



THE GOOD SHEPHERD ACADEMY

Mental Health MATTERS

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

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

February 2026

What we have done so far...

September 2025

10th - 1st of 4 Wellbeing Warrior training dates
12th - PTA New parents coffee morning.
Meet the MHST, SLT & Mrs Brunton

October 2025

10th - World Mental Health Day
Year 6 MHST Anxiety Assembly
Assembly & activities in all other classes
15th - Parent's Evening - Signposting to Services.

November 2025

4th - Year 6 Body Image Workshop
10th - Odd Sock Day for Anti-bullying week.
11th - Year 5 Sleep Workshop
18th - Year 1 Worry Workshop
25th - Year 5 Self Esteem Workshop

February 2026

9 - 13th Mental Health Week
12th 'Inside Out 2' for KS2

Upcoming.....

Reception 'What Feelings' Workshop
Year 4 Resilience Workshop
Year 2 Resilience Workshop
Year 6 SATS Workshop
Year 4 Understanding Feelings Workshop
Year 6 Transition Workshop
Year 4 Friendships Workshop

Dates for your diaries

11-15th May Mental Health Awareness Week
15th May Wear It Green Day
(More details to follow)



Welcome to the latest newsletter of

'Mental Health Matters' @TheGSA!

I am Mrs Brunton, Pastoral & Mental Health Lead, and this newsletter aims to highlight all of the ways we look after your child's Mental Health and Wellbeing at The Good Shepherd School. It also looks to provide support and signposting for all who live within our Good Shepherd community. Seeing our children embrace the equal importance of their mental and

physical health is a joy. The confidence in which they can speak about this subject was recognised during our 'Outstanding' OFSTED accreditation last year. We complement the children's classroom learning through having workshops for every year group, celebrating Mental Health days, Children's MH Week and raising funds for YoungMinds.

We also have 'The Snug', a much loved, quiet space where children can pop in and see me or the Wellbeing Warrior's with any worries they may have. (Funded by our fantastic PTA).

As always, if you have any queries about your child's feelings, emotions or wellbeing, you can catch me on the lower school gate at the beginning of the week, speak with your class teacher or pop over and see me at Parents Evening in the hall, on the 4th & 5th March.

With very best wishes, Mrs Brunton

Children's Mental Health Week 2026

This year's theme was 'This is My Place', based around belonging, how we can feel a sense of belonging and how we help others feel like they belong. Children learned and spoke about how belonging could be.....

- * a place, like your home, belonging with your family and friends
- * feeling included, not left out
- * feeling safe
- * feeling there are people similar to you as well as different
- * feeling like you fit in and being comfortable

All year groups joined in with assemblies and activities.

80 Key Stage 2 children also enjoyed watching 'Inside Out 2', a fantastic film showcasing the different emotions we have in our brains.



£352.57 was raised and will be split between Young Minds and the PTA to support Mental Health resources at the GSA.



Who are CAHMS MHST?

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.

Our school MHST Linkworker is Alice Derbyshire. 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) Contact them on 0115 854 2299.

Wellbeing Warriors (WWs)

The Year 6 Wellbeing Warriors were chosen this year by applying and being interviewed for the positions. Our MHST Linkworker, Alice, then facilitated 4 sessions of Peer Mentoring training around safeguarding, confidentiality, low level friendship issues and supporting children feeling sad or lonely. Wellbeing Warriors have a special duty to fulfil within our school community. 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 and hi vis jackets to identify themselves. Congratulations WWs, you have been amazing so far!!



YOUNG MINDS

YOUNG MINDS support parents and carers who are concerned about their child or young person's mental health. They offer tailored information, advice and support to parents and carers who are concerned about their child or young person.

It is free and confidential.

Call the Parents Helpline for free on [0808 802 5544](tel:08088025544).
or click on this link to their website

<https://www.youngminds.org.uk/parent/parents-helpline/>

We all need good mental health and wellbeing to be able to make the most of life's opportunities and challenges, and we can nurture good mental health in young people whether they have a diagnosed mental health condition or not. To do this, we need to be able to have supportive and positive conversations with young people about their mental health.

Our Lady of Lourdes (OLOL) Trust also have a new website with many more signposts to organisations and groups offering support. Please check it out.

<https://mentalhealthandwellbeing.space/>

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

Box breathing, also known as square breathing, is a deep breathing technique involving slow, deep breaths. It is also called four-square breathing.

How to box breathe...

Sit upright in a comfortable chair with your feet flat on the floor. Try to be in a stress-free, quiet environment.

- **Step 1:** Slowly breathe out through your mouth, releasing all the oxygen from your lungs.
- **Step 2:** Slowly breathe in through your nose to the count of 4. In this step, count to 4 slowly in your head.
- **Step 3:** Hold your breath for a slow count of 4.
- **Step 4:** Breathe out again for a count of 4
- **Be conscious of the feeling of the air leaving your lungs.**
- **Step 5:** Hold your breath again

Hold your breath for the same slow count of 4 before repeating this process.

Where can I find support and self refer?

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

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: [see their website](#)

Bereavement
Winston's 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

Schools and Families Specialist Services (SFSS)
[Support for children aged from 0-19 with special educational needs](#)

