



YEAR 7 BOYS TRIUMPH IN DISTRICT FINAL

On Thursday 11 May our Year 7 team travelled to Aldershot Town FC 's EBB Stadium to play in the District Cup Final.

Understandably they were nervous – our opponents were Tomlinscote who had beaten us in our first game of the season 2-0 and are a very good side.

We had a bright start, with the game well in our control, but as expected Tomlinscote began to generate some concerns for us.

CONTINUED ON PAGE 3

FROM THE ACTING PRINCIPAL ...

Examination Season

This week marks the start of the summer programme of GCSE and A level public examinations. I would like to wish all our students the very best for their forthcoming examinations and to remember to embrace the College motto: **'Believe Succeed'**.

Booster Breakfasts have started this week which have been well received by targeted students. Please encourage your son or daughter to take advantage of the excellent revision opportunities available to support them and if they are unsure about the provision to speak to Miss Robinson, Miss Evans or their class teacher for further guidance.

Mental Health Awareness Week

It is timely with the examinations commencing that it is Mental Health Awareness week with the theme being anxiety. Anxiety affects us all to varying degrees and it is important for us all to have coping strategies to manage those pinch points we experience at certain points in the year.

CONTINUED ON PAGE 4

DATES FOR YOUR DIARY - DON'T MISS OUT!

Friday 26 May: End of Term

Monday 5 June: Start of Term

Wednesday 7 June: Sports Day, 5.00pm until 8.30pm, John Nike Athletics Stadium, Bracknell

ATTENDANCE - LEAVE OF ABSENCE/ HOLIDAY REQUESTS

Just to remind parents/carers that if they take their children out of school without authority, they will be liable to receive a penalty notice. Currently the amount payable under a penalty notice is £60.00 per parent/carer per child if paid within 21 days. Thereafter the amount increases to £120.00 if paid between 21 and 28 days. If the penalty notice remains unpaid after 28 days, the Local Authority will consider a prosecution in the Magistrates Court. Please note that penalty notices are issued per parent/carer per child so a family of two parents and two children will receive 4 penalty notices.

EXAM CERTIFICATES

Exam certificate postage payment is available on ParentPay. Please ensure payment is made as soon as possible to ensure your child receives their exam certificates for the Summer 2023 season. This is of particular importance for those students in Years 11 and 13 who are leaving the College.

To avoid certificates being lost in transit or left crumpled at the bottom of a school bag, we encourage payment to be made for Years 9 and 10 too.

For those that make payment for postage, exam certificates are usually despatched in December using Royal Mail's 'Signed For' service.

Certificates will be required by future employers and further education institutes. If you don't have your certificates when you need them in later life, the exam boards can provide a replacement statement of results but it is very costly.

Collingwood Exams Team

YEAR 7 BOYS TRIUMPH IN DISTRICT FINAL

CONTINUED FROM PAGE 1

It was with delight then, that nearing half time, after a great 3rd man run, that Freddie Hoare popped up to lob the on-rushing goalkeeper.

Quietly confident at half time the team fell into a classic trap of overplaying at the back which led to a mix up and a subsequent penalty that Tomlinscote converted.

The rest of the match was cagey to say the least.

Penalties!

Whether you convert or not, it is always nerve-wracking and takes great personal courage to step up.

So well done to our six penalty-takers, but with Christian Higgs in goal we always have an edge especially when he is doing his Bruce Grobbelaar legs (the older ones reading this will know who he is, the younger ones – look it up on YouTube!)

Eventually we triumphed in sudden Death 5-4!

The lads deserved this after a great season (they are a smashing group of young men) – I am already looking forward to next season.

Trials/training will resume in September – as always all are welcome – we move to 11-a-side so I am looking for more players.

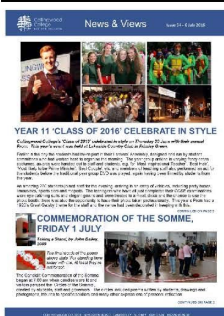
Squad:

Christian Higgs	Leon Jessop
Josh Mears	Josh Page
Harry Phillips	Eli Loveday
Adam Robson	Freddie Hoare
Jacob Sturt	Ethan Clark
Bradley McKinnon	Will Harris
Aston Dempsey	Sam Padina

Mr San Emeterio - KS4 Progress Leader / PE Department

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Let us advertise for you!



Advertising space in our Weekly Newsletter is available at the following rates:

•One-off Advert - appearing in one edition only:

£7.00 for a quarter page £13.00 for half a page £25.00 for a full page

•Appearing once per month (for a 12-month period):

£58.00 for a quarter page £93.00 for half a page £148.00 for a full page

•Appearing in each issue (approx 39 issues per year for a 12-month period):

£165.00 for a quarter page £270.00 for half a page £445.00 for a full page

Adverts must be suitable for publication in a newsletter of this nature and payment should be made in advance of publication by cheque (made payable to Collingwood College) or by bank transfer (details will be provided once advert has been approved).

Please address payment envelopes to: 'Newsletter Adverts', c/o Kingston Office and email a copy of your advertisement to tc@collingwood.surrey.sch.uk

We are also happy to advertise goods for sale on behalf of parents and students for £4.00/week.

FROM THE ACTING PRINCIPAL ...

[CONTINUED FROM PAGE 1](#)

We have, therefore, included at the end of the newsletter some information around the topic of Anxiety from Mind Works and webinars to provide you with some additional information on Anxiety if required. This week serves as a reminder that we should be looking after our mental wellbeing and encouraging one another to find time for ourselves in what ever small way to relax even if we are revising!

Collingwood Charter

I am delighted to inform you that 52 Year 7 students have completed the Bronze Award for the Collingwood Charter this week led by Mr Chauhan. The Charter incorporates our Collingwood values and the students have had to display these values consistently in order to receive this award. Some examples below:

Achievement	Great outcomes in lessons and/or sporting activities
Perseverance	Regular attendance to a range of clubs
Aspiration	Being a Form representative
Integrity	For taking responsibility for their actions without blaming others
Inclusiveness	As a Form representative the students have taken everyone's opinions on board and shown that they value other points of view.

It is great to see how the students have embraced our Core Values and have taken part in a wide range of College activities. Mrs Wright, joint Head of Lower College enjoyed presenting the students with their badges for the award in their assembly and she refers to this in her article on perseverance further in the newsletter.

Silver D of E Presentations

I attended an absolutely fabulous evening with 30 of our students and their parents last Wednesday. Our students spoke with confidence, humour and gave super informative accounts and tips about their wonderful experience. All students demonstrated our Collingwood values and had learnt to be reflective throughout this award...from remembering to put corn plasters on in preparation for the pain to planning easy cook meals on the return from a tough day. I hope they feel inspired to go on to tackle the challenge of the Gold award.

Performing Arts Workshop

Year 8 students attended a Romeo and Juliet workshop after College on Monday and the facilitator from West End in Schools spoke extremely highly of our students and the way they behaved. The students engaged incredibly well with the text and Mr Green has no doubt the workshop will increase their confidence in Shakespeare for English and their performance skills for Drama and Performing Arts. A fantastic afternoon, students really embodying our College Values!

Look after yourselves and take care.

Miss Watling - Acting Principal

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SHINING A SPOTLIGHT ON PERSEVERANCE!

In this last week, I have been fortunate enough to see our students demonstrate perseverance and I was delighted in my assemblies this week to present 52 Year 7 students with their Bronze Collingwood Charter badges! When we talk to students about perseverance, we talk about working hard to overcome challenges and obstacles to achieve and exceed expectations. And this week, staff have given me some great examples of our students doing just that!

Firstly, last Wednesday I was privileged to attend the Silver DofE Presentation evening. Of all the evenings that occur at Collingwood, this one is always one of my favourites.



All of the students involved in this spoke humorously about how challenging the Silver award had been and nearly all of them spoke about the blisters on their feet, but more importantly that, despite the blisters and hours of walking, they persevered and completed the challenge.

Well done to the following students:

Elharrati	Faris
Hossain	Rayhan
Osbourne	Luke
Rai	James
Syed	Haroon
Barnard	Matilda
Brunton	Alexander
Lord	Ross
Porter	Jacob
Thomas	Sophie
Tudor	Stefania
Woolley	Rebecca

Baxter	Luca
Chui	Yin Chi (Mike)
Dimmock	James
Hawes	Oliver
Lau	Tsz Lok (Mike)
Stewart	Ieuan
Street	Nathan
Jackson	Lucy
Kalubalage	Venushi
Lau	Ivana
Macbeth	Alexa
Moutia	Amaya

Welzen-James	Fearne
Briggs	Maggie
Hind	Emily
Kinnear	Connor
Macbeth	Fraser
Morris	Oliver
Stuart	Hollie
Brewer	Emma
Cooper	Bethany
Harrison	Layla
Jordaan	Maayan
Rakib	Nurah
Simmons	Emily

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SHINING A SPOTLIGHT ON PERSEVERENCE!

CONTINUED FROM PAGE 5

On Tuesday, Mr Chauhan asked me to present the first of our Collingwood Charter badges to 52 superb Year 7 students who have all demonstrated perseverance and commitment to earning this Bronze award. The Charter incorporates our Core Values and these students have displayed these consistently in order to receive the Bronze award. They looked absolutely lovely wearing their badges and I was hugely impressed with the range of activities and behaviours they had demonstrated in order to be able to achieve this. Well done to the following students:

Thomas Scott
Jenny Hallaways
Angelina Ernest
Leon Jessop
Samuel Padina
Lotti Kovacs
Chloe Edwards
Harry Phillips
Jacob Jackson
Daisy Smith
Kaden Holsburt
Sally Grove
Isabella McGrath
Sean Stevens
Bradley McKinnon
Will Harris
Ellie Shave

Anna Chandler
Jamie Scott
Tegan Garrett
Omar Tsia
Arran Baillie
Rebecca Summers
Izzy Henry
Lily Bond
Brendan Fitzpatrick
Aston Dempsey
Shireen Shahabi
Lana Jeffery
Amelia Bright
Freddi Bellinger
Josh Alford
Freddie Hoare
Elizabeth Hardy

Reid Lewis
Benjamin Willmore
Sophie Inwood
Kyryl Khapko
Bhagat Sandhu
Hannah Aldous
Sam Murphy
Dexter Morris
Izzy Sperling
Megan Shields
Adam Robson
Bethany Baston-Owen
Dechen Sherpa Lama
Savain Caldera
Emma Salmon
Ophelia Scott-Wilson
Mia Yeomans
Brooklynn Dewhurst



CONTINUED ON PAGE 7

SHINING A SPOTLIGHT ON PERSEVERANCE!

CONTINUED FROM PAGE 6



Finally, as with the last two weeks, staff have been sending me the names of students who they think have demonstrated perseverance and I think you will agree with me that these students really do embody our College values and we are very proud of all that they have achieved.



Nominated by Miss Ingram:

Eva Byrne in Year 9.

Over the school year Eva has been writing a play for The National Theatre in London. Eva's script 'Take Care Teddy Bear' was shortlisted out of 468 submitted plays to be in the top 103.



We are waiting to hear if she has been chosen to be shortlisted into the Top 9.



Nominated by Ms Crawford:

Hannah Aldous in Year 7 for Maths.

She perseveres and never ever gives up trying if she doesn't quite get the maths. She is a trooper and thoroughly deserves to be nominated for perseverance. She is outstanding.





Nominated by Dr Sinclair:

Will Harris and Izzy Sperling for their perseverance in English



Nominated by Mr Beer:

Alfie Lawrence 8E – whilst developing bowling in Rounders



Ryan Tran 8E - whilst developing bowling in Rounders



Nominated by Mrs Marden:

Felix Dreher-East in Year 10 was concerned about his Spoken Language exam and following words of encouragement from his classmates, he persevered to produce a confident performance.



I am super proud!

Mrs Wright - Head of Lower College

CELEBRATING COLLINGWOOD'S DANCING TALENT

On Sunday 30 April I had the privilege of watching many Collingwood students shine in their CBC dance show. The show was made up of ballet, tap, contemporary, as well as a very impressive acrobatics team which wowed audiences for all three shows.

With a range of different styles, the dance show depicted the story of Sleeping Beauty with Young Aurora played by Amy O'Donnell (Year 8) and Carabosse played by ex-student Liv Wood. Rosie Quirk (Year 10), Lyla Bishop (Year 9), and Caitlin Miles (Year 11) impressed all with their classical ballet performance in pointe shoes as fairies of joy, temperament, and musicality; as well as Sydney Thomas (Year 7) bringing lots of character to Puss in Boots.



The performances were incredible, along with the costumes, with many dancers having more than five costume changes in the show! It was brilliant to see all our students shine and well done to everyone involved: Amy Medhurst, Amy O'Donnell, Caitlin Miles, Cerys Wilkinson-Ingram, Ellie Hamilton, Freya Taylor, Lyla Bishop, Maddison Shannon, Molly Savill, Rosie Quirk, Sydney Thomas

A big thank you to Ellie for her amazing proshots!

Miss Taylor - Form Tutor 8C and Maths Department

YOUTUBE CHANNEL TO SUPPORT STUDENTS' SCIENCE KNOWLEDGE

Is your child struggling to engage or revise for their Science Assessment in Years 7 and 8 (KS3) or in Years 9-11 (GCSE)?

Do you think they have gaps in knowledge? - then they would benefit from **SUBSCRIBING** to **YOUTUBE channel PURE SCIENCE EDUCATION** to support them.

The channel has been created for Collingwood students for the above purpose and students using the site regularly are increasing their grades. They will also automatically receive 1 **FREE video** a week, if they subscribe.

<https://www.youtube.com/channel/UCYDeVqnWJimN6BtbnPkqdCQ>

Mrs Pari - Science Department

ECO CLUB NEWS ...

After months of hard work, the Eco Club has finally finished planting the trees in celebration of our late Queen's Green Canopy.

We began this task in the Autumn term, and it has been incredible witnessing the dedication, commitment and enthusiasm displayed by those involved. We managed to plant a whopping 100 trees, ranging from Silver Birch, Dogwood, Wild Cherry and more!



As you may be aware, a recent coronation has just taken place. Discussions have already begun about the possibility of planting MORE trees in celebration of this historical event, so watch this space!

If you are interested in joining Eco Club or want to find out more, come along to the club after College on Thursday. We meet in M3!

Mr Ballard - Environmental Sustainability Co-ordinator

DOES YOUR CHILD SUFFER FROM HAY FEVER?

We are beginning to see more students coming to first aid suffering with Hay Fever.

Please Note, we do not supply antihistamines in College.

If your child suffers from Hay Fever, please can you ensure that they take their medication before coming to College.

We can, however, hold your child's own medication in College. Please hand in to Barossa or Kingston reception along with a completed Parental Agreement to Administer Medication form, which can be found on Edulink – Noticeboard – Forms.

Many thanks.

Barossa Office

STAR-CROSSED STUDENTS TACKLE ROMEO AND JULIET WITH NO POISON INVOLVED!



We were thrilled to invite 'West End in Schools' to work with our Year 8 students in a Romeo and Juliet workshop, as part of their English and Drama curriculum.

This engaging workshop was specifically designed to enhance the students' understanding of one of Shakespeare's most famous plays. Through a series of interactive activities and games, the students were encouraged to explore the themes and characters of the play in a fun and creative way.



The workshop was led by a professional actor who has extensive experience performing in London's West End. Their expertise and passion for the play were evident as they guided the students through various scenes and encouraged them to embody the characters.



Not only did the workshop help our students develop their knowledge and understanding of Romeo and Juliet, but it also helped to improve their confidence and communication skills. By taking part in group activities and performing in front of their peers, the students were able to build their self-esteem and develop their ability to express themselves effectively.



We are confident that this workshop will have a lasting impact on our students' learning and development. It is a fantastic opportunity for them to engage with one of the greatest works of English literature and to be inspired by the world of theatre.

We would like to extend our gratitude to 'West End in Schools' for delivering such an outstanding workshop, and we look forward to collaborating with them again in the future.

Mr Green (Performing Arts) and Mrs McGarvie (English)



A LEVEL DRAMA STUDENTS TAKE THEIR FINAL BOW

On Thursday 11 May our A Level Drama students took to the stage for their final performance at Collingwood College. Mia Evangelista, Max Stainforth, Emma Jackman and Luca Ward performed an extract of 'Pool (no water)' by Mark Ravenhill to an examiner and an audience of staff and students.

They did themselves proud as they performed their scripted piece applying the Practitioner style of Frantic Assembly. It was full of energy and even some blood as the story showed the gruesome tale of the artist! They captivated their audience throughout to deliver an excellent final performance. Throughout months of rehearsals, they have shown professionalism and perseverance during rehearsals and to overcome any obstacles. We are incredibly proud of their achievement. The future is bright for you all whether it lies on or off the stage. Well done Drama A Level!



Mrs Vaba and Mr Green - Performing Arts Department



Why Learn Languages?



Reason #9: Study Abroad Options

Students studying abroad are fully immersed and integrated into the academic and social life of the country in which they are studying - the ideal way to improve their language skills even further.

Studying abroad can
be the experience
of a lifetime.



© linguascope



SPORTS DAY 2023

Sports Day 2023 will take place on Wednesday 7 June - the first Wednesday after the May Half-term break. Students in Years 7, 8 and 9 will compete in form groups and will be officiated by Year 10 students. Teams will be selected during registration.

Whilst participation in Sports Day is not mandatory, those form groups that make a real effort to get everyone involved, often do really well on the evening. Coaches will leave Kingston Road at 4.30pm and arrive at Bracknell Athletics track for a 5.00pm safety briefing. Events will begin shortly after 5.00pm and finish at 8.30pm. One or two coaches will return to Collingwood for 9.00pm. Parents/Carers are welcome to drive students to the event and, of course, stay and watch if they so wish. Parents/Carers can also collect their son/daughter even if they arrived by coach. Students are permitted to wear athletics spikes for the events.

Students will be able to participate in one track, one field and one relay event in order that everyone gets an opportunity to take part, however students may be able to participate in more events if spaces are available on the night. Any student wishing to compete in both the 800 m and 1500 m is required to have parental consent on paper.

Entry forms will be in form folders later this week and to be placed in the 100 m Final and 200 m Final on the evening, students will need to have placed in the top 8 of their year group during Core PE Heats.

Students wishing to take part will need to complete a 'participants letter' that will be available in form folders and from Barossa Reception shortly.

Mr Beer - Head of PE Department



LES DEUX ALPES SKI TRIP

30 MARCH – 6 APRIL 2024

**£1,718 7 Nights full board, 6 days
skiing and tuition each day**

**Open to current Years 7 and 8 students,
available to book on ParentPay now. Any
questions please contact Mr Jarmyn or
Mrs Fuller x318**

Accommodation is at the Hotel Serre Palas, Les Deux Alpes





Library Newsletter



Revision and Study Help

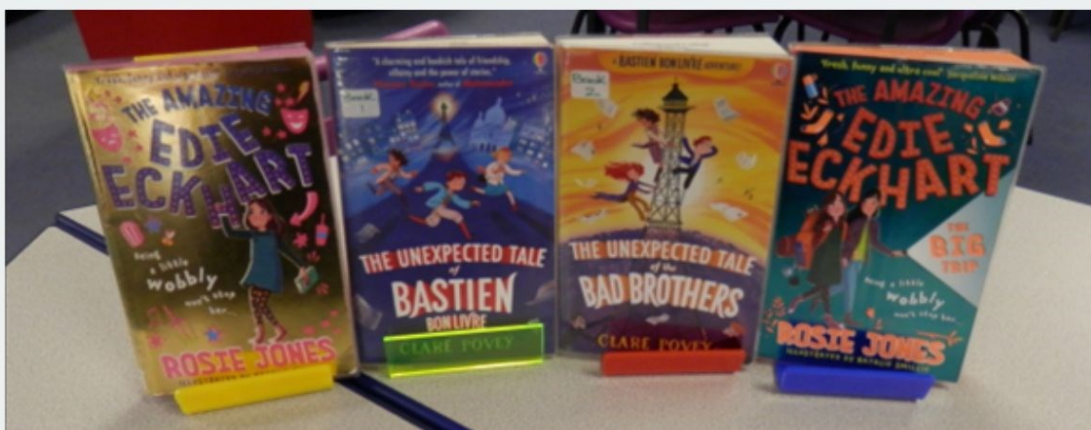
Exam season is upon us. If you need a bit of self help, or ideas on how to get organised for your revision, we have a range of books related to this subject on book shelf 1 ref 371.26.

Here are a selection of books on offer. We hope these will help you.

Wishing all students the best of luck for your exams.



New Titles in the Library



Can you please encourage your son/daughter to return any overdue library books/DVDs as soon as possible to avoid possible behaviour points. If you have any issues, please email: s.blay@collingwood.surrey.sch.uk

For More Information

s.blay@collingwood.surrey.sch.uk
n.teissonniere@collingwood.surrey.sch.uk





Performing Arts at Collingwood

AMBITIOUS BOLD Collaborative

Naturalism

Our Year 7 students have been studying the work of Konstantin Stanislavski, a pioneer in modern theatre and the founder of the renowned Moscow Art Theatre. Stanislavski's revolutionary approach to acting emphasised the importance of emotional authenticity, realistic character portrayal, and the use of inner motivation to inform an actor's performance. By delving into his theories and techniques, our students have gained a deeper understanding of the craft of acting and its power to communicate complex emotions and experiences to an audience.

Our Year 7 students have had the opportunity to explore various aspects of Stanislavski's methodology, including the use of physical actions to convey emotion, the importance of context and subtext, and the significance of sensory and emotional memory in creating believable characters.

This has not only helped them to develop their skills as actors but has also improved their communication and collaboration skills, as they have worked together to create performances that are authentic and compelling.

Notices & Reminders



Word of the Week

GENRE

a style or category of art, music, or literature.

Extra-Curricular

Year 7 & 8 Drama Club - Wednesday after college - H32 - Miss Hardacre

Year 7 & 8 Dance Club - Wednesday after college - Barossa Studio - Miss Ingram

ROOM CHANGES

edulinkone

Check your Edulink messages for room changes.

PARENTPAY OPEN



THE LION KING

ParentPay has gone live for the Year 9 Arts Award & LAMDA trip to The Lion King.



Trip date: 11 July 2023

DANCE CLASS OF THE WEEK



7I!

DID YOU KNOW

THAT **FREE** SANITARY
PRODUCTS ARE AVAILABLE

TO ALL
STUDENTS?

Products are available in Q and F
block toilets, from receptions and
Year Managers.

**Students can take
what they need
when they need it**

Parents may also email
tc@collingwood.surrey.sch.uk if they would like to
arrange to collect some products.

YEARS 9-13 STUDENTS - NURSING TASTER



Virtual Nursing Taster Day

NHS
England

**Thursday 1st
June | 10am-3pm**

An opportunity to gain FREE
work experience around
nursing for the day and receive
a certificate for completion!

What will you get out of it?

- Introduction into Nursing.
- Network with a variety of nurses including those from Hospices, GP Practices, Prisons and Hospitals.
- Q&A panel.
- Insight into apprenticeship and university opportunities.
- Practical learning session.



Scan this QR code to sign up!

CLUB DEAN IS OPEN!

This FREE youth club is for all young people.

Come join us for video games, chat, sports,
snacks and more!

Age groups will be meeting fortnightly on

Tuesdays 6pm - 7:30pm
at the Old Dean Youth Centre,
Kingston Rd, Camberley GU15 4AF

School years 10 & 11

16 May

30 May

13 Jun

27 Jun

11 Jul

School years 7, 8, 9

23 May

6 Jun

20 Jun

4 Jul

18 Jul

For more information: katy.baker@camberley.yfc.co.uk 07988 575 419



CLUB DEAN

WHAT'S ON...

Video Games
Table tennis
Pool



Football
Basketball
Dodgeball
Personal fitness

First come first serve - doors open at 6pm.
Max capacity is 30 young people.
Young people must have a signed permission
form and sign in for each session.



Fun workshops coming up
include cooking, boxing
and campfires.
Scan here for the latest
updates.

This group is run by our brilliant volunteers -
remember to thank them as you arrive!





Now with classes at two locations

Heatherside Community Centre
Camberley

Mondays 8:00 - 9:15pm

Thursdays 6:30 - 7:45pm

St. Francis Church Hall
Frimley

Wednesdays 9:15 - 10:30am

£12 per session

No drop-ins. Pre-book and pre-pay your place online.
For more information and booking, please visit www.yogawithedyta.com
or email hello@yogawithedyta.com for inquiries.



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REQUEST

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Immersive Sound Meditation

Wednesdays at 8:15 pm

in Farnborough

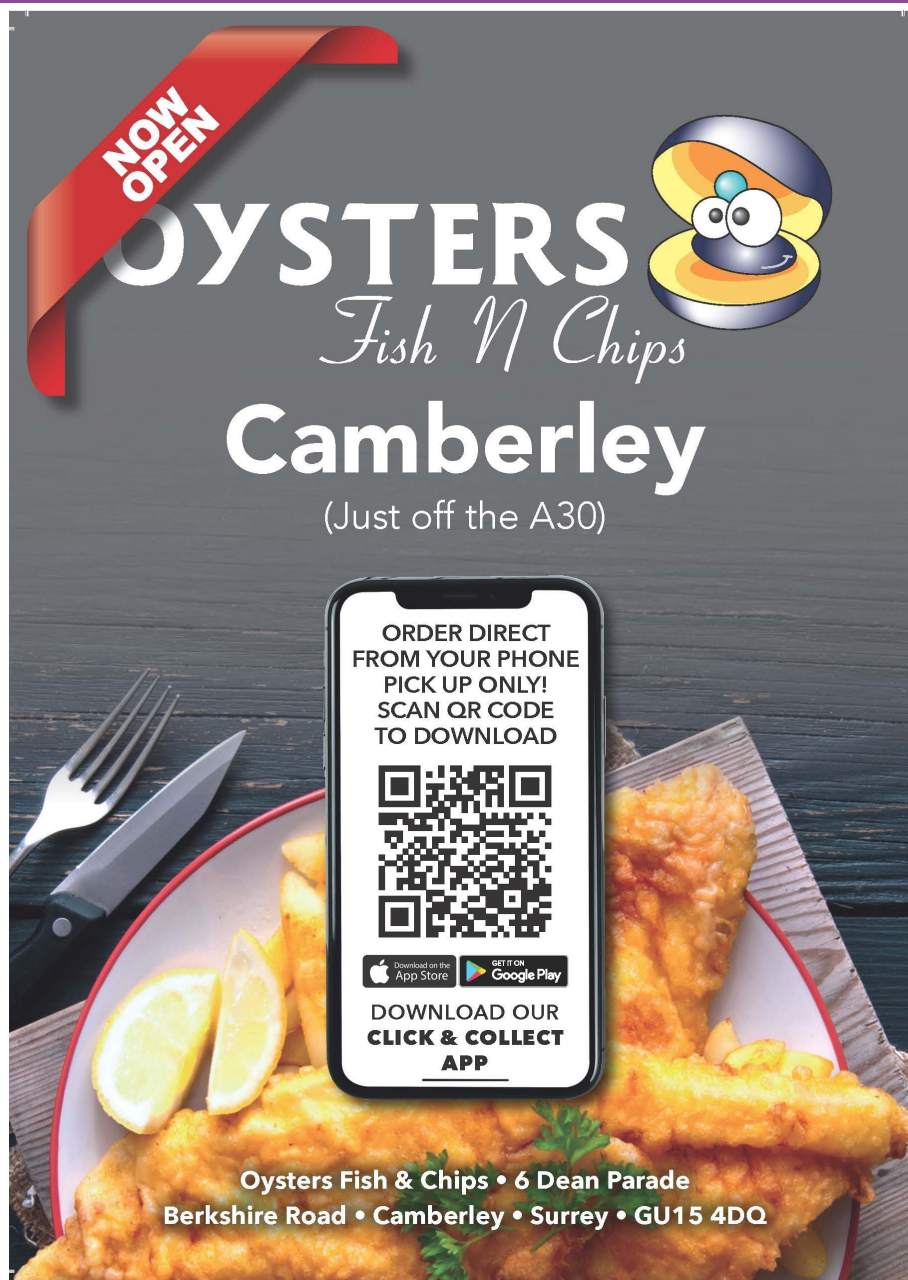
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Oysters Fish & Chips opened their doors over 25 years ago.

Gav & Mel have been at the helm for over 12 years. Ever since we have continued to serve 'Award Winning' Fish & Chips to our Customers whilst maintaining our family feel at the heart of our Community.

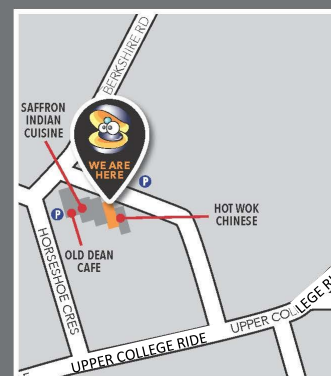
We are very proud of our reputation and tradition and the fact that the Lightwater branch has been serving the surrounding areas from Families, Church groups, Charities and Sporting events.

During this time 'Oysters' have won numerous awards for food quality and customer service including the **Best Chips in Surrey Award & have been in the Top 50 Best Fish & Chips National competition year on year.**

We are proud to announce the Opening of our **NEW premises in Camberley** and look forward to your continued support.

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COOKED TO ORDER

FRESH CUT CHIPS
DAILY



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Sunday
Closed

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www.oystersfishandchips.co.uk

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This card eliminates
99% of bacteria

100%
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Understanding Anxiety

Remember: Anxiety is a normal human emotion.

Anxiety is a normal emotion – it helps us cope with difficult or dangerous situations

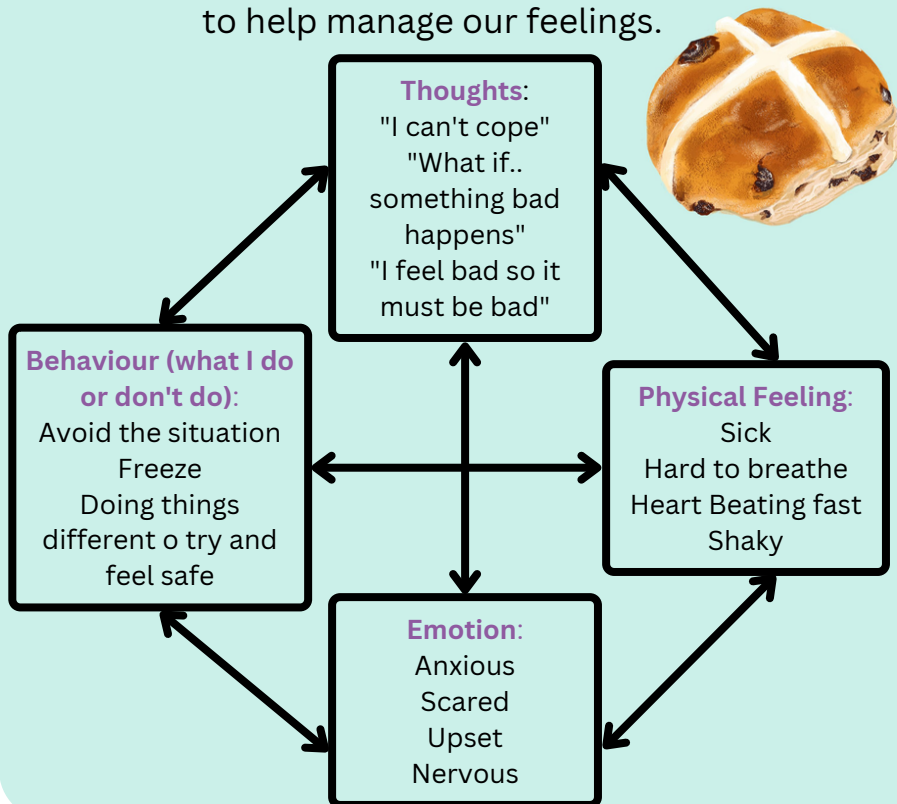
Anxiety is common – there are times when we all feel worried or anxious
Anxiety can become a problem when it gets so big that it gets in the way of normal life e.g. friendships, school, family, hobbies...

Fight, Flight, Freeze Response



Our thoughts, emotions, physical feelings and behaviours are all connected.

We can learn to change our thoughts and behaviours, to help manage our feelings.

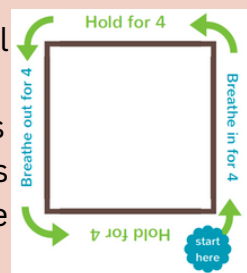


Fight Flight Freeze Response

When our brain thinks something is scary, it triggers this response in our body. This can lead to your heart and breathing getting faster, sweating, shaking, feeling sick, or feeling dizzy. When there is no danger for our fight, flight or freeze response to protect us from, the response can make us feel anxious and unwell.

To manage the physical feelings, we can try:

- breathing exercises
- grounding exercises
- progressive muscle relaxation



Find out more at
mindworks-surrey.org



Changing our anxious thoughts

Remember: Our thoughts are not facts!

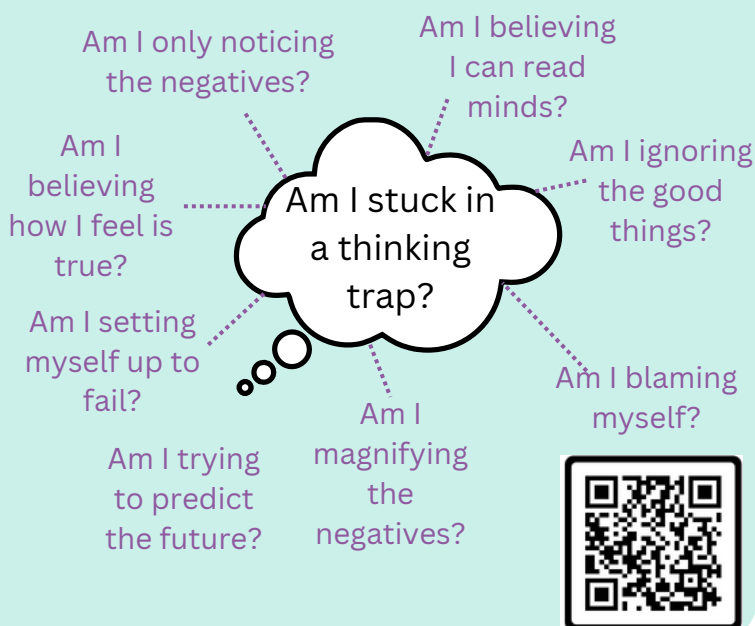
Negative thoughts are a normal part of life - everyone has them. The goal is not to get rid of them completely, but rather to find ways to deal with them in a healthy way

Challenging anxious thoughts can lead to more helpful thoughts, and changing our feelings

Challenging
Anxious Thoughts



We can get stuck in thinking traps when anxious which stop us from seeing things how they really are.



Challenging anxious thoughts

1. Notice unhelpful thoughts.
2. Collect evidence for and against the thought being true, make sure the evidence is factual. Think like a judge!
 - a. Has this ever happened before?
 - b. If it did, did I cope with it?
 - c. What happened last time?
 - d. How likely is it to happen?
3. Think of a more helpful or alternative thought.



STOP

Stop, pause and notice how your mind and body are reacting
Thought, what's going through your mind? Are you stuck in a thinking trap?
Other, what other perspectives are there? What else could you think?
Practice what works, remember this feeling will pass, and praise yourself!

Find out more at
mindworks-surrey.org



Gradually facing fears

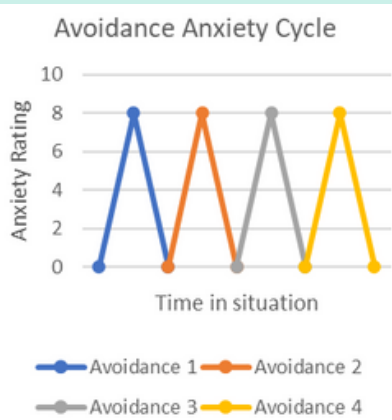
Remember: Avoidance keeps anxiety going!

Avoiding situations that make us feel anxious only keep the anxiety going in the long term as it stops us from learning that we can cope, and the situation isn't as bad as we think it will be. Gradually facing situations that provoke anxiety can help us learn to cope, and reduce anxiety over time.

Graded
Exposure



In this graph, we are avoiding the situation that leads to anxious feelings. Each time we try the situation our anxiety goes up. It comes down when we leave the situation but we don't learn to cope any better.



Step by step approach

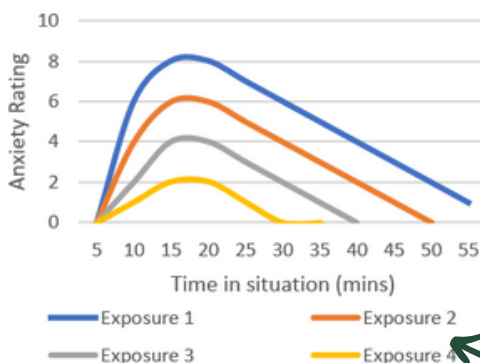
Break down the situations you currently avoid, into smaller steps. We suggest starting with something that you feel some anxiety in, but feel confident you could do!

Top Tips:

- Stay in each situation until your anxiety comes down
- Repeat each step.. Practice, Practice, Practice!
- Remember it's ok to feel anxious
- Remind yourself of the facts about anxiety; physical feelings are normal, are you stuck in a thinking trap?
- It's ok to go back a step
- Keep a record of each time you try a step, it will help you see how far you've come!



Example change in Anxiety Ratings using step-by-step approach



In this graph, we are staying in the situation until our anxiety comes down. Each time we try again, it gets a little easier as we are learning that it's not as bad as we think, and we can cope!

Find out more at
mindworks-surrey.org



Managing worry using the Worry Tree

Remember: Worrying is a behaviour that keeps anxiety going!

Worrying or overthinking doesn't help reduce anxiety or solve the problem,
but can keep the anxiety going!

If you can't do anything about it (hypothetical worries) try to refocus
attention and let them go

Worry Tree



When we try to ignore our worries, they keep coming back (remember the pink elephant?) instead, categorise the worry and use the Worry Tree to know what to do. **You can ask yourself:**

- Is this a worry that can be resolved or is it something I have very little control over?
- Can I do anything more about this worry?
- Will worrying about this change anything?
- Is this worry helping me?
- Is my worry important?
- Will this worry matter in 5 minutes?

To refocus your attention and think about something else, create a list of things that might work for you.

TIP: Things that get your brain thinking, but are easy to do work best



How parents can help

When anxious, we over estimate the threat and underestimate our ability to cope. You can support your child at home with a few small changes to conversations you might have when they're feeling anxious, or about their anxiety. Below are a few tips on how to do this.

Example conversations



Ask Open Questions.. hear what they have to say, try not to jump in and problem solve!

What is it about XYZ that you don't like?

Tell me what was difficult about XYZ?

How are you feeling?

Is there anything that you think will help?

try to avoid "why" questions

Open questions, starting with "What" can help you to understand more about the situations your child feels anxious in, and their fears.

Validate feelings and name emotions

- Remember: It's ok to feel any emotion - we don't need to understand it to validate!
- Name emotions, there are no 'bad emotions' so talk about all of them!

"I can see that you're feeling stressed, that's ok."

"It's normal to feel anxious before an exam"

"I can see that you're frustrated, but it's not ok to swear at me"

Reduce Reassurance:

It's natural for us to reassure someone who's anxious or upset to make them feel better. This is ok every now and then, but it can also keep the anxiety going.

Try asking open questions to help your child reflect on the situation themselves and challenge their own thoughts. This helps them to learn to cope with the situation better in future.

. For example, rather than "Don't worry you'll be ok". Try:
"What happened last time?"
"Did you cope last time you were in that situation?"



How parents can help

Remember: Open Questions can help your child to communicate better

Validating their feelings can help them feel heard and understood.

Reassurance can keep anxiety going

Praise and Rewards help motivation



Encourage Brave Behaviour:

Your child has likely been facing some of their fears, it's important to encourage them to continue doing this.

Give them clear, specific **praise** when they do something brave. Even if the outcome isn't what we hoped for, the aim is to **praise their efforts!**

Using Rewards to encourage motivation

Rewards do not need to be monetary and should be relative to the effort.

Example rewards: choosing a film to watch with parents after having a go at step 2, Baking a cake together, or choosing a new notebook.

Supporting your child with their ladder:

Sometimes your child will need help with completing the steps on their ladder. It can help to talk through your child's step ladder with them, to help overcome any practical barriers (e.g do they need help organising going somewhere?), and plan in times for them to practice the steps.

Encourage them to practice as often as possible!

You can have more than one ladder at a time, but focus on what's important to your child, rather than trying to tackle everything at once! The more achievable it is, the more motivated they'll be to keep going!

For more information on these tips we recommend the book *"Helping your child with fears and worries"*.



Mental Health Awareness Week 2023 - Parent Webinars

As a Mental Health Support Team, we are offering a variety of webinars this mental health awareness week. Each webinar will take place online, via Microsoft Teams and last approximately one hour. To sign up, and receive the meeting link, please click or scan the QR code or click on any of the descriptions below to complete the sign up form. Please note, sign up closes on 12th May at 4pm, when invites will then be sent.

Click or scan
the QR code



The Teenage Brain & Emotional Regulation: Monday 15th May, 9.30am, 6.30-7.30pm.

- Changes in the teenage brain
- How this affects emotional wellbeing, behaviour and regulation

Managing big emotions and anger: Monday 15th May, 9.30am, 6.30-7.30pm

- Why our children struggle to manage big emotions
- Supporting your child with big emotions

Anxiety:

Tuesday 16th May, 9.30am, 6.30-7.30pm

- Symptoms and signs of anxiety
- Supporting your child with anxiety

Low Mood:

Wednesday 17th May, 9.30am, 6.30-7.30pm

- Symptoms and signs of low mood
- Supporting your child with low mood

Body image and self-esteem (Secondary): Thursday 18th May 9.30am 6.30-7.30pm

- Pressures young people face
- Supporting your child's self-esteem and body image

Friendships, self-esteem and confidence (Primary):

Thursday 18th May 9.30am, 6.30-7.30pm

- Importance of friendships
- Supporting your child with positives friendships and challenges

Children's health in the digital age: Friday 19th 9.30am

- Social media and emotional wellbeing
- Sleep and healthy eating

Webinars for children: We are also offering a webinar Mon-Thursday for secondary school age children. Please see the offer here:

<https://forms.office.com/e/sTWkms43T4>



Mental Health Awareness Week 2023 - Student Webinars

Click or scan
the QR code

As a Mental Health Support Team, we are offering a variety of webinars this mental health awareness week. Each webinar will take place online, via Microsoft Teams and last approximately one hour. Please use the QR code to sign up to receive the invite link via email.. you are welcome to sign up to multiple webinars.



Understanding your Emotions:

Monday 15th May, 5-6pm

- Changes in the teenage brain
- How this affects emotional wellbeing, behaviour and regulation
- Ways to manage big feelings and overwhelming emotions

Anxiety:

Tuesday 16th May, 5-6pm

- Symptoms and signs of anxiety
- When anxiety is normal, when to get help
- Skills to learn to manage anxiety



Low Mood:

Wednesday 17th May, 5-6PM

- Symptoms and signs of low mood
- Skills to help improve your mood



Body Image:

Thursday 17th May 5-6pm

- Why we might feel the need to look a certain way
- Images in the media
- How to improve self-esteem and view of self



Clarification on
signs and
symptoms was
well presented

I found it helpful to
learn about positive
and negative thinking
patterns

The workshop gave
lots of ideas to try to
deal with anxiety

