

St Mungo's High School

Merchiston Avenue, Falkirk, FK2 7JT
Telephone: 01324 614614 Fax: 01324 614610
Email: stmungohighschool@falkirk.gov.uk
Website: www.stmungohighschool.co.uk
Follow us on twitter: @DYWStMungos1
Rector: Mr Stephen Phee



Falkirk Council
Children's Services

Dear Parents/Carers,

Please see information below about an online support session being offered to you in partnership with Falkirk's Mental Health Association (FDAMH). This will take place via Zoom on Wednesday 8th December from 6:30pm – 7:30pm.

Managing Anxiety at School, for students and parents/carers (S1-S3)

Our transition into High School can be exciting but can also be daunting. With everything going at a faster pace, more responsibilities and choices to make and so many corridors and classrooms to navigate, it's no wonder our younger students can feel overwhelmed at times. Throw in fluctuating hormones that can play havoc with our self-esteem and it's no wonder students can be affected by feelings of anxiety.

Join us for this short online session to look at some of the causes and triggers of anxiety, how to use some simple CBT techniques to minimise the negative impact and how, as parents/carers we can support our students in coping positively with the stresses and strains of this challenging transition period.

We will look at:

- The mechanics of anxiety and the impact it can have on thoughts, feelings and behaviours
- The prevalence of negative thinking and its impact on self-esteem
- Understanding transitions, change and loss
- Building in good self-care habits
- Supporting our young adults through transitions
- Keeping the lines of communication open!

A Zoom invite will be forwarded to you by the school to attend this session.

If you would like to sign up for this please fill out your details using the link below. There are only 30 spaces available and so these will be given on a first come, first served basis.

<https://forms.office.com/Pages/ResponsePage.aspx?id=oyzTzM4Wj0KVQTctawUZKXtLd4MICCFIpt9s65mZXg5UN0VUNTI4MDRBWEVUUk40MEVIQkhOVzIOMC4u>

St Mungo's High School

Director: Robert Naylor

Sealock House
2 Inchyra Road, Grangemouth, FK3 9XB
LP 3 Falkirk- 2

Telephone: 01324 506600
Email: director.childrenservices@falkirk.gov.uk
www.falkirk.gov.uk