



Welcome back from your Easter Break!

We hope you had a lovely time off and had a great Easter. We hope you enjoyed the lovely weather. Sometimes a bit of warmth and sunshine can really improve our mood and motivation.

It is still important to keep in check with ourselves and others around us though, mental health can be changeable, just like the weather - do you know the signs to spot when you are feeling better or worse within yourself?

Remember to speak to an adult in your school if you feel some extra support from the Mental Health Support Team would be helpful for you.

Stress Awareness Month

What is Stress? Stress is a heightened sense of pressure. It can effect any person, at any stage of life. Stress occurs due to a range of factors, such as: life changes, exams, friendship difficulties, and school.

April is stress awareness month. Stress and poor mental health are one of the biggest public health challenges that we're facing. Even though that is the case, we are still not taking its impact seriously enough. We continue to separate mental health from physical health and vice versa. There is no health without mental health. In small amounts, and when young people have the right support, stress can be a positive boost. It can help them rise to a challenge and push toward goals.

Have a look on the next page for activities to help manage stress.

Who are the MHST?

We are a team working alongside schools and the Children and Adolescent Mental Health Services to support children and young people with their mental health and wellbeing.

What we can help with:

Sleep difficulties

Anxiety Worry

Challenging behaviour

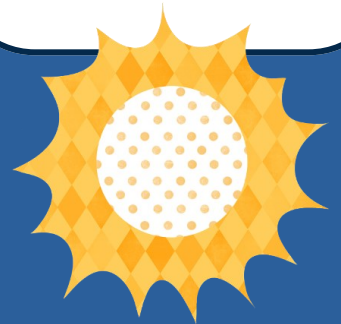
Phobias

Panic Low Mood

OCD

Single Event Trauma

The MHST is always here to offer support, so if you think this is something that could help you, speak to your designated mental health lead or an adult you trust at school.



For more information on mental health and wellbeing, go to www.HampshireCAMHS.nhs.uk

MENTAL HEALTH
SUPPORT TEAMS





ChildLine - Call 08001111 9am- Midnight Everyday - Free telephone support for children to discuss any concerns or worries.

Shout - text SHOUT to 85258 - 24/7 Free and Confidential TEXT service for anyone in a crisis.

Kooth - <https://www.kooth.com/> - 24/7 online counselling

Self-Soothe Box

When we are feeling stressed it can be helpful to have your own self-soothe box, which you can fill with different things to distract you and help you to feel better in those moments. The idea with this box is to include things which soothe all five of our senses.

1. Get an empty box from around the house (an old shoe box works well) or you can buy one from a craft shop
2. Decorate the box inside and out with anything you like- make something that appeals to you!
3. Collect items together that are meaningful to you, or you know will help you feel better.

Remember these should be soothing for all 5 senses. Here are some ideas:



See: this could include things such as photos of loved ones, a drawing, a snow globe, or a teddy or toy you like to play with.



Hear: music, songs that you know lift your mood, a reminder of people that you can call and talk to, audio book, reminders for podcasts.



Touch : bubble wrap, a teddy bear, soft woolly socks, fidget toys.



Smell: favourite perfume or body spray, candles, a nice bubble bath or a nice smelling soap.



taste

Taste: crisps, hot chocolate, sweets, your favourite chocolate. Crunchy, chewy, salty, sweet- what's your preference?

Here are some other things that you can include, to help as a distraction or to keep you occupied: activity books (colouring, crosswords, Word search, sudoku), art and craft materials, notebook or diary and a pen.

April Dates:

- April Fools Day- 1st April
- Autism Awareness Day- 2nd April
- Good Friday-7th April
- Easter Sunday- 9th April
- Siblings Day- 10th April
- World Heritage Day- 18th April
- Eid Al-fitr- 21st/22nd
- Earth Day - 22nd April
- Shakespeare Day-23rd April
- St George's Day- 23rd April
- Penguin Day- 25th April
- International Dance Day- 29th April
- International Jazz Day- 30th April

For more information on mental health and wellbeing, go to www.HampshireCAMHS.nhs.uk

**MENTAL HEALTH
SUPPORT TEAMS**



Earth Day Word Search

Activity Page

E Q E C L I M A T E W R Y T C
 C N A S D F G H J K W E A Q A
 G A V A C H A N G E E C Q E R
 R Z C I X C V B N M D O H D B
 E Z E A R T H D A Y C L W G O
 E Q D F G O W E T Y C O Z J N
 N A E G M G N Q P P N G S D F
 Q R A D P Q A M F L Z Y F S O
 E E E Z Q W E Y E A J S J N O
 A C R D J S A K G N O A R M T
 D Y K K U Q B L V E T F Q F P
 U C Z E D C M G S T P J P D R
 O L R D F N E A H O Z J K A I
 P E A P X F J Z Z I M P L B N
 M Q V G C O N S E R V E B R T

EARTH DAY PLANET ENVIRONMENT GREEN
 REDUCE REUSE RECYCLE ECOLOGY
 CARBON FOOTPRINT CLIMATE CHANGE CONSERVE

St. George's Day Anagrams

Here are 10 English-themed anagrams for St. George's Day.

OGRE EATINGS	
DONNOL	
GRANDO	
TONAL DIET HE HO	
ORRSEED	
E SHE ASK PARE	
RICH H CULL	
IPHONE HINT WOE	
NANGLED	
FAB E STORE	

