



THE GOOD SHEPHERD ACADEMY

Mental Health MATTERS

Part of
**OUR LADY
OF LOURDES**
CATHOLIC MULTI-ACADEMY TRUST

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What have we done so far...

October 2023	World Mental Health Day – ‘Tea and Talk’ with the MHST MHST met many families at Parents Evening
November 2023	Odd Sock Day for Anti-bullying week. ‘Wellbeing Warriors’ introduced during ‘Anti-Bullying’ assembly
January 2024	Online Mindfulness taster session offered to parents via Parentmail Y6 Resilience Workshop delivered by the MHST
5-11 February ‘24	‘My Voice Matters’ – embracing Children’s Mental Health Week
6 February ‘24	Wellbeing Warriors attend the NottAlone Event at Notts County Ground.

Upcoming events in 2024...

5th/6th March	Parents Evening - the MHST will be there to speak to parents & carers
Years 3 & 4	Wellbeing Workshop Resilience Workshop
Year 5	Sleep Hygiene Workshop Resilience Workshop
Year 6	SATs Workshop
Years 1,2,4	Workshops to follow



Hello and welcome to our first ‘Mental Health Matters @ The GSA’ newsletter. It is aimed at supporting children and their families with mental health and wellbeing.

I am Mrs Brunton, The Good Shepherd Mental Health Lead, Pastoral Support and Youth Mental Health First Aider (YMHFA).

What is mental health?

Mental health is about how we think, feel and behave. When children and young people have good levels of wellbeing it helps them to:

- learn and explore the world
- feel, express and manage positive and negative emotions
- form and maintain good relationships with others
- cope with, and manage, change, setbacks and uncertainty
- develop and thrive.

By looking after their mental health, children develop their coping skills which can help them to boost their resilience, self-esteem and confidence. It can also help them learn to manage emotions, feel calm and engage positively with their education – which can help improve overall achievement.

What is CAHMS MHST?

The CAMHS Mental Health Support Team is a service across health and education in Nottinghamshire.

They are an early intervention mental health and wellbeing service in schools aimed at providing support for children, young people and families around low-level emotional wellbeing needs such as anxiety, low mood, managing emotions and sleep. In primary schools they link in directly with the Nottinghamshire CAMHS teams and provide in-school sessions to promote positive mental health.

Mrs Brunton, as the Mental Health Lead, acts as the link between the service and school and can refer directly into the service.

The MHST will also take self referrals from young people and their families directly into the CAMHS Single Point of Access (SPA)
T: 0115 854 2299.

The MHST will ask your permission before informing school of your participation.

Let's talk...

Let's make talking about our Mental Health in 2024 as easy as discussing the weather or asking our child what they have done today. Here are some ideas to start us talking and strategies to help when our children are having a tough time:

Conversation starters

Talking to your child about how they are feeling can be difficult, especially if you are worried that they are having a hard time. You might not know what to say, or how your child will react.

No matter the topic, the most important thing you can do is give your child a chance to speak about their feelings openly. This can be in the car, walking the dog, laying the table – often side by side rather than directly facing your child whilst focusing on a 'job':

- What was the best part of your day?
- What made you feel proud today?
- Tell me three things you achieved today?
- How are you feeling?
- Would you like to talk about it?
- Would you prefer to draw or write about it?
- On a scale of 1-5 how would you rate your day?
- What can I do to help?



As part of **Children's Mental Health Week 2024**, 'My Voice Matters' is about empowering children and young people by providing them with the tools they need to express themselves.

My Voice Matters

When we feel empowered, there's a positive impact on our wellbeing. Children who feel that their voices are heard and make a difference, have a greater sense of community and self-esteem.

This year, your child will be discussing this year's theme by taking part in activities in their classes all week. We want children of all ages, backgrounds and abilities to be empowered to work together to create a positive change for their mental health and wellbeing – and believe "My Voice Matters." Find out more: <https://t.ly/dWITi>

Our Wellbeing Warriors (WW's)

The WW's are a team of Year 5 & 6 pupils. The Year 6's have had Anti-bullying, Anti-racism & some Mental Health training. Year 5's will be trained later in the year. The WW team help with friendships, play with children who are feeling sad or lonely and have a presence on KS1 and KS2 playgrounds. Our Year 6 Wellbeing Warriors represented GSA fantastically at the NottAlone event on Tuesday 6th February! They took part in workshops and interacted with local services and partners supporting children's mental health. They had an amazing day and collected lots of information that will be shared with other Wellbeing Warriors in school.



For URGENT help contact CAMHS Crisis team: **0808 196 3779, Option 1.** Available 24/7 and you will be able to speak to a clinician.

The 5-4-3-2-1 Grounding Technique

This mindfulness strategy is designed to bring your thoughts back to the present moment. It's one of the many grounding methods (such as splashing water on your face, belly breathing and pressing your palms together) that are recommended to reduce the intensity of challenging emotions. It is based on:

- 5 things they can see
- 4 things they can touch
- 3 things they can hear
- 2 things they can smell
- 1 thing they can taste

Watch the video here:

<https://youtu.be/kFF2mVjZeLw>

Where can I find support?

Self-referrals

BeUNotts enables parents/carers to make a self-referral for mental health support here:

www.beusupport.co.uk/cyp-referral-form

T: 0115 708 0008

Bereavement

Winstons Wish is a national service supporting bereaved young people and their families. They offer 1-2-1 counselling and group work.

T: 08088 020 021 E: ask@winstonwish.org

Children's Bereavement Centre

www.childrensbereavementcentre.co.uk

SEND support

Schools and Families Specialist Services (SFSS)

Support for children aged from 0-19 with special educational needs: <https://shorturl.at/bvDOS>

Other support

The Family Service – Early Help Unit

Advice for parents/carers on Early Help Assessment Form (EHAF) referrals made by a professional/key worker.

T: 0115 804 1248 E: early.help@nottsc.gov.uk

Mental Health Support Team (MHST)

www.nottinghamshirehealthcare.nhs.uk/camhs-mental-health-support-teams

YoungMinds

Mental health help: www.youngminds.org.uk
Text for free support: Text YM to 85258

Healthy Family Team

www.nottinghamshirehealthcare.nhs.uk/healthy-family-teams