline.org.uk

- FRANK – Confidential information and advice for anyone concerned about their own or someone else's drug or solvent misuse

 www.talktofrank.com

- BEAT Youth Helpline – online community information, help and support for anyone affected by eating disorders

 www.b-eat.co.uk

- Brook Advisory Service – The UK's leading provider of sexual health services and advice for young people under 25.

 www.brook.org.uk