


Mental Health Newsletter Spring 2023

Date	Weekly Information on the Newsletter
13/1/23	<p>BeeZee Bodies families courses for January 2023</p> <p>If your New Year's resolution is to lose some weight why not do this as a family? BeeZee Bodies has both online and face to face sessions which can support you with ideas and exercises to help you achieve your goal. Body image can impact our Mental Health, both positively and negatively so don't delay taking action!</p> <p>https://beezeebodies.com/for-families/?utm_source=parent-mail&utm_medium=email&utm_campaign=November22</p> <div data-bbox="919 904 1308 1487"></div> <p>For Families - BeeZee Bodies</p> <p>Tom's Mum said: "The group sessions and the lifestyle 'experiments' we did at home have helped to motivate us and make the losing weight goal and healthier living more fun! Tom has really been embracing the changes. He is much happier having his plate loaded up with fruit & veg and we have both been finding healthier snacking options and having the mindset of treat foods only ..."</p> <p>beezeebodies.com</p>

20/1/23

Positively Supporting Children with Self-Harming Behaviours free parent/carer workshops and events

Online Workshop

Helping Parents & Carers to support young people with self-harming behaviours

30th January 10.00-12.00

Online Peer Support Group

A closed confidential group running for 6 weeks

Tuesday 12th February 12.30 -2.00

Online workshop jointly delivered with Pinpoint
Supporting children with Neurodiversity (pre or post-diagnosis) who self-harm

Tuesday 27th February 12.00-1.30



Online workshop

Helping Parents & Carers to support young people with self-harming behaviours

Tuesday 28th February 10.00-12.00

Online workshop jointly delivered with Pinpoint
Supporting children with Neurodiversity (pre or post diagnosis) who self-harm

Monday 27th March 12.00-1.30



Online workshop

Helping Parents & Carers to support young people with self-harming behaviours

Tuesday 21st March 6.30 - 8.30pm



nessieined.com

27/1/23

What 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



stem4
supporting teenage mental health

**PARENT MENTAL
HEALTH DAY**
27th January

	<p>The above pack can be accessed on the following website: https://stem4.org.uk/parentmentalhealthday/</p>
3/2/23	<div data-bbox="399 421 699 712" data-label="Image"> </div> <p>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.</p>
10/2/23	<p>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.</p> <div data-bbox="376 1317 756 1536" data-label="Image"> </div> <div data-bbox="922 1335 1286 1541" data-label="Image"> </div> <p>https://www.bbc.co.uk/teach/moodboosters</p>
24/2/23	<p>Real Bodies - Following research with teenagers living in Hertfordshire the local authority are launching a</p> <div data-bbox="833 1702 1279 2047" data-label="Image"> </div> <p>Real</p>

Bodies campagne to support children and young people with issues around their body.



First Steps ED

First Steps ED provides free early intervention for children and young people aged 5-17, who may have the early signs or struggles with body image, low self-esteem or an eating disorder. They offer 1-2-1 interventions as well as workshops for young people and parents.

Referrals can be made through their website.

<https://firststepsed.co.uk/>

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>



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.

If you want to know more about EBSA and how you can help your

	<p>child with this issue please see this parent booklet from the Hertfordshire Psychological Service. If you have further concerns about supporting your child with EBSA please speak to Mrs Barr or Mrs Clibbon.</p> <p>https://www.hertfordshire.gov.uk/microsites/Local-Offer/Media-library/Documents/Emotionally-Based-School-Avoidance-Parent-guidance-PDF-642kb.pdf</p>
17/3/23	<div data-bbox="416 636 1018 828" data-label="Image"> </div> <p>Today is World Sleep Day.</p> <p>Good sleep is fundamental to good mental health, just as good mental health is vital to good sleep. A good night's sleep is about getting to sleep, staying asleep and getting enough good quality, deep sleep.</p> <p>Increasingly, studies show that the pattern and quality of our sleep is not only closely linked with our mental health and wellbeing, but also with our immune system, our alertness/cognitive functioning, our mood, our physical well-being, blood pressure and general health.</p> <p>Having enough good-quality sleep is a key, and often underestimated, protective factor for children and young people. Sleep helps to regenerate their brains and bodies, process information and memories, boost immunity, guard against obesity and stress, and help concentration, learning and behaviour. Primary school-aged children <u>generally need</u> around 10 to 11 hours of sleep a night, while teenagers need around 8 to 10.</p> <p>Things to help children get a good night's sleep:</p> <p>Having a regular time to go to sleep and wake up.</p>

	<p>Having a predictable and consistent nighttime routine.</p> <p>Making sure children and young people are in natural daylight for at least half an hour– particularly in the morning.</p> <p>Making sure children and young people get enough exercise during the day.</p> <p>Older children should avoid napping in the day.</p> <p>Avoiding caffeine, particularly in the afternoon.</p> <p>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.</p> <p>Having low lighting and a quiet space in bedrooms.</p> <p>Avoiding checking devices, particularly in the middle of the night.</p> <p>Supporting children and young people to develop positive coping strategies for regulating their emotions and managing their stress levels.</p> <p>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.</p> <p>https://thesleepcharity.org.uk/information-support/children/</p>
24/3/23	<p>Money and mental health</p>



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.

<https://www.mind.org.uk/information-support/tips-for-everyday-living/money-and-mental-health/>

<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

	<p>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.</p>
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