

St Mary's Wellbeing Newsletter

Welcome to our third wellbeing newsletter. Below are ideas with helpful web links to support your child's wellbeing.

This week is Children's Mental Health Week (7-13 February 2022). This year's theme is **Growing Together**.

We're encouraging children (and adults) to consider how they have grown and how they can help others to grow.

Growing Together is about growing emotionally and finding ways to help each other grow. Challenges and setbacks can help us to grow and adapt and trying new things can help us to move beyond our comfort zone into a new realm of possibility and potential. However, emotional growth is often a gradual process that happens over time, and sometimes we might feel a bit 'stuck'.

Below is the link for parents/carers- Children's Mental Health week

<https://www.childrensmentalhealthweek.org.uk/parents-and-carers/>



Helping Children Cope with anxiety:

Children need additional support to express and understand their own anxieties and feelings. These feelings of confusion maybe very challenging, frustrating or frightening for them to grasp. These feelings can leave children feeling overwhelmed. It is important that we listen to and acknowledge their emotions, giving them the time and opportunity to talk about them.

As with any emotionally charged situation, children's feelings often emerge in physical or verbal (mis) behaviour. They are trying to convey something to us and we may need to take the time to understand what they are trying to say. During this time our reactions play a key factor, here are some helpful tips when responding to outbursts.

When we want to say

I've had enough of this...

Just calm down...

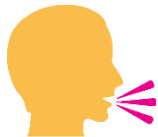
Stop shouting...

They may need to hear

I'm here for you, tell me...

Take a deep breath then tell me...

Let me help you... how can I help...





Five Day Kindness Challenges

Theme – Art & Kindness

Day 1	Today, research a piece of art that you like, and write a small response to it. This can be anything from the Mona Lisa to a drawing that one of your siblings made. The important thing is to take the time to look at the piece of art, and to try to understand why you like it. When you write your response, try to focus on the feelings and meaning that the artwork gives you.
Day 2	Show the artwork that you found yesterday to a member of your household, or to a friend from school. Ask them what their response to the artwork is. Afterwards, get your response from yesterday. Did you agree or disagree? Is either of you more right or wrong than the other?
Day 3	Expressing your creativity is a great way to calm your body and mind. What does it do for people? Research online to find a perspective on art that is different from your own. One person's idea of art can be completely different from another's – and art can be just as important to someone else for different reasons!
Day 4	Produce your own piece of artwork. This can be a painting, sculpture, a drawing, or any other way for you to express your creativity. If you're struggling for inspiration – go back to the activities in the previous three days. Share your artwork with the school.
Day 5	Present your artwork to someone else. This will ideally be the same person you showed the artwork to on Tuesday, but it can be anyone else. Ask them to write a response to your artwork, what comes to their mind when they see it, and how it makes them feel.

Five Ways to Wellbeing:



TALK & LISTEN,
BE THERE,
FEEL CONNECTED



DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR MOOD



REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY



EMBRACE NEW
EXPERIENCES,
SEE OPPORTUNITIES,
SURPRISE YOURSELF



Your time,
your words,
your presence

Places to go for Support and Advice



This website from the NHS offers expert advice and practical tips to help you look after your child's mental health and wellbeing as well as the rest of the family. <https://www.nhs.uk/oneyou/every-mind-matters/>

Talking Therapies

Talking Therapies is an NHS service providing support to people. They are there to support those aged 17+struggling with mild-moderate low mood, stress, sleep difficulties, worry and bereavement.

You can self-refer by completing an online form

<https://www.nhs.uk/mental-health/talking-therapies-medicine-treatments/talking-therapies-and-counselling/nhs-talking-therapies/>

NSPCC

The NSPCC are offering support and advice if you feel your child is struggling with their mental health and anxiety. More information and advice can be found on their website:

<https://www.nspcc.org.uk>



Young Minds – <https://youngminds.org.uk/>

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, please let the school know. There will be things that we can do to help and support you.

We would love to know if this newsletter is useful to you or if there are other support ideas you might need. Please let us know by emailing the school's office



Thank you,
Mrs Shailes