

Did you know...breathing helps relieve all kinds of anxieties leading to violence

Try this exercise with your child

This calming breathing technique for stress, anxiety and panic takes just a few minutes and can be done anywhere.

You will get the most benefit if you do it regularly, as part of your daily routine.

You can do it standing up, sitting in a chair that supports your back, or lying on a bed or yoga mat on the floor.

Make yourself as comfortable as you can. If you can, loosen any clothes that restrict your breathing.

If you're lying down, place your arms a little bit away from your sides, with the palms up. Let your legs be straight, or bend your knees so your feet are flat on the floor.

If you're sitting, place your arms on the chair arms.

If you're sitting or standing, place both feet flat on the ground. Whatever position you're in, place your feet roughly hip-width apart.

- Let your breath flow as deep down into your belly as is comfortable, without forcing it.
- Try breathing in through your nose and out through your mouth.
- Breathe in gently and regularly. Some people find it helpful to count steadily from 1 to 5. You may not be able to reach 5 at first.
- Then, without pausing or holding your breath, let it flow out gently, counting from 1 to 5 again, if you find this helpful.

Keep doing this for 3 to 5 minutes.



Violence is unacceptable at Ramsden Hall Academy and will be treated seriously.

**What you can do if...
Someone is violent towards you-**

Talk to a staff member you trust
Talk to your friends
Go to your tutor for advice
Use your Transfer adult

**Whatever you decide to do
it is very important that
you tell someone you trust
about that incident so that
violence can be stopped.**

**At
Ramsden Hall Academy we....**

Keep each other safe

Help each other to learn

look after our school

We Help Each Other Learn
We keep each other safe



**Ramsden Hall Academy
Support for parents
Violence**



At Ramsden Hall Academy, we are committed to educating students on the effects of violence .
We hope you find this leaflet of some help

Tel: 01277 624580



If you behave in a violent way the following may apply...



Your child will be helped to go through the incident with staff using a restorative form. This will help them by repairing harm and building relationships. Students will have chats with their transfer adults (an adult they have chosen to help them). Consequences will vary but the student could be excluded for a period of time. All students will be discouraged from playfighting as this very often escalates into Violence.

Work on ↓



How to talk to students about violence

Find a time when you are both settled, calm and rested.
Be committed and motivated to bring about change
Be non judgmental and non blaming

Some useful tips -

- Tell them you love them
- Sit with them and tell them you are going to assist them in thinking of ways forward and to change things
- Talk calmly with your child.
- Tell them you want things to be better
- Make no threats or warnings
- Provide clear guidelines and consequences
- Offer alternative solutions.
- Build self-esteem.
- Give positive feedback
- Lead by example.
- Be realistic.
- Seek help
- Collaborate with the school.

Further Information /Links

<http://nonviolentresistance.org.uk/#kidsbehaviour.co.uk>
cafamilly.org.uk
youngminds.org.uk
familylives.org.uk
Adolescent to Parent Violence & Abuse.netmums.com
Violence
<https://www.relate.org.uk/relationship-help/help-family-life-and-parenting/parenting-teenagers/behaviour/teen-aggression-and-violence>

Some useful tips -

To encourage good sleeping habits for your child.

Spend time outside-During daylight hours ,spend time outside as it helps the body to create Melatonin which will help your child to sleep

Stay active-Physical exercise can help rid the body of tensions and stress.

Being active also burns off excess energy so that your child can fall asleep with ease at bed-time. Avoid napping or dozing during the day
Implement a routine in the evenings-Dinners should be eaten early enough so that they digest the food before bed

Avoid caffeine-Any drinks and food that contain caffeine should not be given to your child after 4pm,so avoid items like chocolate and fizzy drinks.

Set a bedtime routine-Set a nightly routine and stick to it so that it gives your child structure.

Make bedtime fun-Choose a relaxing activity such as listening to music, chatting or reading a story before your child goes to bed.

Use relaxation techniques-Children with ADHD may suffer from separation anxiety at bed-time.To help your child relax, try calming techniques such as deep

breathing, check the noise and light in your child's bedroom, turn off TV's and other screens

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