



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

THE GOOD SHEPHERD ACADEMY

Mental Health MATTERS

Get in touch: cbrunton@goodshepherd.notts.sch.uk

April 2025

What have we done so far...

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| September 2024 | • Year 3 Wellbeing Workshop |
| October 2024 | • Year 6 Body Image Workshop |
| | • World Mental Health Day – 'Tea and Talk' |
| November 2024 | • MHST met many families at Parents Evening |
| | • Odd Sock Day for Anti-bullying week. |
| | • Year 6 'Wellbeing Warriors' introduced during 'Anti-Bullying' assembly |
| December 2024 | • Year 3 Wellbeing Audit |
| | • Year 3 Self Esteem Workshop |
| | • Year 5 Wellbeing Workshop |
| January 2025 | • Year 4 Resilience Workshop |
| February 2025 | • Year 3 Sleep Workshop |
| | • MHST at Parents Evening |
| March 2025 | • Year 5 Sleep Workshop |
| April 2025 | • Year 6 SATS Workshop |



Welcome to the latest edition of 'Mental Health Matters'@ The GSA.

This newsletter is aimed at supporting the Mental Health and Wellbeing of all who live within our Good Shepherd community.

Pentecost term is always a very busy term with SATS, residentials, school trips and of course transition. Whether that be to the next year group or even to a new school.

If you feel that your child is struggling with their feelings and emotions, please share this with their class teacher in the first instance.

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

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.

Upcoming events in 2025...

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|----------------------|--------------------------------|
| May 2025 | • Mental Health Awareness Week |
| Thurs May15th | • WEAR IT GREEN DAY |
| June 2025 | • Year 2 Resilience Workshop |
| July 2025 | • Year 6 Transition Workshop |
| | • MHST @ Summer Fayre |

Who are 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.

Alice Derbyshire is our school MHST Linkworker from CAHMS MHST. She works closely with Mrs Brunton who 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.

Wellbeing Warriors (WW's)

The WW's are a team of Year 6 pupils who have had Anti-bullying, Anti-racism & some Mental Health training. Year 5's will be trained later in the year. Wellbeing Warriors help with low level friendship issues and play with children who are feeling sad or lonely. Wellbeing Warriors have a special duty to fulfil within school. At break and lunch times, they ensure they are present and visible to all on the playground, this enables children to actively seek them out if they need to talk to them or simply want some quiet time. They wear green lanyards to identify themselves.



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.

Who are your Youth Mental Health First Aiders?



Mrs Brunton



Mrs Volpe



Mrs Bottoms



Miss Dales

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.

Mindfulness corner

Easy mindfulness exercises

Balloon belly breathing – to soothe

Lie down somewhere comfy and imagine there is a balloon in your tummy. As you breathe in, imagine the balloon slowly inflates. As you breathe out, the balloon effortlessly deflates. Children can rest their favourite toy on their tummy and let them go along for a calming ride.

Get creative – to express yourself

Let your feelings out with a spot of art. The choice is yours! You can journal, colour a mandala, make a model from recycling, paint up a storm or make your own animation on Scratch. Enjoy immersing yourself in the act of being creative – no hard work, just fun.

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@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