

# WEST CRAVEN HIGH SCHOOL NEWSLETTER



## Principal's Welcome

Friday 1st May

Dear Parents / Carers

Welcome to the first bulletin in May. As a school, we have committed to 'No Mow May' in certain parts of the school grounds to encourage the wild plants to grow and flower, adding colour and attracting pollinating insects and other wildlife. I wish you all a happy May and I hope everyone in the community enjoys a slightly longer weekend. Let's hope the forecast is wrong and the good weather continues into the weekend!

This morning I had the pleasure of having an assembly with the students nominated by their Pastoral Year Leads for always representing the values of West Craven High School. These students are ambassadors for the school and role models for others in our community. I talked about celebrating success and being proud of their achievements, as we are extremely proud of them. I will be writing to the parents of all these students also so that you can share this with them. I am well aware that even when asked, our children may still not say what they did at school today!

Thank you for your support in making the young people look so smart and ready for learning. The vast majority of our students look fantastic in full uniform. I am grateful for the impact that our push on the correct footwear is having. As a parent myself, I appreciate that quality footwear is important. Your child is in them all day. They walk to and from school in them. They need to be right, and I know this can be costly. We have a policy that asks for sensible black shoes that are flat soled. Please check the guidance sent last week. If you have any issues with this and need our support, please contact the school through the main office.

Similarly, we seem to have a number of students who think they don't need a school bag for school. They have all manner of items stashed in various blazer pockets! Please do ensure that your child has a sensible school bag and the right equipment. They need it for taking books and homework to and from school. It is an essential item for your child to have in school, so please don't let them tell you they don't need one. Once again, if you need any support in providing this, please let us know.

It is not only the Spring we are welcoming in this month, but we also welcome our new SENDCo to the school from the 1st May. Mr Akhtar joins us as an experienced SENDCo and Maths teacher. We are very pleased to have him join our school and the Senior Leadership Team. He has already been busy today introducing himself to many of our students and I know he is eager to reach to parents, as he gets underway with supporting our young people.

I wish you all a lovely Bank Holiday weekend and I look forward to welcoming the students back on Tuesday 4th May. We will continue to run our 100% attendance draw each week, that rewards students for weekly attendance. This means all students can get the reward because it resets each week. Well done to Imaan and Olivia who received £10 vouchers this week.

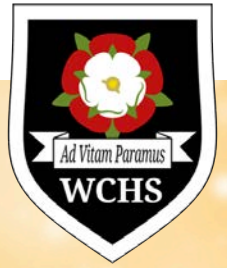
Thank you for your continued support.



Mr Bates, Principal



# STARS OF THE WEEK



**7**

Zoya 7AOP  
Caiden 7 MFO  
Charlie 7 OCA  
Mayam 7 YGR



**8**

Ollie 8EAJ  
Amelia 8KSN  
Blake 8NHU  
Ella 8 RSW

**9**

Ellie 9 HWH  
Sophie 9 AYO  
Max 9 LWI  
Izzy 9 WDA

**10**

Lauren 10 ABA  
Chloe 10 CMC  
Millie 10 DWI  
Eva 10 JPE  
Evan 10 ASC

**11**

Olivia 11 API  
Summer 11 DRA  
Finley 11 ECU  
Isobel 11 MBA  
Ethan 11 MMO  
Imtiaz 11MTU

**Congratulations to this week's top students from each form group.**



# CURRICULUM UPDATE : MATHS

## Maths: Building Skills in Three Dimensions

Year 9 students have been getting hands-on in Maths lessons through an exciting 3D modelling challenge designed to stretch their spatial reasoning and problem-solving skills. Using four identical cubes, pupils explored how many different three-dimensional shapes could be created, investigating structures similar to tetrominoes but in a more complex and engaging context.

Students worked methodically to build, rotate and compare their cube arrangements, carefully deciding which shapes were genuinely different and which were the same once orientation was considered. Alongside developing their mathematical thinking, learners were encouraged to explain their ideas clearly and use accurate mathematical language to justify their conclusions.

The activity promoted logical thinking, teamwork and perseverance, with students showing real enthusiasm as they tested ideas and refined their solutions. By the end of the unit, pupils had built valuable confidence in visualising and analysing three-dimensional structures – key skills that support success across many areas of mathematics and beyond.

Alongside this creative curriculum work, the Maths department continues to focus strongly on preparing students for upcoming end-of-year assessments and Year 10 mock examinations. Lessons and independent tasks are increasingly aimed at consolidating core knowledge, strengthening exam technique and building confidence, ensuring pupils feel well supported and ready for the next stage of their learning.



Mr Balal  
Assistant Principal &  
Director of Maths



# LEADING PARENT PARTNERSHIP AWARD

## Leading Parent Partnership Award (LPPA) – We Value Your Voice

We are pleased to share that West Craven High School is currently working towards the reassessment of the Leading Parent Partnership Award (LPPA).

The LPPA is a nationally recognised award that celebrates schools which work closely and effectively with parents and carers to support students' learning, wellbeing and overall school experience. A key part of this process is listening to what you think.

Over the coming weeks, parents and carers will be invited to complete a short questionnaire to share their views on how well we work together at important points in your child's journey, including:

- Transition from primary school into Year 7
- Ongoing communication during their time at school
- Support and guidance as students prepare to leave us

### **We are particularly interested in your feedback on:**

- Our communication methods, such as letters, newsletters, the website and social media
- How informed you feel about school life and your child's progress
- How welcome and supported you feel when engaging with school
- How effectively we work in partnership with you to support your child's education

Your feedback is incredibly valuable. It helps us celebrate what we do well and identify where we can continue to improve.

We kindly ask that you take a few minutes to complete the questionnaire when it is shared. Your voice plays a vital role in shaping the future of our school community.

Thank you, as always, for your continued support.




Leading Parent  
Partnership Award



# NO MOW MAY

## Supporting No Mow May

This May, schools across Pendle Education Trust are proudly taking part in No Mow May, a simple but powerful initiative that helps support local wildlife.

By leaving some areas of our school grounds uncut throughout the month, we're giving nature a helping hand. Longer grass and wildflowers provide essential food and shelter for bees, butterflies and other important pollinators, helping them to thrive. 

### Taking part in No Mow May means we are:

- Supporting pollinators
- Encouraging wildflowers to grow
- Protecting and enhancing local biodiversity

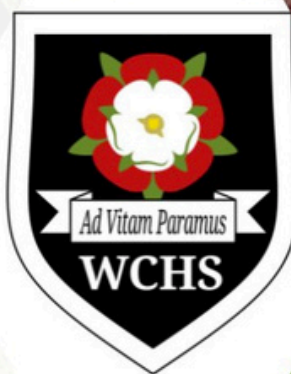
Together, we're creating healthier habitats and making a positive difference for the environment—right here on our school grounds.

## WE ARE SUPPORTING #NOMOWMAY



Pendle Education Trust's schools are choosing not to mow some of our green spaces over the month of May. By cutting less we are helping the bees and wildlife.

- ✓ Helping to preserve crucial pollinator habitat
- ✓ Caring for wildlife



[PLANTLIFE.ORG.UK/NOMOWMAY](https://plantlife.org.uk/nomowmay)

[PENDLEEDUCATIONTRUST.CO.UK](https://pendleeducationtrust.co.uk)



**Pendle**  
Education Trust

# PASTORAL UPDATE YEAR 9

Let me introduce myself. I am Mrs Helen Smith, Pastoral Lead for Year 9. I have worked for Pendle Education Trust for the last 25 years in various roles including Cover Supervision, Teaching, SEN provision, Form Tutor and Head of Year, so come with lots of experience and knowledge of a busy mainstream school. So far, I have become wrapped in the life of year 9 with regards to ensuring the everyday basic expectations are being met by all students. It is very much appreciated that parents support us throughout the Summer term with regards to attendance and improved punctuality. Being in school, on time, in full uniform, equipped for the day ahead are basic expectations that I am sure you agree, will form great habits for the future.

So, if your child is missing a school tie or school shoes, these do need to be replaced as soon as possible.

My first two weeks at West Craven have been very busy as you can appreciate, getting to know the students, systems and routines that are current, as well as dealing with the everyday challenges students face. But I am a quick learner, and have always been firm, fair and consistent in my career!

Should you have any concerns please don't hesitate to call me on the school number or email me directly on [hsmith@westcraven.co.uk](mailto:hsmith@westcraven.co.uk) and I will respond as quickly as I am able.



**Mrs Smith**  
**Year 9 Pastoral Lead**





# YEAR 11 PROM


## 🌟 Year 11 Prom – Class of 2026 🌟


Join us for a special night to celebrate the end of your high school years and make unforgettable memories with your friends! ❤️

 Date: Thursday 25th June 2026

 Venue: Crow Wood Hotel, Burnley

 Arrival: 6:30pm

 Event Time: 7:00pm – 11:00pm

 Ticket Price: £40 – buy now on ParentPay!

Includes a two-course meal, welcome drink, and DJ entertainment 🎵

 Dress Code: Formal attire

Don't miss this incredible evening – we can't wait to celebrate with you! 🌟



YOU ARE INVITED TO



**PROM NIGHT**

CLASS OF

**2026**

Join us for a special night to celebrate the end of your high school years and make unforgettable memories with friends

**25TH JUNE 2026**

**Ticket price £40**

- Red carpet arrival
- A two-course meal
- Welcome drink
- Professional photographer
- DJ and awards

**Arrival from 6:30pm**  
**Event 7pm- 11:00pm**

**VENUE: CROW WOOD HOTEL**  
**BURNLEY**



**DRESS CODE: FORMAL ATTIRE**

# YEAR 11 PROM

We are pleased to confirm that a professional photographer will be attending the Year 11 Prom to capture special moments from the evening. Each student will receive one complimentary photograph included in the cost of their ticket. Additional photographs will be available to purchase, and we encourage families to pre-order if they would like extra copies. Please see the information below for details on how to order additional photographs.



## PROM PHOTO PRE-ORDER

(ON THE NIGHT PRICE £10 EACH)

PLEASE SEND £7.50 FOR ONE PHOTO OR £15 FOR THREE TO THE ACCOUNT BELOW. **PLEASE STATE THE SCHOOL AND YOUR CHILD'S NAME WHEN PAYING** SO I CAN ENSURE THEY GET THEIR PHOTOS ON THE NIGHT. THANK YOU  
A/C KERRY HARGREAVES 01-01-35 23744456



KERRY HARGREAVES

PHOTOGRAPHY



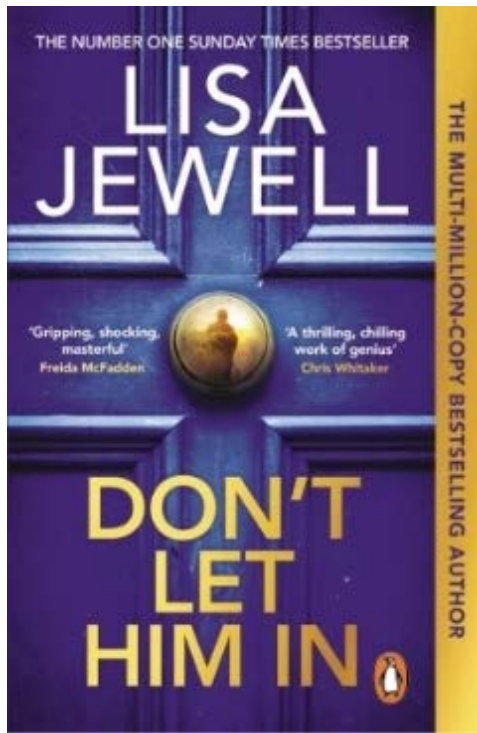
[www.westcraven.co.uk](http://www.westcraven.co.uk)



[westcravenhighschool](https://www.facebook.com/westcravenhighschool)

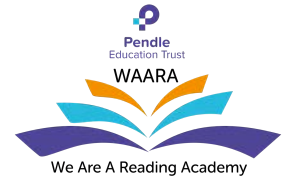


[westcraven.barnoldswick](https://www.instagram.com/westcraven.barnoldswick)



## The librarian loves

Don't Let Him in by Lisa Jewell. I went on a very long coach journey recently and I bought this book in the services. I am so glad I did because I was intrigued from the first page. It was such an enjoyable read that I didn't feel bored at all on the coach.



Harper Lee was born on the 28th April 1926. She is the author of To Kill A Mockingbird, which won the Pulitzer Prize. This book is available from the school library. After it was publicised, she led a private life and published little else until 2015 when she released Go Set A Watchman.



Space Day is marked on Friday 1st May and Star Wars Day is on May 4th. The librarian has curated a display of books on space exploration, space facts and astronauts to mark these two days.



# WE ARE A READING ACADEMY

The Children's Booker Prize has launched a UK wide competition to find three child judges to select the winner of the Children's Booker Prize 2027. All the details needed to enter your child are on the link below:

## **Enter your child or pupil for the chance to be a Children's Booker Prize judge | The Booker Prizes**

Our school library is a place for everyone—but it only works when books circulate. If your child is holding onto a late library book, now is the perfect time to return it and help someone else discover their next great read. Please tell your child not to worry if their book is missing or damaged. Ask them to speak to the librarian, there is always a solution. Please check bags and under the bed for missing books. Returning overdue books helps keep our library stocked, supportive, and inspiring for everyone. Why it matters: Other students are waiting. That book you borrowed might be exactly what someone else needs for homework, revision, or just a good escape. Books are expensive. When copies go missing, the library has fewer resources for everyone. No judgment—just bring it back. We're not interested in how long you've had it, we just want it back. Thank you.



The librarian runs a homework club after school on Monday, Tuesday, Wednesday and Thursday from 3.15pm – 4pm. During this time pupils have access to the PC's and revision guides. They can study in a quiet, peaceful space and fruit and drinks are available on request.



# EXTRA CURRICULAR – SUMMER TERM 1

We are pleased to share details of our Summer Term 1 extracurricular programme, which offers a wide range of lunchtime and after-school clubs designed to enrich students' learning and support their personal development.


This half-term, students can take part in a variety of activities including Homework Support Club, Stage Door Drama Group, Cricket, Rounders, Imogen's Dance School, Band Club, and many more. These opportunities give students the chance to develop new skills, explore their interests, and build confidence outside the classroom.




All students who attend extracurricular activities will receive positive points on ClassCharts, recognising their commitment and participation. In addition, students who regularly attend clubs throughout the term will be awarded a certificate at the end of the term to celebrate their involvement.

We encourage all students to get involved and make the most of the fantastic opportunities available.

West Craven High School

## Lunchtime Clubs



MON	TUE	WED	THU	FRI
<b>Library</b> Years 10 & 11	 <b>Library</b> Years 7,8, & 9	<b>Library</b> Years 7,8, & 9	<b>Library</b> Years 7,8, & 9	<b>Library</b> Years 10 & 11
	<b>Choir</b> Lunch time Room G8	<b>Computing</b> All Years Room G11		
	<b>Youth Enterprise / Fundraising</b> Room G11 	<b>Creative Writing</b> Room T8 Year 7 only 		

# AFTER SCHOOL CLUBS – SUMMER TERM 1

West Craven High School (Summer term 1)



## After School Clubs

MON	TUE	WED	THU	FRI
<p><b>Cricket</b> (Year 7 &amp; 8)</p> 	<p><b>Rounders</b> Year 9 &amp; 10</p> 		<p><b>Cricket</b> (Year 9 &amp; 10)</p> 	<p><b>Art</b> Room M10</p> 
<p><b>French Club</b> Room G3 Year 10s</p> 			<p><b>Science Club</b> Room G4</p> 	
<p><b>Library</b> Homework club</p>	<p><b>Library</b> Homework club</p>	<p><b>Library</b> Homework club</p>	<p><b>Library</b> Homework club</p>	
<p><b>Rounders</b> Yr 7 &amp; 8</p> 	<p><b>Band club</b> Main Hall</p> 		<p><b>SEN Homework Club</b> Room G6</p>	
	<p><b>Stage Door Drama Club</b> 3:30pm – 4:45pm Room T1/2</p> 		<p><b>Imogen's dance School</b> 3:30pm-4:30pm Gym</p> 	

# OUT OF SCHOOL ACHIEVEMENT

## Out of School Achievement – Rugby Success

A huge congratulations to Imogen, who finished the rugby season on a real high. In the final game of the season, she was awarded Opposition Player of the Match following what can only be described as a highly impressive and determined performance. Her aggressive display of rugby stood out to all and was a fantastic way to round off the season. Very well done, Imogen – we're incredibly proud of you



If you would like to share your child's out of school achievements, please contact [jevetts@pendleeducationtrust.co.uk](mailto:jevetts@pendleeducationtrust.co.uk)

# OUT OF SCHOOL ACHIEVEMENT

## Out of School Achievement

We are delighted to share a fantastic out of school achievement from Year 7 student Jessica . Jessica recently came third in the Barlick Fell Runners end of winter season athletics event held at Seedhill. She competed across a range of events, including nerf throwing, long jump, 60m and 400m, and performed brilliantly throughout. A wonderful achievement and a great example of commitment and determination – well done, Jessica!



If you would like to share your child's out of school achievements, please contact [jevetts@pendleeducationtrust.co.uk](mailto:jevetts@pendleeducationtrust.co.uk)



# OUT OF SCHOOL ACHIEVEMENT

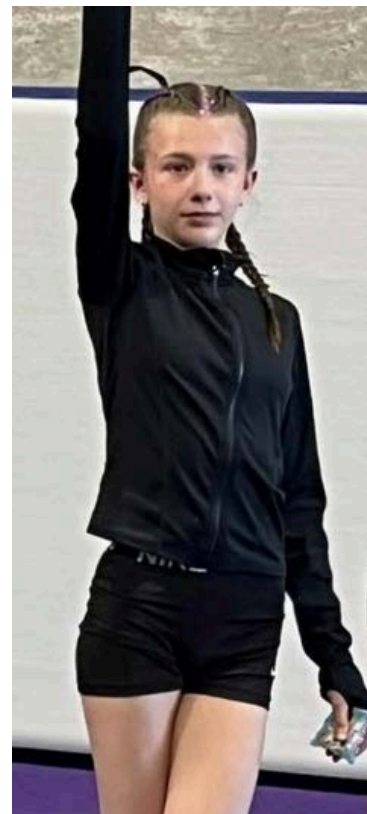
## Out of School Achievement

A huge well done to Lola for her fantastic achievements at an in-house gymnastics competition on Saturday 26th April at Ambitions Gymnastics, Crosshills

Lola competed brilliantly across several events, achieving:

- 1st place – Vault
- 2nd place – Bars routine
- 2nd place – Beam

Lola also stood out as the only gymnast to perform a front somersault in her routine – a skill she has been working hard on and performed amazingly on the day! We are so proud of Lola's dedication, confidence, and determination. Well done, Lola – keep reaching for the stars!



## ⚽ Out of School Achievement ⚽

Well done to Oscar, who plays for Barlic Town Under 12s 🙌

On Sunday 27th April, the team had a fantastic match against Todmorden Raptors, showing great teamwork and determination throughout the game. The match ended with an impressive 8-4 win, with Oscar scoring an incredible 4 goals! 🌟

Oscar's passion for football shines through every week, with his dedication, hard work, and determination clear to see both in training and on match days.

A brilliant performance, Oscar – keep up the fantastic work! 🏆⚽

If you would like to share your child's out of school achievements, please contact [jevetts@pendleeducationtrust.co.uk](mailto:jevetts@pendleeducationtrust.co.uk)

BURNLEY COLLEGE  
SIXTH FORM CENTRE

# Year 7-11 Open Evening

## In Year 7 or 8?

Explore our campus and explore your options.

- ✓ Find out about your different pathways/subjects at College?
- ✓ Get advice choosing the GCSEs you need for your dream career

## In Year 9, 10 or 11?

Plan the perfect pathway to achieve your goals.

- ✓ Get advice and guidance on your future
- ✓ Check out our unrivalled enrichment activities
- ✓ Hear from the Principal and Tutors
- ✓ Be among the first to sign up for our free taster sessions, BC Programmes
- ✓ Apply on the night (for year 11s)

## Save the Date

WEDNESDAY 6 MAY | 5.30PM - 8PM

A LEVELS | VOCATIONAL STUDY | THEMIS APPRENTICESHIPS | T LEVELS



# BURNLEY COLLEGE APPLICANT PREVIEW DAY Monday 29 June



## MAKE SURE YOU DON'T MISS OUT ON THIS GREAT DAY WHERE YOU WILL:

- **Discover** more about your chosen course or Apprenticeship
- **Start to find your way around** the Campus and workshops
- **Ask any questions** about travel, careers advice, university progression and more
- **Get to know** your Tutors and Trainers better.

We're looking forward to welcoming you to Applicant Preview Day, whether you plan to study A Levels, a Vocational course, T Levels or start a Themis Apprenticeship.

**KEEP AN EYE OUT FOR YOUR  
OFFICIAL INVITATION  
Coming Soon!**

If you have any questions please contact us  
01282 733322 | [admissions@burnley.ac.uk](mailto:admissions@burnley.ac.uk)

FOLLOW US ON:  
  

# BURNLEY COLLEGE APPLICANT PREVIEW DAY Monday 29 June

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Sixth Form Centre



[www.westcraven.co.uk](http://www.westcraven.co.uk)



[westcravenhighschool](https://www.facebook.com/westcravenhighschool)



[westcraven.barnoldswick](https://www.instagram.com/westcraven.barnoldswick)

# DATES FOR YOUR DIARY

- 4<sup>th</sup> May - Bank Holiday - School closed
- 6<sup>th</sup> May – PET Sustainability Fund presentations NCC
- 6<sup>th</sup> May, 5:00pm – London Parents’ Evening Meeting
- 11<sup>th</sup> May – Mental Health Awareness Week
- 18<sup>th</sup> May – Nelson and Colne College PSHE Visit
- 18<sup>th</sup> May – Local Academy Council Meeting
- 22<sup>nd</sup> May - End of school term
- 1<sup>st</sup> June – School Reopens
- 1<sup>st</sup> June – Nelson and Colne College PSHE Visit
- 4<sup>th</sup> June – World Environment Day
- 4<sup>th</sup> June – Year 8 Parents’ Evening
- 8<sup>th</sup> June – Year 10 1-to-1 Careers Meetings
- 8<sup>th</sup> June – Nelson and Colne College PSHE Visit
- 9<sup>th</sup> June – Pendle Schools Music Festival at the Muni



# OUR COMMUNITY

## Community Advertisements

In this section of our newsletter, we share posters for local events, activities, and charities.

If you would like us to advertise a community event or club, please email [jvetts@pendleeducationtrust.co.uk](mailto:jvetts@pendleeducationtrust.co.uk).

Please note that West Craven High School is not affiliated with these organisations and cannot endorse the events, promotions, or clubs. We will only feature events that we consider appropriate for our school community.

We are  
Community

## Stay connected, follow us on Facebook and Instagram

A very warm welcome to all our new Year 7 families! We are thrilled to have you join the West Craven High School community. To stay updated on school news, student achievements, important events, and reminders, we encourage all parents and carers to follow our official Facebook and Instagram pages.



**West Craven High School**



**WestCraven.Barnoldswick**





## Wild Explorers: Into The Wild

A 2-day experience for young people aged 10 - 16. Into The Wild provides an opportunity for young people to unplug from technology and benefit from all that nature has to offer.

Into The Wild is a 2-day experience that will give young people (10-16 years) increased responsibility and challenge.

You will have the opportunity to set up your own shelter, make your own campfire and cook the food on the fire along with other activities on the day.

The 2 days will be centred around building confidence, leadership, teamwork and resilience.



### Price

£95 per child for 2 days inc food  
Childcare vouchers accepted

### Age

10 - 16 years

Must be in year 6 or above

## Upcoming Dates

26<sup>th</sup> - 27<sup>th</sup> May

*Please note: this is a 2 day experience.*



### Time

9.30am - 3.30pm

### Location

Broughton Hall Estate



[hello@wildexplorers.org.uk](mailto:hello@wildexplorers.org.uk)



[www.wildexplorers.org.uk](http://www.wildexplorers.org.uk)

# EARBY CRICKET CLUB



## JUNIOR PLAYERS NEEDED!



JOIN OUR TEAMS



UNDER  
**11**



UNDER  
**13**



UNDER  
**15**



GIRLS  
UNDER  
**12**  
SOFTBALL



TRAINING EVERY  
**FRIDAY**

AT  
**6PM**



MAKE FRIENDS



IMPROVE YOUR SKILLS



BE PART OF  
SOMETHING GREAT

GET INVOLVED.  
HAVE FUN. PLAY CRICKET!



For more information, contact:

**EARBY CRICKET CLUB**

BARNOLDSWICK CRICKET CLUB

# UNDER 13 PLAYERS WANTED!

JOIN OUR EXISTING TEAM



11-13 YEARS  
YEARS 7 & 8

- ✓ Hardball Cricket
- ✓ Coaching Provided
- ✓ All Abilities Welcome  
New to cricket? No problem!  
We'll teach you the basics.



MESSAGE US DIRECTLY  
IF YOU HAVE SOMEONE INTERESTED



BE PART OF A GREAT TEAM  
MAKE FRIENDS • HAVE FUN • PLAY CRICKET



WE HAVE A FEW SPACES  
AVAILABLE – JOIN US!



TAKE YOUR  
GAME  
FURTHER  
WITH US!



# 10 Top Tips for Parents and Educators

## DEALING WITH TRAUMATIC & CHALLENGING EVENTS

Children and young people may face a wide range of traumatic or challenging events – from bereavement and illness to bullying, family breakdowns, or witnessing violence. These experiences can affect their mental health, behaviour, relationships, and academic progress. With the right support from trusted adults, children can begin to feel safe, rebuild resilience, and develop healthy coping strategies. This guide offers practical and empathetic ways to provide support and promote positive outcomes.

### 1 A PREDICTABLE ENVIRONMENT

Children who have experienced trauma often feel unsafe or uncertain. Creating routines, setting clear expectations, and maintaining consistency can help restore a sense of security. This structure offers reassurance and helps children feel more in control of their surroundings.

### 2 USE LANGUAGE THAT MATCHES THEIR AGE

Speak clearly and sensitively, choosing words that are appropriate for the child's age. Avoid overwhelming them with too much information at once. Offer gentle, honest explanations and focus on reassurance, especially when talking about difficult or sensitive subjects.

### 3 TRAUMA AND THE BODY

Mention briefly that trauma can show up in physical ways, such as changes in sleep, appetite, concentration, or as physical aches and pains. Consider this before labelling behaviour as 'difficult' or 'lazy'. Some children may become withdrawn, while others may be more outwardly challenging. Highlight that there's no 'one way' children respond.

### 4 AVOID RETELLING OR RELIVING TRAUMA

Children sometimes get asked to explain or repeat their experience multiple times. Striking a balance of when to listen and when to gently redirect can help to avoid unnecessary re-traumatisation. Acknowledge, but don't probe for detail unless safeguarding procedures require it.

### 5 AVOID DISMISSING OR MINIMISING FEELINGS

Seemingly well-meaning comments like "It's not that bad" or "You're okay" may shut down children's emotional expression and are often not helpful. Instead, acknowledge what they're feeling, even if it seems small. Validating a child's emotions helps them feel seen and encourages open communication in future.

### 6 UNDERSTAND HOW THEY'RE FEELING

Many children don't have the words to express their emotions, especially during distress. Supporting them to name what they're feeling – such as angry, scared or sad – builds emotional literacy. Tools like emotion charts, drawing, or storytelling can help externalise feelings in a safe, manageable way.

### 7 BE AWARE OF YOUR OWN RESPONSES

Children pick up on adult emotions and reactions, often mirroring them. Staying calm, even in challenging situations, helps children feel more secure. Practising your own self-regulation is an important way to model healthy stress management and encourages children to do the same.

### 8 SEEK PROFESSIONAL SUPPORT

While many children benefit from everyday emotional support, some will need more specialised help. If symptoms persist, worsen, or disrupt their daily life, consult with school safeguarding leads, a GP, or a mental health professional. Early intervention can prevent long-term difficulties and support healthy recovery.

### 9 MAINTAIN CONNECTION

Isolation can worsen the impact of trauma. Encourage involvement in group activities, praise their efforts, and ensure they feel like a valued part of the school or family community. Meaningful connection with trusted adults and peers builds resilience and a sense of belonging.

### 10 BE PATIENT – HEALING TAKES TIME

There's no quick fix for emotional recovery. Children may have good days and setbacks, and progress may not always be visible or linear. Your ongoing support, patience, and presence can help them move forward at their own pace, knowing they are not alone.

## Meet Our Expert

This guide has been written by Anna Bateman. Anna is passionate about placing prevention at the heart of every school by integrating mental wellbeing within the curriculum, school culture, and systems. She has been a member of the advisory group for the Department for Education, advising them on their mental health green paper.



The National College®