

Mental Health Newsletter Autumn 2021

Date	Weekly Information on the Newsletter
10/9/21	<p>We have been using these Action for Happiness monthly calendars all year; as a strategy to support the staff to focus on their own wellbeing. The link for this month's is below and the theme is resilience and jumping back up after we hit a setback. It is important that we model this to our children, so that they know it is ok to make a mistake. A big part of being a successful learner is accepting that making mistakes and learning from them is part of the process.</p> <div style="display: flex; justify-content: space-around; align-items: center;">   </div> <p style="text-align: center;">https://www.actionforhappiness.org/self-care-september</p>
17/9/21	<p>Yesterday our Mental Health Worker, Leila Touhami, came into school. She has been working with us since the spring, but was excited to be able to get into school and finally interact with us all. She will be regularly visiting for some part of the day, each Thursday from now onwards and we will be continuing to refer some children/families for support from her. She is very keen to discover more about our school and how we all work together to benefit the pupils so she can provide support where needed. She is looking forward to meeting everyone and will be engaging with more staff and children in the coming weeks and will be providing staff training and parent workshops on Mental Health later in the academic year.</p>
24/9/21	<p>Wednesday 22nd September was National Fitness day - most classes are already doing the daily mile as well as 2 hours of PE a week. This week the children have also been enjoying playing on the field and playground in the sunshine at break and lunchtime! On Key Stage 2 today we had football, cricket, hula hooping, frisbee, gymnastics as well as climbing on the fitness trail and climbing frames ! </p>

	<p>Research has shown that physical activity has positive effects on our mood and can help reduce anxiety and in some cases is prescribed to improve depression.</p> <p>BeeZee bodies is a free Hertfordshire service working with families and children on weight management. They are just about to start face to face sessions at Barnwell school but also offer online courses too. Any parents interested in this service please phone 01707 248648 or email beezee.bodies@nhs.net Their website will also provide further information about what they offer.</p> <p>https://beezeebodies.com/for-families/</p>
1/10/21	<p>You may have noticed this week that a survey by NHS Digital, found that the mental health of children and young people has not improved since last year's lockdown. It found one in six children in England had a probable mental disorder in 2021 - similar to 2020, and up from one in nine in 2017. Nearly 40% of 6 to 16-year-olds said they felt their mental health had become worse over that time. Girls were more affected than boys. The figures are based on questions asked to more than 3,600 children and young people in 2017, 2020 and March 2021 about their family life, schooling and feelings.</p> <p><u>The NHS Digital report</u> authors said it was difficult to work out how much of the change in children's mental health was because of the pandemic - but they found those with a probable mental health disorder were more likely to be worse off. These children and young people were more likely to feel lonely, experience sleeping and eating problems and miss school. They were also less likely to have a stable family life.</p> <p>If you have concerns about your child, please check out our website for ideas about how to support them, speak to your GP or our mental health leads.</p>
8/10/21	<p>This Sunday, 10th October, is World Mental Health Day and the World Federation for Mental Health are raising awareness about mental health, prevention, advocacy and best practice for proper treatment and care worldwide. They are particularly asking us to think about the issues that cause mental health inequality both locally and globally. Stigma, misconceptions and discrimination towards those with mental health issues is one key reason for these inequalities. Almost 9 out of 10 people with mental health problems say that the stigma surrounding mental health has a negative impact on their education, work and personal lives. The stigma around mental health can make it more difficult for those having difficulties to seek help. The</p>

children have been learning more about mental health and normalizing the discussion about all of our mental health and wellbeing, in order to help break down these barriers for future generations.

15/10/21

Mental Health Support Teams in Schools



We need young people to to create an eye-catching logo for our service.

Submit design entries now to the Mental Health Lead in school.

Wellbeing Pack Prize for the winner!

Closing date for submissions Friday 29 October 2021

We need a LOGO!

Competition

Winner's Wellbeing Prize

October "Design a logo" competition

As October is the month we mark World Mental Health Day, Mental Health Support Teams in schools are asking our students to help create a logo for the service.

The winning logo will be chosen based on what the teams think best represents the service, in the most eye-catching and appealing way for other young people. There will be a wellbeing pack prize for the winner. The winning logo (or an adaptation of the concept) will be used on all communications for the service.

Entries should be submitted to our Mental Health Lead: via admin@leys.herts.sch.uk, and should include the student's name, school year group and contact details please.



Closing date for submissions is Friday 29 October 2021


21/10/21

The children's mental health charity, Place2Be, has launched a new website aimed at helping parents with typical situations they can find themselves in with their children.

Advice can be found on over forty topics including:

- Understanding sibling rivalry
- My child is lying, what does it mean, what should I do?
- My child has trouble going to sleep
- My child says 'I hate you!'
- Cultural identity: who am I?

	<p>The Parenting Smart website can found here: https://parentingsmart.place2be.org.uk/</p>
<p>5/11/21</p>	<p>Just before half term our new Well-being Champions met for the first time. Our Well-being Champions are - Y2 Oliver Petrehele and Gusia Oczachowska, Y3 Kobi Wells and Mia Roach, Y4 Ella Waszczuk and Siji Owoeye, Y5 Phebe Woolf, Apostolos Menepsakos and Lucianna Yousif and Y6 James Hayden, Aimee Mealing and Eliza Wenn.</p> <p>We discussed what well-being was, why it is important and how we can help others in our class with 'big feelings'. We also reminded ourselves what the 5 ways to Well-Being are and talked about what the children want to achieve this year. They had some great ideas, so look out from more from them this year!</p>  <p>The image shows five colorful speech bubbles arranged horizontally. From left to right: a teal bubble with 'CONNECT', a purple bubble with 'BE ACTIVE', an orange bubble with 'TAKE NOTICE', a green bubble with 'KEEP LEARNING', and a pink bubble with 'Give'. Below each bubble is a tagline in a matching color: 'TALK & LISTEN, BE THERE, FEEL CONNECTED' (teal), 'DO WHAT YOU CAN, ENJOY WHAT YOU DO, MOVE YOUR HOOD' (purple), 'REMEMBER THE SIMPLE THINGS THAT GIVE YOU JOY' (orange), 'EMBRACE NEW EXPERIENCES, SEE OPPORTUNITIES, SURPRISE YOURSELF' (green), and 'Your time, your words, your presence' (pink).</p>
<p>12/11/21</p>	<p>Suicide - Many of us regard this as a difficult subject and one that should be avoided, however handled sensitively it can be life saving. Sadly suicide is the biggest killer in the UK of under 35s and over 200 school children commit suicide each year. Papyrus, is a charity which aims to prevent suicide in young people. They have made a video 'Sinking Feeling' which aims to help others to spot the signs of suicide and guide young people away from suicidal thoughts. They also have some useful guides for parents about listening to and supporting children with suicide and self-harm. If you require further support their HOPELINEUK is open 9am-12am (midnight) every day of the year: 0800 0684141 or email pat@papyrus-uk.org</p> <p> Sinking Feeling</p> <p>https://www.papyrus-uk.org/wp-content/uploads/2021/01/Copy-of-Supporting-your-child-ENG-version-FINAL.pdf</p>

	<p>https://www.papyrus-uk.org/wp-content/uploads/2020/01/001159-Tri-Folded-Leaflet-A4_Listen-to-me.pdf</p>
19/11/21	<p>As well as Anti-bullying week it has also been Just Talk week, across Hertfordshire. This campaign has been developed with young people and has been running for several years. It aims to make it easier for all of us to talk about our mental health, and seek help when it's needed. Staff in Key Stage 2 are sharing the video they have created with their classes and there is also a competition based on the 5 ways to well-being. Below are links to the video for this campaign, information about the competition and general information for parents and carers</p> <p>https://youtu.be/QE-ScowfeL4</p> <p>https://www.justtalkherts.org/media/documents/posters/jt-week-primary-competition.pdf</p> <p>https://www.justtalkherts.org/media/documents/parents/a4-mh-wellbeing-info-parents-and-carers-in-hertfordshire-oct21-accessibility.pdf</p>
26/11/21	<div style="display: flex; justify-content: space-between;"> <div data-bbox="363 1041 973 1377">  </div> <div data-bbox="997 1041 1364 1444"> <p>Who do I talk to if I can't sleep? The National Sleep Helpline can help with</p> </div> </div> <p>your sleep problems.</p> <p>If you'd like to talk about your sleep, you can call between 7pm and 9pm, Sunday to Thursday on 03303 530 541</p> <p>Do you struggle to fall asleep? Do you feel tired? Do you have a child who won't sleep or stay in their own bed? Having a sleep issue is surprisingly common. At any given time up to 40% of adults and 50% of children (this rises to 80% with a SEND diagnosis) have difficulties with their sleep. Yet in a recent survey, almost 60% of adults felt there was a lack of support for sleep issues. Sleep problems can leave people feeling isolated and lonely.</p>

	<p>This helpline is run by a team of specialist trained sleep advisors. Although they cannot give medical advice, they can talk through your issues, offer you some practical strategies and recommend services that could help.</p> <p>Sleep education is empowering – you can understand why you might not be sleeping well and how that can change. They promise to listen without judgement and help you decide what next steps are right for you.</p> <p>If you are looking for advice and support and the helpline isn't open, please visit our Information and Support pages or the list of helpful organisations.</p>
3/12/21	<p>Christmas is coming and we each bring our own sledge load of past experiences, expectations, internal and external pressures. Although there is much excitement and the start of preparations for Christmas have begun in school, staff are also mindful that this is not a happy time for all our children and families. They are happy to support individual needs by giving time to reflect, talk or opt out of some activities if it all gets too much. Please speak to staff if you feel your child needs more support.</p> <p>Here are some top tips for how to survive and thrive through the Christmas storm at home;</p> <ul style="list-style-type: none"> ● It is important that parents look after their own wellbeing and self regulation. As adults, we create the emotional climate for the children around us and it is important to recognise your own feelings at this time, so that they don't impact on the children and their behaviour. ● Creating a Christmas that works for you and your children. Many children do not like change and Christmas brings huge changes to both routine and the environment. It is OK to opt out or adapt Christmas routines to suit your families needs. Sometimes it is better to enjoy other people's lights than hang your own! ● Preparing children for changes that you want to keep can be key to reducing everyone's stress. Draw it out, write it out, repeat it lots and keep as much as you can the same as usual. ● Use your support network of friends and family. At this time of giving, there are also charities and local organisations happy to support families that need extra help to cope. ● Too much excitement can easily lead to dysregulation and anticipation can often feel like stress to children. It is OK to keep things low key or spread out the most exciting activities and not do them all in one day.

	<ul style="list-style-type: none"> • Make time to connect by doing activities together - playing games, baking, wrapping, walks in the cold and watching family films. <p>Be ready for the post Christmas blues and save some fun activities for the days before school starts or in January when it can be cold and dark.</p>
10/12/21	<p>Christmas can be an immensely painful time when someone important has died. With potential 'trigger points' everywhere – from TV advertising to poignant pieces of music and personalised cards – you and your child may find it difficult to cope with your grief at Christmas.</p> <p>While grief never fully goes away, there will be times when emotions are much more heightened than others, and when the sense of loss can feel greater. Christmas – the season which celebrates love and family time – is most certainly one of these times. It doesn't matter whether your special person died a few weeks, months or years ago, you may struggle to cope with your grief at Christmas.</p> <p>Ways to cope with grief at Christmas Try and be sensitive to everyone's needs as everyone in the family will have different ways of grieving. Give children (and yourself) permission to look forward to and enjoy Christmas, to smile and have fun. Also give yourself permission to not be ok. Make space to remember that someone is missing and it's natural to miss them. Talk as a family about how you are all feeling about Christmas. Decide together what you would like to do to remember your important person (see the website below for ideas). Make plans but also give yourself permission to change your mind. Be kind to yourself and if things become too much, find a way to take time out.</p> <p>https://www.winstonswish.org/coping-with-grief-at-christmas/ https://www.childbereavementuk.org/Handlers/Download.ashx?IDMF=7254b29d-4bfa-4280-b58d-d2319ca37d22</p>
21/12/21	<p>Mental Health Champion This week our Wellbeing champions all met (in a socially distanced way) in the hall. We discussed the things the children have enjoyed learning most this term and the school trips featured, as did maths and performance poetry! We also talked about what they have</p> 

	<p>done to support their classmates and many of them discussed helping on the playground when children are hurt or sad, helping to resolve disagreements, helping their teacher support learning and to clear up. We also started to plan some ideas for our Mental Health Week 'Growing Together' next term. Watch this space for more information.....</p>
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And finally if you or your children are struggling with your mental health over the holiday we have added some further ideas or activities to help to our website and facebook page.