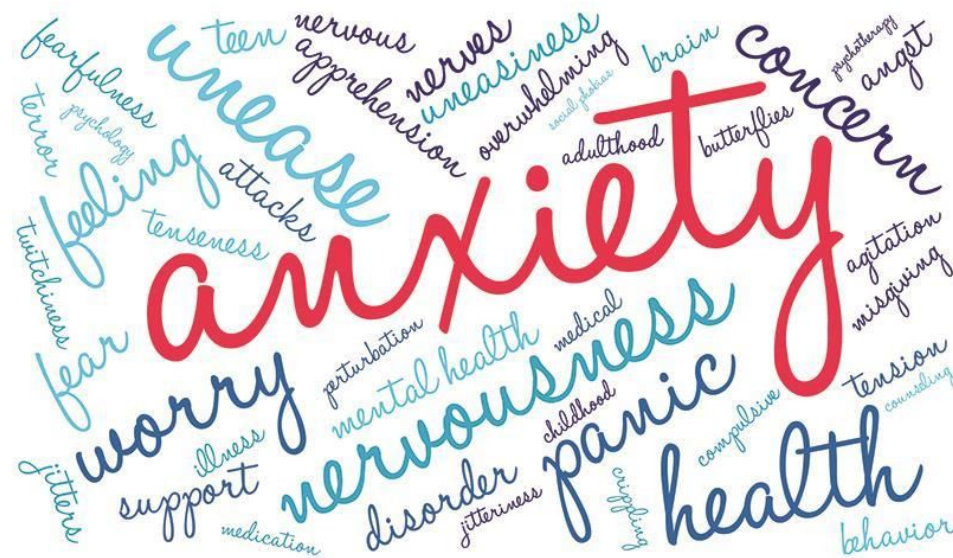




Welcome to DAOS



Inspire, develop and support every student to be their best!



Personal Development @ DAOS

**TO BECOME A
RESPONSIBLE AND
ACTIVE CITIZEN**

To have
confidence and
resilience skills
for mental
well-being

To know how to
be safe online

To know how to
be physically
healthy and
active

**Provides you with the
skills and attributes
required to be
healthy, safe and
thrive now and in the
future.**

To be able to plan
for your future
career, and be
ready for further
education or
employment

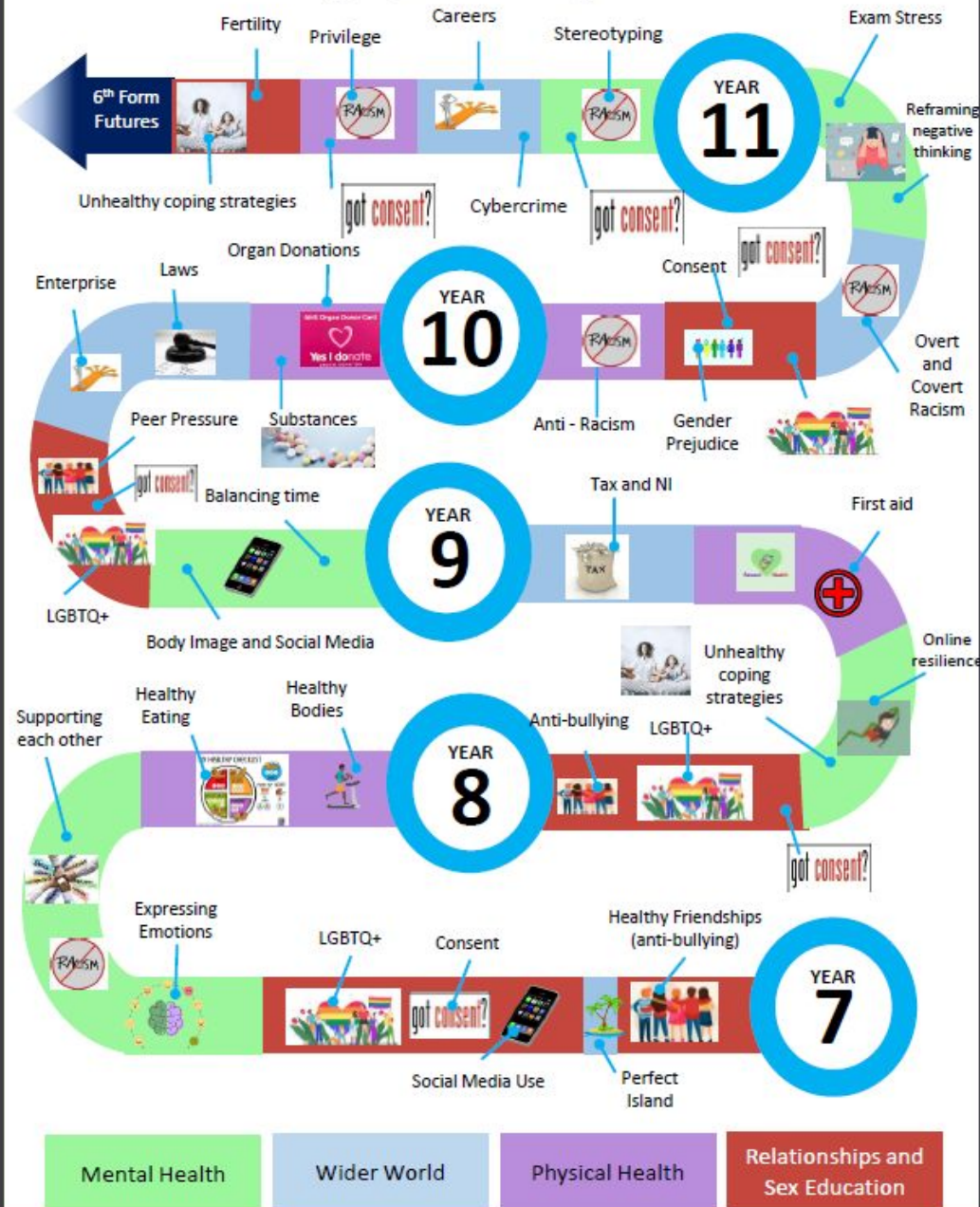
To be able to
identify risks
and make
appropriate
decisions

**TO UNDERSTAND THE
DIFFERENCE BETWEEN
A HEALTHY AND
UNHEALTHY
RELATIONSHIP**

To know about
Spiritual, Moral,
Cultural and
Social values and
appreciate
differences

Learning For Life Learning Journey

Dame Alice
Owen's
School



What do we support with most?

- Anxiety
- Mood Disorders
- **Self Harm**
- Emotional regulation
- Neurodiverse students (link with SEND)
- EBSA (Emotionally Based School Avoidance)
- Eating Disorders



MENTAL HEALTH

IS...

- A part of everyone
- Something to look after
- Real and complex
- Really important
- Something you can change

ISN'T...

- A sign of weakness
- All in your head
- Something you can just snap out of
- Always a negative thing
- Something to be ashamed of

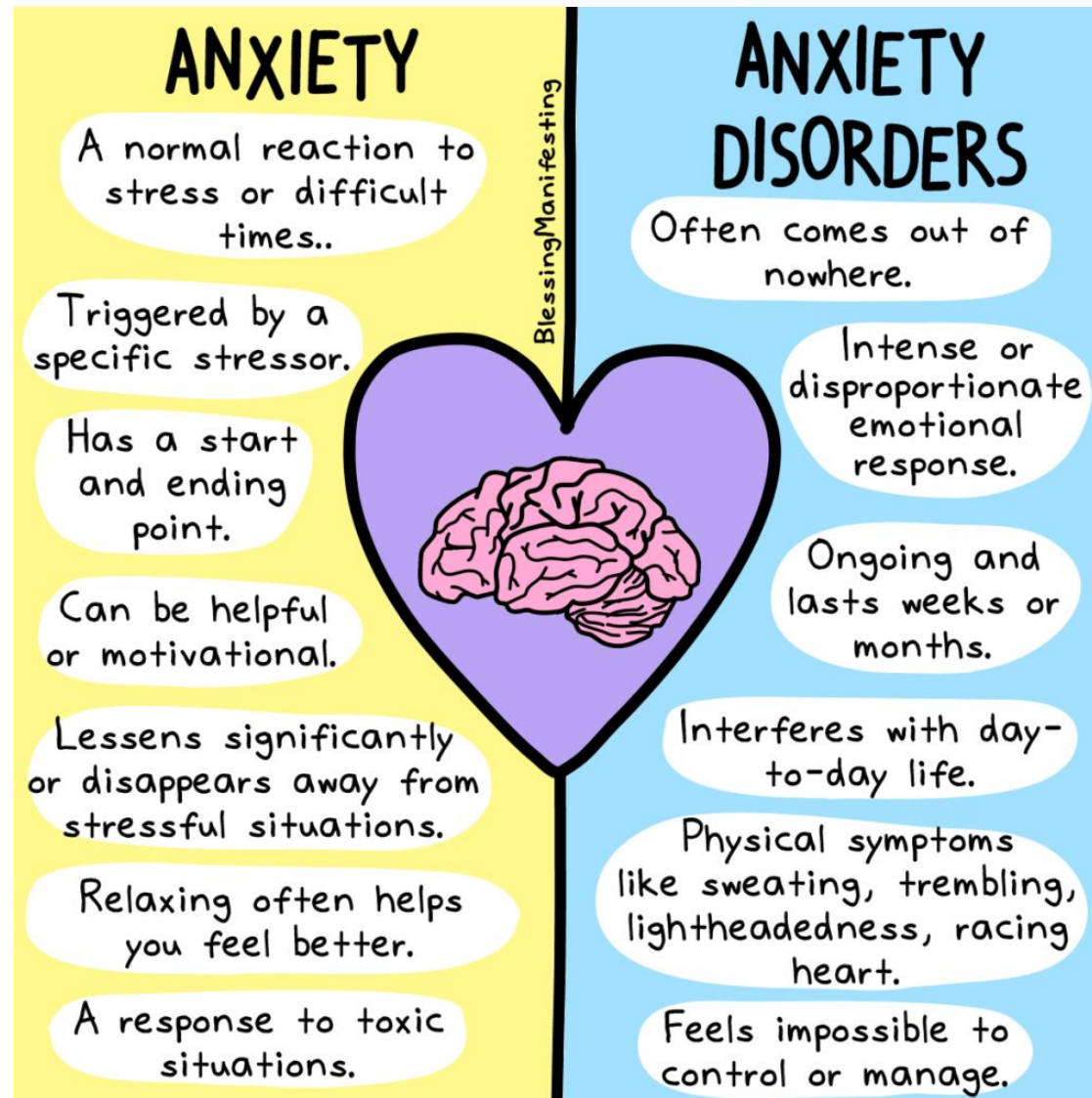


Anxiety

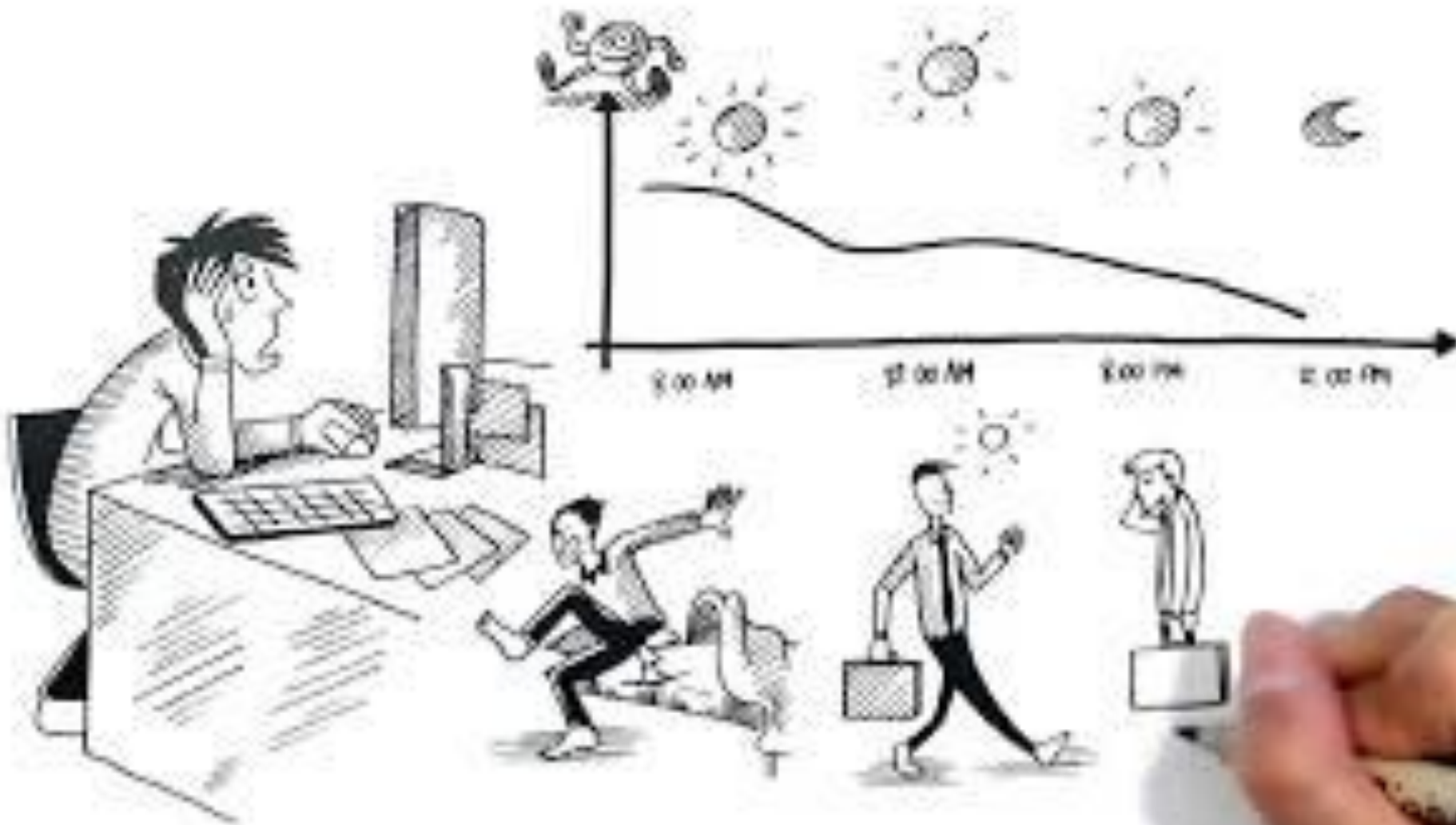


NOUN - A feeling of worry, nervousness, or unease about something with an uncertain outcome.

Anxiety is a feeling that children may experience which can cause worry or fear. This can be a combination of physical sensations, thoughts and feelings.



The stress bucket and how we cope.



A B C Model



A

*The Actual
Event, Activity,
or Adversity.*

B

*The
Belief
System.*

C

*The
Consequential
Feeling.*





Tips for Coping with Anxiety

Focus on what you can change

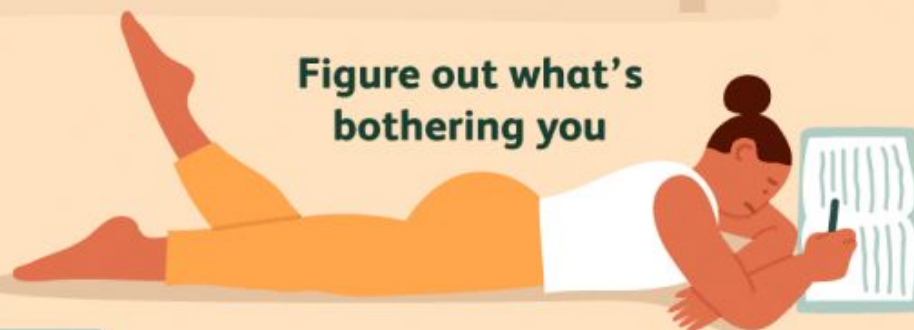


Stop and breathe



Focus on something less anxiety-provoking

Figure out what's bothering you



The Worry Tree



Low Mood vs Depression



- As a parent, it can be useful to understand the difference between having a generally low mood and feeling depressed. This can help you to think through what your child is experiencing and the type of support they need.
- If your child is experiencing a low mood, they may feel more sad, tearful, worried, tired or angry than usual, or feel low and less confident about themselves – but then feel better after a few days or weeks.
- They may also start to feel better quite quickly after making small changes in their life or routine – for example after resolving a disagreement with a friend, getting to the end of a stressful time at school or starting a more regular sleeping pattern.
- When a young person is depressed, sadness and low feelings do not change or go away with time. These feelings can become overwhelming and stop them from doing or enjoying things they normally would. When a young person is experiencing this, it's very difficult to shift the situation without extra help and support.



Self Harm



- **Self injury** (sometimes know as NSSI)
- Eating Disorders
- Compulsive Exercise
- Alcohol Misuse
- Drug Abuse

Suspecting or discovering that your child is self-harming can cause an overwhelming array of emotions – panic, guilt, shame, anger, sadness, frustration – all of these are normal reactions.

But remember **it's not your fault** and trying to rescue your child by asking them to stop, may not be the best strategy in the immediate moment. Here are a few things you can try if you suspect your child is struggling with self-harm:

- **Communication is key**
- **Acknowledge their emotions**
- **Focus on the now**
- **Explore alternative coping strategies**
- **Reinforce stability**
- **Maintain normality**
- **Create a 'Safety Plan'**

- **Remember, you are never alone** Your GP should be your first port of call, but DAOS are also here to support, just talk to us.



Information about vaping



1. It can alter nerve cell functioning in teen development
2. A JUUL pod that contains 5% nicotine is equivalent to the amount of nicotine in one pack of cigarettes.
3. Vaping lowers the body's ability to fight infections
4. US based research has led to fears that chemicals in vape smoke may cause "popcorn lung" (in vapes containing THC)
5. Link with lung problems such as bronchitis, COPD (chronic obstructive pulmonary disorder), lung disease and asthma
6. Lithium ion-powered vapes can blow up
7. Nicotine in some vapes is addictive and leads to many health problems
8. Metal particles and metal traces can be deadly
9. Vapes also contain formaldehyde, embalming fluid, propylene glycol and other dangerous substances
10. Pneumonia is a much higher risk for vape users
11. Early studies link a much higher association to depression by vape users

There is virtually no long-term scientific studies done and nearly every study indicating the safety of vapes, e-cigarettes and JUULs have been funded by the Industry

Why do young people vape?



- Curiosity
 - The flavours
 - Cloud tricks
 - Wanting to fit in
 - Existing mental health problem – self-medication
-
- Over time, vaping can become habitual as it is used to address other needs such as relief from boredom and anxiety.
 - Some also become addicted to nicotine and continue vaping to avoid withdrawal symptoms.



He's one of the busiest men in town. While his door may say *Office Hours 2 to 4*, he's actually on call 24 hours a day.

The doctor is scientist, a diplomat, and a friendly sympathetic human being all in one, no matter how long and hard his schedule.



According to a recent Nationwide survey:

MORE DOCTORS SMOKE CAMELS THAN ANY OTHER CIGARETTE

DOCTORS in every branch of medicine—113,397 in all—were quoted in this nationwide study of cigarette preferences. Those leading research organizations made the survey. The gist of the query was—What cigarette do you smoke, Doctor?

The brand named most was Camel!

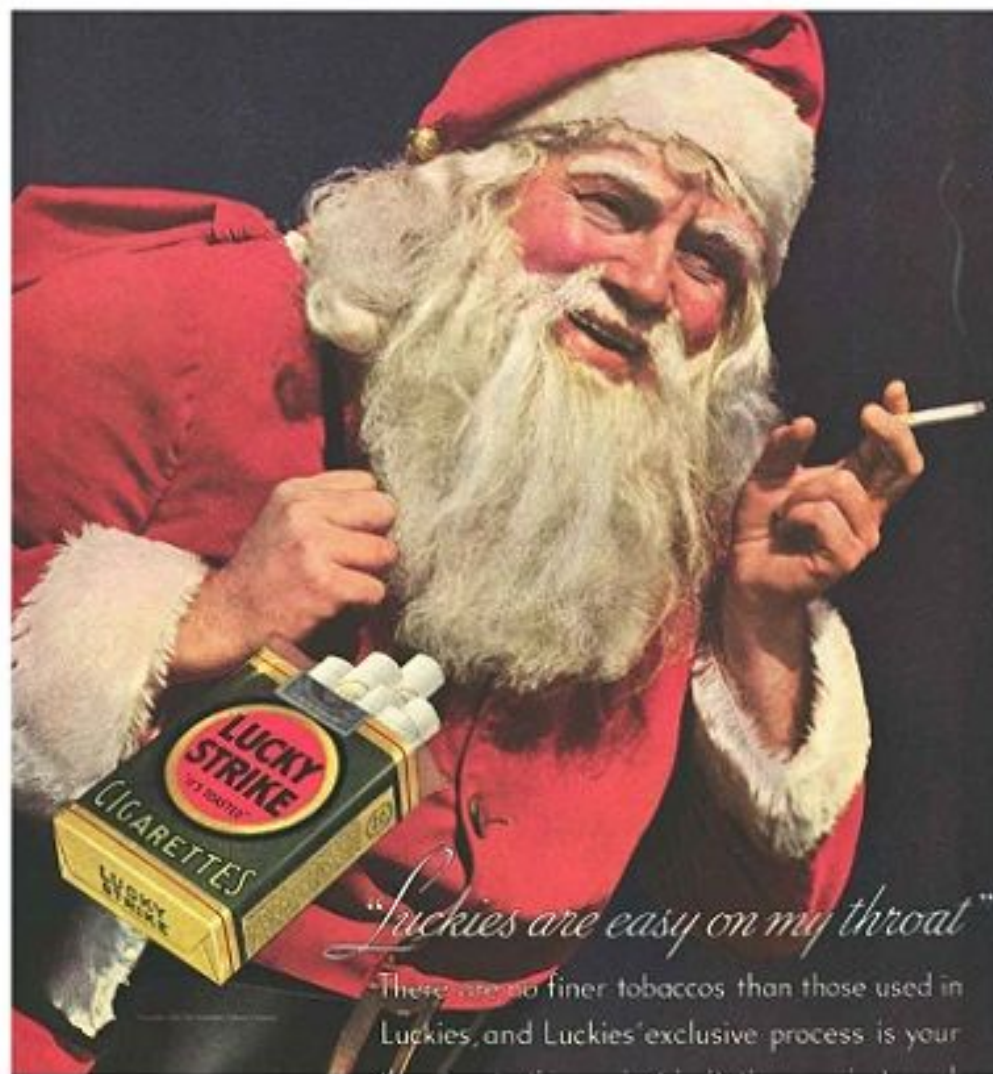
The rich, full flavor and cool mildness of Camel's superb blend of costlier tobaccos seem to have the same appeal to the smoking tastes of doctors as to millions of other smokers. If you are a Camel smoker, this preference among doctors will hardly surprise you. If you're not—well, try Camels now.



Your "T-Zone" Will Tell You...

T for Taste...
T for Throat...

that's your
proving ground
for any cigarette.
See if Camels
don't suit your
"T-Zone" to a "T."



"Luckies are easy on my throat"

There are no finer tobaccos than those used in Luckies, and Luckies' exclusive process is your

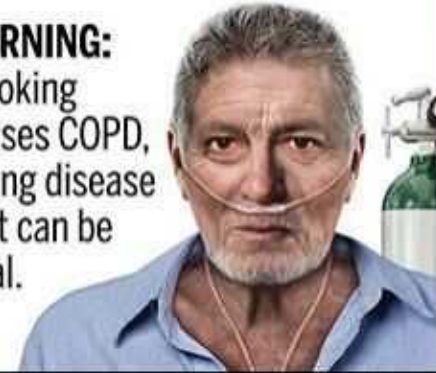
50 Years later...



WARNING:
Smoking
causes COPD,
a lung disease
that can
be fatal.



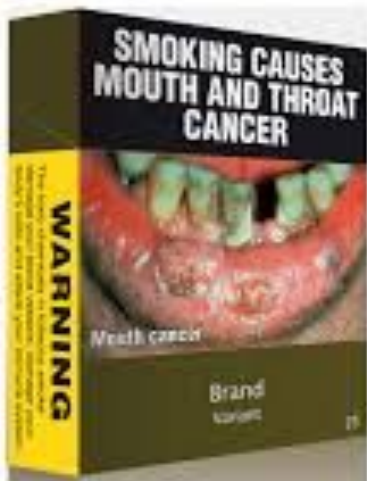
WARNING:
Smoking
causes COPD,
a lung disease
that can be
fatal.



WARNING:
Smoking
causes head
and neck
cancer.



WARNING: Smoking causes
type 2 diabetes, which
raises blood sugar.



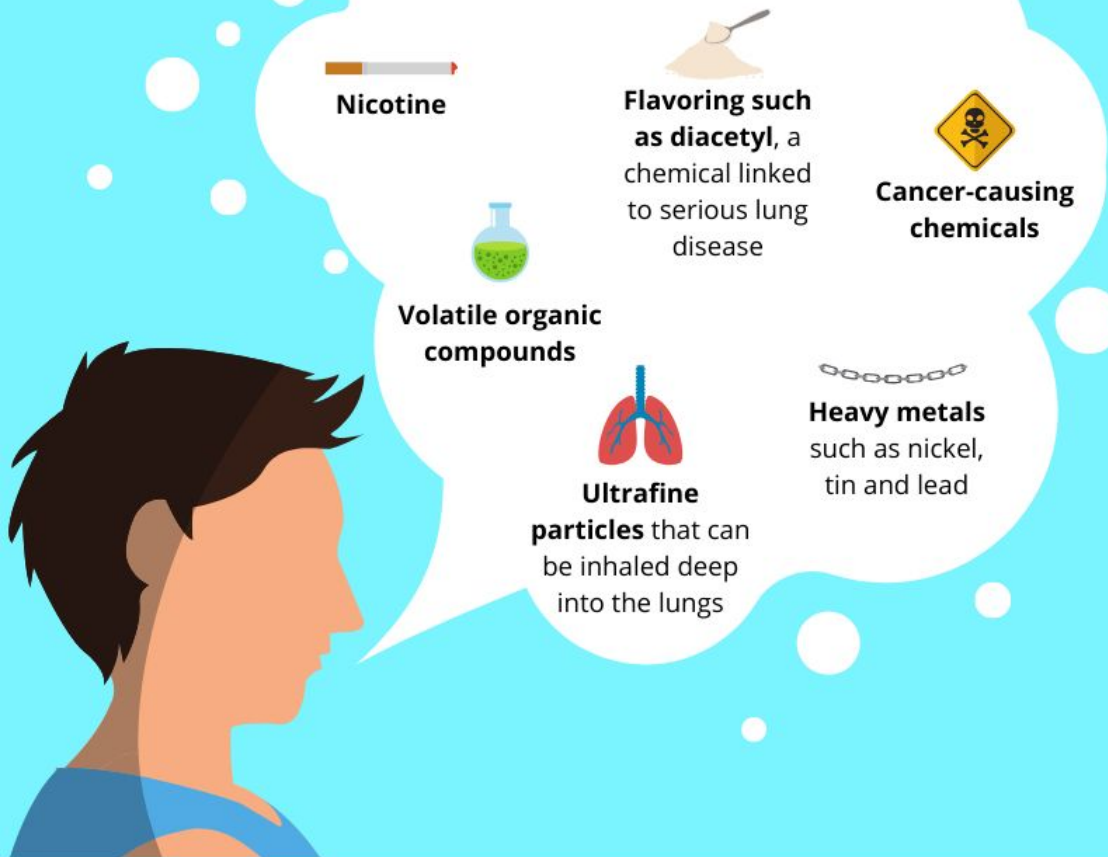
PURE TASTE AND SATISFYING THROAT HIT

Specialized heating system with 0%, 2% or 5% Salt Nic, ELFBAR
presents the purest flavor in every vape.





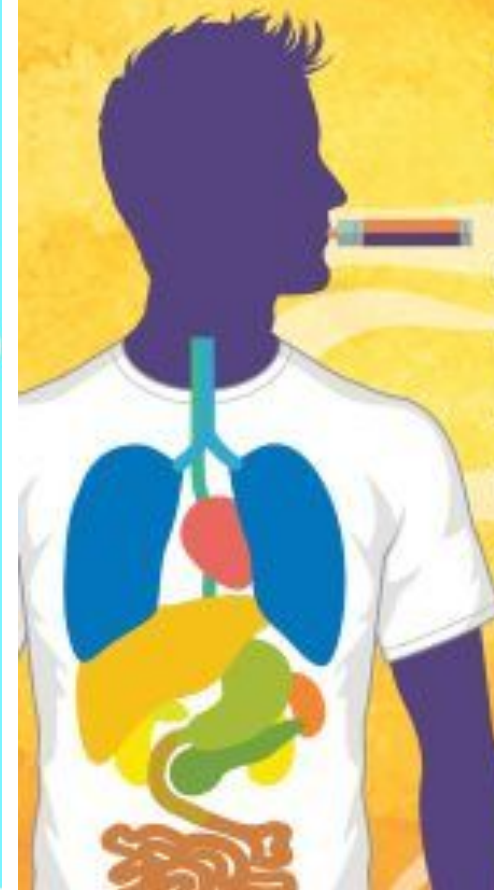
Why are e-cigarettes so dangerous? The vapor you breathe may contain...



For more information visit
healthoregon.org/vapingillness

Oregon
Health
Authority

Risks of vaping



- Nicotine addiction
- Mouth and throat irritation
- Coughing and wheezing
- Worsening asthma
- Chest pain
- Raised blood pressure
- Raised heart rate
- Upset stomach
- Nausea

THE UNIVERSITY OF TEXAS
MDAnderson
Cancer Center
Making Cancer History®



Child and Adolescent Mental Health Services (CAMHS)

If a school believes that a child or young adult would benefit from a more clinical approach and treatment for mental health difficulties, they can support a referral to **CAMHS**. CAMHS are specialist NHS children and young people's mental health services and can offer a variety of trained mental health professionals such as:

- social workers;
- occupational therapists;
- psychologists;
- psychotherapists;
- counsellors;
- family therapists;
- primary mental health workers;
- outreach workers.

Waiting times for CAMHS can be long. If you feel you are not being offered help within a reasonable time, you can make an initial formal complaint to the person or organisation providing the service e.g. the GP, dentist, hospital or pharmacist. Alternatively, it is possible to complain to the commissioner of that service – either **NHS England** or the area **clinical commissioning group (CCG)**.

STEP2 Hertfordshire



Step2 is an early intervention CAMHS service working with mild to moderate mental health difficulties, as such, we do not work with children and young people who have been medicated for a mental health presentation.

They offer a service to young people aged 0-19 with a GP in Hertfordshire who have a mild-moderate mental health difficulty which is causing distress and impacting on day to day life. Referrals can be made by any professional who has a good knowledge of the young person's difficulties. All young people need to have already accessed specific help for their mental health prior to referral (which may include input from the school nurse, counselling or group work).

Examples of mental health difficulties that young people may access the service for include:

- Anxiety
- Phobias
- Low mood
- Mild self-harm
- Emotional regulation (which is not due to difficult social circumstances or as a result of an unmet neurodevelopmental need)
- Mild obsessive compulsive difficulties



If Parent/carers need support for their child or young person, or if a child or young person needs support for a mild to moderate mental health difficulty please call **SPA on 0300 777 0707** in the first instance. The SPA advisor will be able to discuss your needs, and take the details needed to direct you to Step2 or to the appropriate service for support.



Pastoral Support @ DAOS

Form Tutors



Mrs Lofthouse
Pastoral Director
Year 7



Mr Jackson
Pastoral Director
Year 8 & 9



Mr Ward
Pastoral
Director
Year 10 & 11



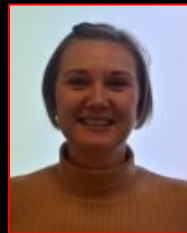
Mr Leake
Pastoral
Head of
Year 12



Ms James
Head of
Year 13



Mrs Jackson
Pastoral Manager
KS3



Ms Surry
Pastoral Manager
KS4



Ms Sandler
Pastoral Manager
KS5



Ms Edwards
Pastoral and
inclusion
Co-ordinator

Personal Tutors

Pastoral Managers



- Pastoral Managers- Mrs Jackson (KS3) and Mrs Surry (KS4) see students by appointment only (unless there is a real emergency)
- Mrs Sandler (KS5) will see students at various times
- Appointments can be made by emailing Mrs Jackson or Mrs Surry
- Appointments are maximum of 30 minutes
- Both Pastoral Managers will have their own office by the current pastoral office
- You are NOT be allowed to go to the pastoral office during lesson time without an appointment, unless the student is in need of urgent care



Continuum of Need



Pastoral Support at DAOS – a continuum of need

Whole School Approach	Individualised school support	Partnership working – on site external services	External and Early Help Services (not an exhaustive list)	Statutory Services
<p>Form Tutors</p> <ul style="list-style-type: none"> – Daily contact and support <p>Pastoral Directors</p> <ul style="list-style-type: none"> – Whole year group care – Individual support – Parental engagement <p>Deputy Head – Pastoral</p> <ul style="list-style-type: none"> – Safeguarding and child protection working with DSL – Pastoral strategic overview <p>Staff Wellbeing and training</p> <p>Policy development</p> <ul style="list-style-type: none"> – Policies on CP, anti-bullying, behaviour etc. <p>Personal Development and Learning for Life programme</p>	<p>Pastoral managers</p> <ul style="list-style-type: none"> – Individualised support – Drop in service at break and lunch – Regular support <p>Behaviour support</p> <ul style="list-style-type: none"> – 1:1 / group focused support – Preventative support – Post suspension workshops <p>Learning Support</p> <p>Teaching Assistants</p> <ul style="list-style-type: none"> – In class support – Small groups and 1:1 work 	<p>Family Support Worker</p> <ul style="list-style-type: none"> – Parent support – Family First Assessments – Team Around the Family <p>Herts Services for Young People</p> <ul style="list-style-type: none"> – 1:1 mentoring – Support groups – Careers advice <p>LINKS behaviour Support</p> <ul style="list-style-type: none"> – 1:1 work – Transition support <p>School Nursing Service / NHS Services</p> <ul style="list-style-type: none"> – Individual referrals – Advice and guidance <p>DSPL</p> <ul style="list-style-type: none"> – Parent support – Advice and guidance for schools <p>Attendance Improvement Team (Herts)</p> <ul style="list-style-type: none"> – Parent support – School guidance 	<p>Families First</p> <ul style="list-style-type: none"> – Early help services for the family <p>Youth Talk</p> <ul style="list-style-type: none"> – Counselling service <p>Cruse Bereavement Network</p> <ul style="list-style-type: none"> – Services to support families with bereavement <p>Herts Young Homeless</p> <ul style="list-style-type: none"> – Support for young people at risk of homelessness – Family mediation services <p>CAMHS</p> <ul style="list-style-type: none"> – Specialist mental health support <p>SARC (Sexual Health Referral Centre)</p> <ul style="list-style-type: none"> – Individual support for victims of abuse <p>The Wellbeing Service</p> <ul style="list-style-type: none"> – Self-referral for over 15-year olds and staff 	<p>Children's Services</p> <ul style="list-style-type: none"> – Safeguarding team – SASH (specialist adolescent service Hertfordshire) – Intensive Family Support <p>CIN (Child in Need)</p> <ul style="list-style-type: none"> – TAF and CIN planning <p>CCP (Child Protection Plan)</p> <ul style="list-style-type: none"> – Conference and core group meetings <p>CLA (Child Looked After) Care plan</p> <ul style="list-style-type: none"> – ePEP (Personal Education Plan)



Online Support

We would encourage you to use the links to organisations and services below which are extremely helpful and provide excellent guidance for young people who are finding it difficult to manage their emotional well-being and mental health:

Online Support Links

[> Anxiety](#)[> Bereavement](#)[> Depression / Low Mood](#)[Harmless](#)[Self Harm](#)[Self Injury Support](#)

Pastoral Care & Wellbeing

[Further Resources](#)[Peer Mentor](#)[Online Support](#)[Supporting Wellbeing](#)[Pastoral Organisation](#)[Pastoral Care](#)