

St Mary's Well Being Letter

Welcome to our first well-being newsletter. Below are ideas with helpful weblinks to support your child's wellbeing.



Thinking about Mental Health

Mental health can be thought of as a scale that can move up or down, a bit like a thermometer. We can move along the scale at anytime, between being healthy or unwell. There are things we can do to help us stay healthy. Also, there are things that can be put in place if someone is not feeling so good, is struggling or unwell.

Help other people

Just getting your child to help other people can make them feel better. Just calling someone for a chat can be a big help and helps restore positivity about the world.



Look after your body

Encouraging your child to look after their body by eating healthy food, drinking plenty of water and exercising at home.

Place an emphasis on resilience and strength

Focus on your child's skills, in terms of their daily life. Help them see they have many strengths to help them cope if upset.

Looking after your feelings

If your child is feeling anxious try getting them to think about good things that make them happy. You can always get them to keep a diary and write down or draw about how they are feeling.

Relax

There are lots of different ways that your child can relax which will help them take notice of the present moment, it will also help them develop their creative side:

- Arts and crafts, such as drawing, painting, collage, sewing, craft kits or upcycling (using items you would recycle to build and create something new)
- Colouring
- Singing or listening to music
- Writing a story
- Creating their own dance routines to music

Yoga

Yoga is a fantastic, fun exercise that improves posture, flexibility, strength and balance. It can also help children to relax and encourage positive thinking.

For younger children:

<https://www.youtube.com/watch?v=R-BS87NTV5I> For

older children:

<https://www.youtube.com/watch?v=0eJoUIBhLkE>

TAKE CARE



OF YOURSELF

Places to go to for support and advice:

Early Help Hub

<http://www.cornwall.gov.uk/earlyhelphub>

Telephone: 01872 01872 322277

CAMHS

CAMHS is used as a term for all services that work with children and young people who have difficulties with their emotional or behavioural wellbeing. Children and young people may need help with a wide range of issues at different points in their lives. Parents and carers may also need help and advice to deal with behavioural or other problems their child is experiencing. Parents, carers and young people can receive direct support through CAMHS.

Telephone: 01872 322277

<http://www.cornwallft.nhs.uk/services/childrens-services/camhs/>

Outlook:) SOUTH WEST

Psychological therapy services for people aged 16 and above in Cornwall and the Isles of Scilly. If you are registered with a GP practice in Cornwall, you can access the NHS-funded therapies for mild-to-moderate anxiety and depression.

outlook:) SOUTH WEST can help with difficulties such as: stress, low mood, worry, anger, panic attacks, obsessive compulsive disorder (OCD), phobias, post-traumatic stress disorder (PTSD).

Telephone: 01208 871414

E-mail: enq@outlooksw.co.uk

<http://www.outlooksw.co.uk/>

Young Minds

Young Minds is charity committed to improving the emotional wellbeing and mental health of children and young people. They undertake campaigns and research, make resources available to professionals (including teachers) and run a helpline for adults worried about the emotional problems, behaviour or mental health of anyone up to the age of 25.

Parents Helpline – 0808 802 5544

<http://www.youngminds.org.uk/>

Communicate any concerns with school:

If you have any worries or concerns about your child's emotional behaviour or wellbeing, then please let school know. There will be things we can do to help further and support you.

Thank you,

St Mary's Catholic Primary School

