



WELLBEING

newsletter



Dear Parents,

This week, we have included a range of resources and websites that you can access at home. If you have not got access to the internet at home, please let the School Office know.

This month, we celebrated World Mental Health Day. The children had a great day creating their own mental health superhero. The children also completed a wellbeing bingo card throughout the week. They were set the challenge to complete tasks that make them happy.

We hope you find all of these resources useful and that you all have a wonderful half-term!



Concerned about your child?

We have a great relationship with CAMHS and other agencies that support both your children's wellbeing and your own wellbeing. CAMHS recently offered us some fantastic workshops that were sent out to all parents. They are now offering parents a virtual drop in session to share your concerns. If you are interested in this, please contact the School Office.

IMPORTANT: Our children's families are important to us. If **you** ever need support, please contact us. We can listen, signpost you to further support and even create links with free counselling services.

YOUNGMINDS

Worried about a child or young person? Contact the Young Minds Parents Helpline for free, confidential advice via the phone or email.

They offer three different services to parents and carers who are concerned about their child's mental health, up to the age of 25.

Their opening hours are 9.30am - 4pm, Monday - Friday (excluding bank holidays).

You can call the Parents Helpline directly on **0808 802 5544**



shout **85258** here for you 24/7

CRISIS TEXT SERVICE

Shout 85258 is a free, confidential, 24/7 text messaging support service for anyone who is finding things difficult. Since launch in May 2019, they've had more than 400,000 conversations with people who are anxious, stressed, depressed or overwhelmed and who need immediate support. As a digital service, Shout 85258 has become increasingly critical since Covid-19, being one of the few mental health support services able to operate as normal at this time.

There are three levels of assessment operating across our service:



Prioritisation

An algorithm reviews incoming texts, placing urgent cases to the top of the queue.



Shout Volunteers

More than 2,000 empathetic, trained Volunteers take conversations with texters, listening and supporting them to get to a calmer place.



Clinical Supervisors

Conversations are overseen by trained Supervisors who give real-time support and monitor conversations 24/7. Clinical supervisors can escalate texters to the emergency services if they are deemed at imminent risk.



Useful

WEBSITES

GoNoodle

GoNoodle engages 14 million kids every month with movement and mindfulness videos created by child development experts. Available for free at school, home, and everywhere kids are!

parentzone

The experts in digital family life

Parent Zone offers expert advice digitally to children and adults, encouraging conversations between children and their parents or carers to address concerns and sharing online resources.

Bitesize

BBC Bitesize have some fantastic resources to support you and your children's learning at home.

YOUNGMINDS

Young Minds can offer a range of resources, advice and support to parents regarding children's mental health.

BBC Children in Need

BBC Children in Need have some great information on their website. They also have advice and resources for Covid-19

If you have any queries or questions, please contact the School Office.

✉ office@st-ursulas-rc-jun.havering.sch.uk

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Wellbeing Award for Schools

This year, our school will be working towards achieving the Wellbeing Award for Schools. This award will ensure that mental health and wellbeing sit at the heart of our school life for our children, staff and parents.

We would love to hear your views on the school's current wellbeing provision. Please scan the QR Code below to access our survey.

