



THE GOOD SHEPHERD ACADEMY

Mental Health

MATTERS

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Issue 2

July 2024

What have we done so far...

March 2024

- Parents Evening
- Speak to your Mental Health Lead
- Year 3 Wellbeing Workshop delivered by the MHST

April 2024

- Y6 SATs Workshop delivered by the MHST

May 2024

- Y4 Resilience Workshop delivered by the MHST
- Y5 Sleep Hygiene Workshop delivered by the MHST

June 2024

- Y6 Transition to Secondary Workshop

July 2024

- Y6 Body Image Workshop
- Y2 Transition to KS2 workshop

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.



Hello and welcome.

We have had a very busy term. Many year groups have taken part in Mental Health workshops, our Wellbeing Warriors have manned our playgrounds and The Snug as they support their peers but the highlight of the term has to be the 'Wear It Green Day' for Mental Health Awareness week. (More details below).

Please give this a read and get in touch if you would like any other topics covered in our next edition.

With very best wishes, **Mrs Brunton, Mental Health & Wellbeing Lead**

Wear it Green Day

'Can we do this every Friday?' was just one of the excited comments we received following our Wear It Green Day. From a whole school 'Wake & Shake' in the morning (which continued at break and lunchtimes 😊), to each year completing a mental health activity.

The day was full of positive discussions around our Mental Health, movement and then ending with the PTA showing a related MH film 'Inside Out'. The sun was out, the children were wonderful and a big thank you to our Year 6 Wellbeing Warriors who collected monies and then also stayed to help supervise the film night. **We donated an incredible £402.50 to the Young Minds charity.** Please see our twitter account for photos of this amazing day.



Let's talk...

Family Lives is a website that offers free online parenting courses. They are a great organisation to obtain advice and learn new skills from in the comfort of your own home and at times to suit you.

The courses are filled with helpful techniques and ideas that are sure will help you become a confident and happy parent. The course can be completed whenever and wherever suits you and work through it at our own pace. Below are just some of the courses on offer:

- Children's play
- Parents together
- A new baby in the family
- Coping with teens
- Sibling arguments and how to manage them
- Bringing up confident children
- School avoidance
- Shared parenting

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.

Find out more about online parenting classes and more here:

www.familylives.org.uk/how-we-can-help/online-parenting-courses

SHOUT

Did you know if you text SHOUT to 85258 in the UK a trained volunteer will provide free, confidential support. It's the first free 24/7 texting service in the UK for anyone in crisis anytime, anywhere.

Every texter is connected with a real-life human being trained to bring people from a hot moment to a cool calm place through active listening and collaborative problem-solving.

What is CAMHS MHST?

The CAMHS Mental Health Support Team is a service across health and education in Nottinghamshire. 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](tel:01158542299). The MHST will ask your permission before informing school of your participation.

The power of pilates

Pilates is perfect for helping children to breathe healthily (from the diaphragm), maintain good posture and improve core strength. It also helps children become more mindful and more relaxed. Ask your children to sit comfortably – back stretched, shoulders down and hands on knees:



1. Take slow breaths in and out (counting to 5 each time). Raise both arms as you breathe in, lower them as you breathe out. Repeat 4 times.
2. Curl your spine forwards until your chest is on your knees, then slowly curl back up to a sitting position. Repeat 3 times.
3. Roll your shoulders backwards 3 times, stretch up as tall as you can go, with your arms above your head. Again, repeat 3 times.
4. Twist your body from the waist up right to left 3 times.
5. Clench your fists into a ball and hold for 5 seconds, then stretch your fingers out as wide as they'll go. Repeat 3 times.

Mindfulness is the ability to be fully present and aware of where we are and what we are doing, and not overly reactive or overwhelmed by the world around us.

Mindfulness doesn't remove difficulties or challenges from children's lives, but it helps them to deal with these situations and the negative emotions that come with them – whether that be anger, fear or disappointment.

For children of all ages, being mindful helps them to acknowledge that they're OK, that they're safe and that they're surrounded by people who care about them.

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.
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 on Early Help Assessment Form (EHAF)
referrals made by a professional/key worker.
T: 0115 804 1248 E: early.help@nottsgov.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

Diet and sleep

thesleepcharity.org.uk/information-support/children/diet-sleep