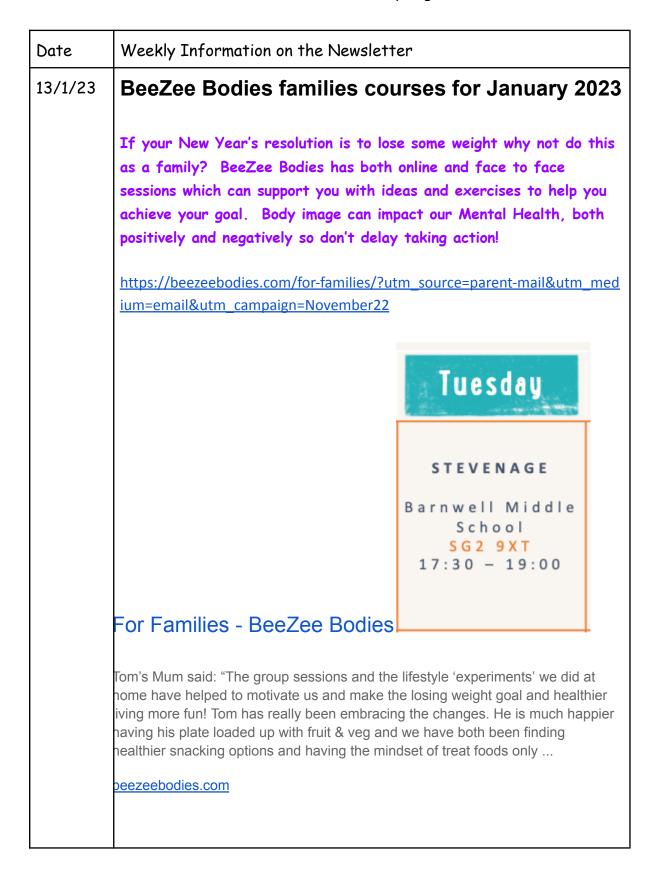
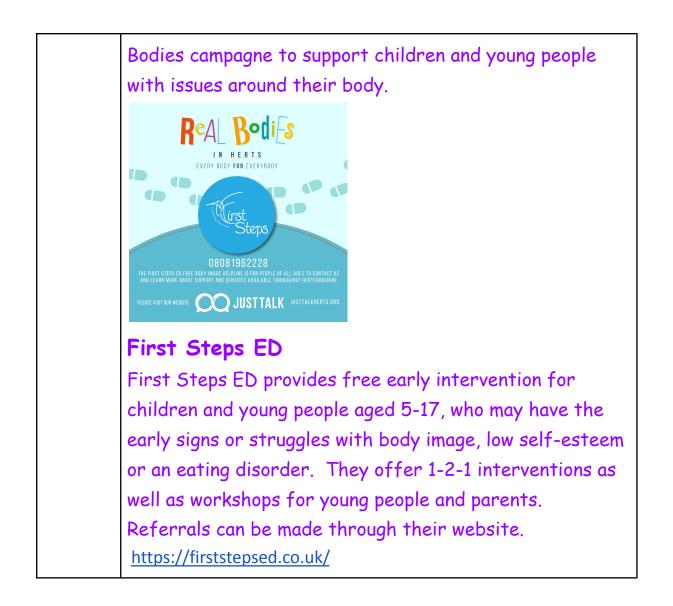
## Mental Health Newsletter Spring 2023

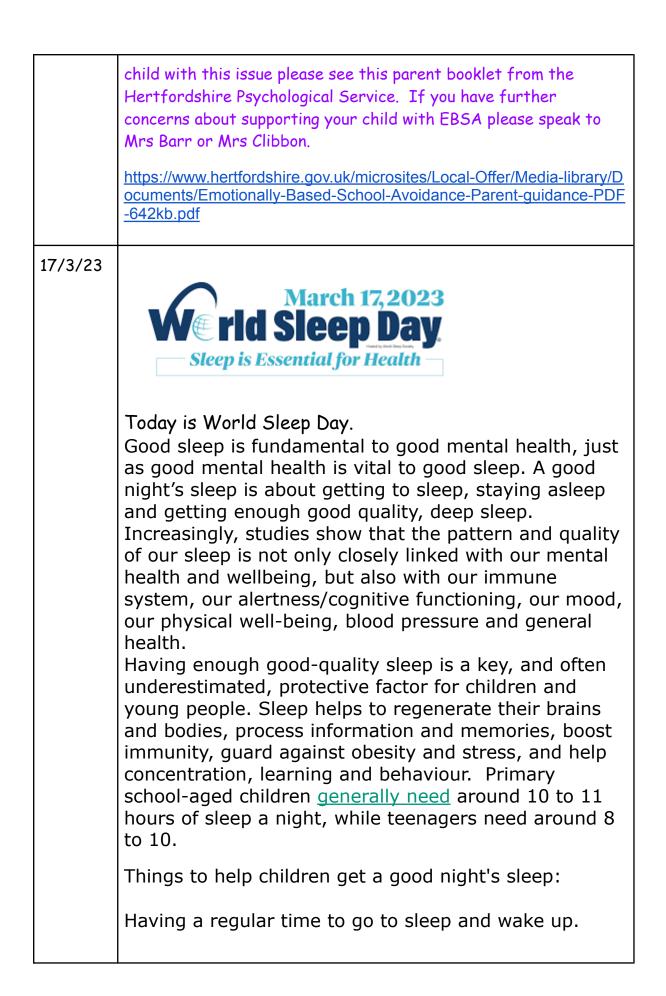


20/1/23	<section-header></section-header>
27/1/23	Tuesday 21st March 6.30 - 8.30pmnessieined.comWhat is #PMHD?Today is stem4's Parent Mental Health Day (PMHD). This aims to encourage understanding and awareness of the importance of parents' mental health and its impact on the whole family system. With this year's theme being 'balance', the day aims to get parents and carers to take a moment to reflect on the balance they have in their lives and to take positive steps to make change.The PMHD Pack Stem4 have a PDF available detailing the following: - What is PMHD - Tips for balance for yourself and your family - Tips for balance at work

	The above pack can be accessed on the following website: <u>https://stem4.org.uk/parentmentalhealthday/</u>
3/2/23	Today the WellBeing Champions met for their half term catch up. We discussed what classes and individuals have done to support their WellBeing this half term. Also the importance and how we can all be good friends. We reviewed what will be happening next week for 'Children's Mental Health Week' and shared our new class worry boxes and the formats we have made to support children telling us about their worries and our very exciting new badges designed by Alys in Year 6.
10/2/23	Children's Mental Health Week - This year our theme across school has been about connecting with others. The children have completed learning activities in pairs and groups within their class, across year groups and across phases. We have also talked about friendship in assembly and how they can show this towards others and the importance of connecting with family and friends for our own wellbeing. The BBC have also released some short videos called Moodboosters which many of the children have tried at school. There are also Moodboosters for families to try over half term. Please see the link below for further information.
24/2/23	Real Bodies - Following research with teenagers living in Hertfordshire the local authority are launching a



3/3/23	nipinthebud.org
	Nip in the Bud mental health support- Early intervention video( ages 5+)
	Nip in the Bud is a charity which was set up to promote awareness of mental health disorders in children. These relatively common problems which begin in childhood and adolescence can have wide-ranging and long-lasting effects, and can impact a child's relationships, their education and job opportunities. Nip in the Bud have recently produced four new videos for parents on the importance of 'early intervention' and how to spot when your child needs help.
	https://nipinthebud.org/films-parents-category/early-intervention
	Nip in the Bud
10/3/23	Emotional Based School Avoidance (EBSA) Emotionally-based school avoidance is a term referring to reduced or nonattendance at school by a child or young person.
	Rather than the term 'school refusal', the term EBSA recognises that this avoidance has its root in emotional, mental health or wellbeing issues.
	The 2022 Attendance Audit from the Children's Commissioner found that in Autumn 2021, 1 in 4 children were persistently absent. In 2018/2019, this figure was 1 in 9 – meaning that persistent absence has more than doubled in this time period.
	School avoidance may start gradually. This can make it hard to spot when things are beginning to go wrong. It is easier to make change if you intervene early, at the first sign of difficulties.
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24/3/23	Money and mental health
	https://thesleepcharity.org.uk/information-support/chil dren/
	If you need more help with sleep concerns in your child, speak to Mrs Barr, Mrs Pomroy or Mrs Clibbon in school or look at the website below.
	Supporting children and young people to develop positive coping strategies for regulating their emotions and managing their stress levels.
	Avoiding checking devices, particularly in the middle of the night.
	Having low lighting and a quiet space in bedrooms.
	Turning off computer screens or other devices at least an hour before bedtime. Blue light from TVs, tablets and mobiles excite the brain and interfere with the sleep hormone levels, preventing the brain from feeling sleepy.
	Avoiding caffeine, particularly in the afternoon.
	Older children should avoid napping in the day.
	Making sure children and young people get enough exercise during the day.
	Making sure children and young people are in natural daylight for at least half an hour- particularly in the morning.
	Having a predictable and consistent nighttime routine.

	Poor mental health can make earning and managing money harder. And worrying about money can make your mental health worse. It can start to feel like a vicious cycle. Here, you can find out more about organising your finances, claiming benefits when you have a mental health problem, dealing with services, and looking after your mental health when you're worried about money.
	<u>https://www.mind.org.uk/information-support/tip</u> <u>s-for-everyday-living/money-and-mental-health/</u>
	https://www.stevenage.gov.uk/benefits/help-to-manage- the-cost-of-living https://www.nhs.uk/mental-health/advice-for-life-situations-and- events/how-to-cope-with-financial-worries/
31/3/23	Last week the Well-being Champions completed their half term meeting. They discussed which local charity the school should support with a bake sale and agreed 'Feed Up Warm Up'. Also possible names for Anti Bullying week across Stevenage next November. The children were positive

about 1 Decision, our new PSHE resource. Saying that the lessons
were more interesting and interactive. We also discussed our
Healthy Living week next term and the children told us that they
wanted more work on sleep, maintaining positive relationships and
how to help their own well-being. It was a very positive meeting.