



# MENTAL HEALTH & WELL-BEING NEWSLETTER



Term: Autumn 2 | Week 1 | Date: Monday 4th November 2024

At Norbridge Academy we are dedicated to supporting all our children and their families.

We have therefore, compiled a half termly Mental Health & Wellbeing newsletter which aims to give helpful advice and support to our families.

If you have concerns about the emotional well-being or behaviour of a child, please let school know. We have a team of staff who can help;

- Mrs Whittington - SENCO & Dedicated LAC Teacher
- Ms Woodward - PHSE Co-ordinator
- Mrs Townsend - Family Liaison Officer, Mental Health & ELSA Lead and Licensed Thrive Practitioner



# WORLD MENTAL HEALTH DAY 2024



## World Mental Health Day 2024: Prioritising mental health in the workplace

Work can have a huge impact on our mental health. It can be good for our mental health, giving us a sense of purpose, boosting our self-worth and providing opportunities to connect with us. But it can also be a source of stress and anxiety and contribute to developing or worsening mental health problems.

Many people spend a lot of their time working, whether that is in the community, in an office, in a workshop, at home, or many other workplaces. That is why it is so important that our work-place supports our mental health, helping us get the mental health benefits of work while reducing the negative impact.

### What is a mentally healthy workplace?

There are many things that contribute to a mentally healthy workplace, from providing staff training on mental health, to tackling discrimination and bullying. Importantly, a mentally healthy workplace supports open conversations about mental health. While talking about mental health in the workplace has become more common, many people still face stigma when it comes to severe mental health problems.

For tips on supporting someone with their mental health at work, visit:

<https://www.mentalhealth.org.uk/explore-mental-health/publications/how-support-mental-health-work>

### How to stay centred when life feels out of control

It seems like so much in our life is out of our individual control, which naturally worsens symptoms of mental health challenges. Shifting your focus onto what in your own life you can affect can help ease symptoms of stress, anxiety and depression. Here are a few tips for maintaining positive mental health when life feels out of control:

- Focus on your own sense of purpose. Consider all the positives in your life. Consider creating a daily ritual: brew a cup of tea, make a hot chocolate, sit in your favourite chair snuggled in a blanket, spend some time mindfully writing in a journal, reflecting on why you do what you do every day.
- Carry a focus object that represents this meaning. When you catch yourself feeling anxious, sad or caught up that all is wrong, focus on how it feels, how it looks and how it sounds or smells.
- Separate yourself from your anxiety and other negative thoughts and feelings. When you notice that you're caught up in negative thoughts, pause and remind yourself, "I'm having the thought that.." This acknowledges your thoughts in a non-judgemental way and kindly reminds you that this is a thought rather than an absolute truth.

# SCHOOL RELATED ANXIETY



**School phobia or school-related anxiety** - sometimes called 'school refusal' - it is when a child feels anxious or fearful to go to school or refuses to attend. It can happen at any age and can be more common among children with additional need or SEND (special educational needs). It can be a stressful time for you as a parent/carer, so be kind to yourself and your child. The most important thing is to try and listen to your child, be kind, patient and empathetic.

## Why do children struggle to attend school?

School anxiety can happen suddenly or build slowly over time. If it persists, it is important not to ignore it but explore it!

Often anxiety is the root cause and can include;

1. Social pressures at school.
2. Difficulties in maintaining/managing relationships with staff and peers.
3. Unmet needs (SEND or feeling unsafe).
4. Home and family factors.
5. Sensory needs.
6. Young carers responsibilities.



# SCHOOL RELATED ANXIETY

## How school anxiety can present at home

1. Not wanting to get up or ready for school.
2. Anxiety or heightened emotions when leaving for school.
3. Physical symptoms such as, headaches, tummy aches and feeling sick.
4. Repeatedly feeling ill at school.
5. Changes in behaviour (withdrawn, hyperactive, aggressive).
6. Trouble sleeping/getting to sleep. Bed wetting. Nightmares.
7. Reluctance to complete home-learning.
8. Emotional dysregulation including, tantrums, inflexibility, separation anxiety, avoidance and defiance.

If your child is allowed to stay at home, the symptoms quickly disappear, only to reappear the next day. In some cases a child may refuse to leave the house.



## What can parents/carers do to help?

### **Communicate with school**

If you notice your child is becoming anxious about school, make an appointment to speak to the class teacher or designated safeguarding lead in school. Making school staff aware can help to build home-school partnerships and plan strategies to support children.

### **Help identify triggers**

Try to discover why your child is anxious about school. At a suitable time (not before school) when your child is calm, ask them to describe the challenges of school. Use open-ended questions such as;

*'What is making school feel hard?', 'I wonder if you want to tell me about your friendships?', 'I imagine school is hard with all the tests coming up, how does it make you feel?', 'How does it make you feel when mummy/daddy goes home in the morning?'*



# SCHOOL RELATED ANXIETY

## Be empathetic but firm

Build confidence by telling your child you know they can face their fears. Let your child know that the physical symptoms of anxiety, such as, tummy aches, feeling sick/tearful and headaches are unpleasant, but they often subside as the day progresses.

Give your child a choice in decision making - such as, *'Do you want to put on your pants or socks first?'*, *'Would you like a cheese or a ham sandwich?'*, *'Would you like to make your own packed lunch?'*, *'Would you like to hold mummy or daddy's hand?'*

This gives children the feeling of empowerment and can lead to further cooperation.

## Create a morning routine

A daily routine can provide feelings of security and reduce parental stress!

Pack bags and lay out school uniform the night before. In the morning, focus on one task at a time before moving onto the next.

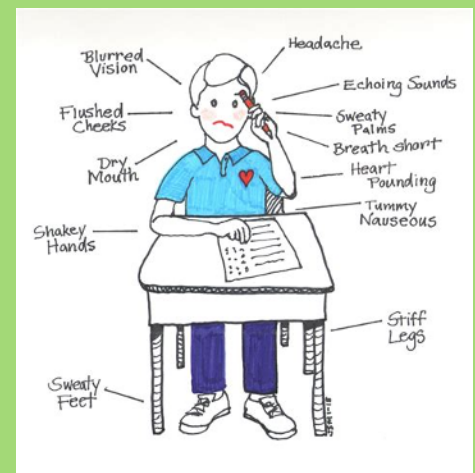
If your child is unable to go to school, inform the school immediately - there may be further support the school can offer or signpost you to. Avoid arguing with your child and be supportive of any positive progress they have made, however small.

Reassure your child and let them know who is collecting them from school. Aim to be on time as lateness can be a trigger to further anxiety.

## Make staying at home boring

Is there anything about the 'out of school' environment that is extra tempting for children to stay at home? Make home as *school-like* as possible by following the tips below;

1. Limit TV/gaming/internet use.
2. No activities outside the home, such as, shopping or visiting relatives.
3. Reduce/limit staying in bed - unless genuinely ill.
4. Encourage children to participate in home-learning and reading.
5. Limit parent time until after the school day.



## Why Do We Have Thrive?

Here are some reasons why...

- It helps to build resilience
- It decreases mental illness
- Reinvigorates the learning provision
- Helps underachievers to re-engage with learning
- Enhances emotional and social skills
- Helps children to become curious

The developmental stages within Thrive are:

<b>Interdependence</b> 11-18 years
<b>Skills and Structure</b> 7-11 years
<b>Power and Identity</b> 3-7 years
<b>Thinking</b> 18 months – 3 years
<b>Doing</b> 6 – 18 months
<b>Being</b> 0 – 6 months

### PACE

All adults working with the Thrive Approach use PACE.

<b>P</b>	<b>Playfulness</b> Adults should be – open / available / flexible / engaged / have a sense of fun / imaginative and connected.
<b>A</b>	<b>Acceptance</b> Acknowledging the child and their emotional state as being true and valid, and representing this back to them.
<b>C</b>	<b>Curiosity</b> Showing authentic interest in finding out about the child and their experience.
<b>E</b>	<b>Empathy</b> Being alongside the child without negative judgement.

# NEW WAYS NOVEMBER 2024

## HAPPIER . KINDER . TOGETHER

New Ways November 2024

MONDAY



TUESDAY



WEDNESDAY



THURSDAY

FRIDAY

SATURDAY

SUNDAY

4 Sign up to join a new course, activity or online community

5 Change your normal routine today and notice how you feel

6 Try out a new way of being physically active

7 Be creative. Cook, draw, write, paint, make or inspire

1 Make a list of new things you want to do this month

2 Respond to a difficult situation in a different way

3 Get outside and observe the changes in nature around you

11 Choose a different route and see what you notice on the way

12 Find out something new about someone you care about

13 Do something playful outdoors - walk, run, explore, relax

14 Find a new way to help or support a cause you care about

15 Build on new ideas by thinking "Yes, and what if..."

16 Look at life through someone else's eyes and see their perspective

17 Try a new way to practice self-care and be kind to yourself

18 Connect with someone from a different generation

19 Broaden your perspective: read a different paper, magazine or site

20 Make a meal using a recipe or ingredient you've not tried before

21 Learn a new skill from a friend or share one of yours with them

22 Find a new way to tell someone you appreciate them

23 Set aside a regular time to pursue an activity you love

24 Share with a friend something helpful you learned recently

25 Use one of your strengths in a new or creative way

26 Try out a different radio station or new TV show

27 Join a friend doing their hobby and find out why they love it

28 Discover your artistic side. Design a friendly greeting card

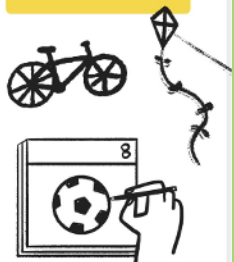
29 Enjoy new music today. Play, sing, dance or listen

30 Look for new reasons to be hopeful, even in tough times



ACTION FOR HAPPINESS

Happier . Kinder . Together



# BE U NOTTS



Be U Notts is an accessible early intervention service that is easy to navigate, providing timely access to advice, guidance, and support for children, young people and families. ABL Health will be the lead provider, working with delivery partners to meet the needs of children and young people presenting with low to mild emotional wellbeing and mental health needs including emotional disorders.

The Be U Notts Service will deliver:

- Advice and guidance
- Community drop-in sessions
- 1-1 therapeutic support
- Group sessions
- Online and virtual support
- Peer support groups for children and young people and parents/carers
- Self-harm support
- Self-help/Self-guided care

Parents can speak to a staff member for further information or self-refer children into the service by contacting;

Website – <https://www.beusupport.co.uk>

Telephone – 0115 708 0008



## SUPPORT & 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/>

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/keeping-children-safe/childrens-mental-health/>



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



Parentline - text service 07520619919



[www.childrensbereavementcentre.co.uk](http://www.childrensbereavementcentre.co.uk)

Notts - 01636 551739



[www.lgbtplusnotts.org.uk](http://www.lgbtplusnotts.org.uk)

## SUPPORT & ADVICE

A local mental health charity offering support to anyone under the age of 25, and parents/carers.

If you are struggling and need help or support with mental health, open up and talk to other people in person, on the phone or by text.

For more information please visit [www.nottalone.org.uk](http://www.nottalone.org.uk)

# NottAlone

Are you worried about  
your own, or someone  
else's mental health?

is  
here!

Want to find trusted  
information, advice and local  
services that can help?

The **NEW** website offering  
local mental health  
advice and help for young  
people in Nottingham and  
Nottinghamshire, all  
in one place.

[nottalone.org.uk](http://nottalone.org.uk)



 Nottinghamshire  
County Council

 Nottingham  
City Council

 NHS