

Welcome to Isca Academy!

We are so pleased to welcome you to our school, and hope you will be happy here.

Any member of staff will help you, however these are some important people who you will come into contact with more often:

Year 7 tutors:

Miss Roberts - 7AR
Mr Hutchings - 7CHU
Mr Rogers - 7NR
Miss Hewitt - 7IH

Mr Donaldson - 7ED
Miss Lewis - 7KL
Mrs Vallance - 7JV
Mr Broadbridge - 7TB

Members of our Inclusion team are:

Mrs Congreve
Receptionist



Mrs Powell
Inclusion Coordinator



Mrs Lee
Transition Administrator



Mr Heywood
Behaviour Manager



Mr Freestone
Wellbeing Coordinator



Miss Carter
SENDCo



Mrs Campbell-Bellis
Deputy Safeguarding Lead



Miss Moore
Early Help Coordinator



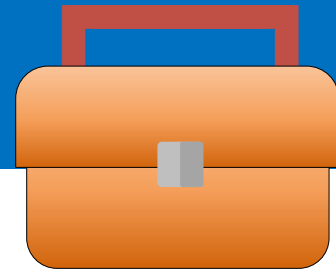
Mrs Naden
Attendance Officer



Mr Goldson
Head of Year 7



My Wellness Toolbox



Things that support my wellbeing

Firstly, we need to think about all the different things that help to make us or keep us well. These things make up our “wellness toolbox” which can be a jumble of all sorts of different things. This is about being kinder to yourself and learning more about yourself and what works for you.

THINGS TO DO

Ask yourself
What stops you feeling bad?
What makes you feel happy?
What helps you relax or feel calm?

Focus on positives

Talking to people in a positive way

Try new things

Eat regular meals

Socialising

Listen to music

Make time for yourself

Believe in yourself

Wear something that makes you feel happy

Exercising

Get enough sleep

Give yourself space

Positive use of phones and social media

Shower

Chill out

Contacting friends and important people

Smile

Things I can do for myself to keep me feeling as well as possible:

Secondly, we need to think about things that we should avoid in order to help ourselves feel as good as possible.

THINGS TO AVOID

Being hard on yourself

Comparing yourself to other people

Focusing on negatives

Being alone all day

Feeling guilty about spending time alone or about not going out

Taking anger out on others

Worrying too much

Taking things to heart

Being antisocial

Hurting yourself

Negative use of social media

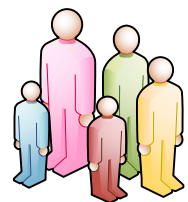
Smoking, drinking, drugs

Staying in bed all day

Things I should actively avoid because they make me feel bad or worse:

Make use of the network around you

Finally, make a list of the people that you can go to when you are not feeling well e.g. friends, family, teachers, the Wellbeing Coordinator in school, doctor ...



The person/people I will connect with if I am not feeling well:

Wellbeing Self Help

Need help?

You can talk to the trained staff in school or your tutor

You can use these websites to talk to a qualified counsellor or just get advice and information

www.kooth.com

www.childline.org.uk

www.youngminds.org.uk

Asking for help can be hard, so here are tips to make it easier:

- Choose someone you feel safe talking to
- Plan what you want to say
- Make sure it's a good time to talk and that they aren't distracted
- You have control over how much you tell someone – you don't have to say everything if you don't want to
- If you're not sure whether they'll keep what you have said to themselves, you should first ask them before you start talking

www.childline.org.uk/info-advice/you-your-body/getting-help/asking-adult-help/



If you can't find the right words, the **Doc Ready** website can help you sort through your thoughts and make a list:

www.docready.org/#/home

Or an **advocate** can help you work out what you want to say:

www.cemind.org/our-services/young-peoples-advocacy.aspx

Poor breathing is a problem for many people living with anxiety.



Try these exercise to improve breathing and calm the body.