

Wellbeing Team

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|----------------|-----------------|------------------------|-------------------|--------------------|
| Wellbeing Lead | P.S.H.C.E Lead | Family Liaison Officer | School Counsellor | Wellbeing Governor |
| Ellen Hickey | Claire Swinburn | Gina Saggars | Judith Potelle | Amanda Robson |



Useful links if you need any help or advice:

www.sunderlandcommunitycamhs.nhs.uk

www.washingtonmind.org.uk

wellbeinginfo.org

youngminds.org.uk

www.place2be.org.uk

www.kooth.com



In Spring term at UCPS we will be celebrating **Children's Mental Health Week** in partnership with Place2Be. This year's theme is **Connect**. "Let's Connect is about making meaningful connections. People thrive in communities, and this connection is vital for our wellbeing. When we have healthy connections - to family, friends and others - this can support our mental health and our sense of wellbeing. For Children's Mental Health Week 2023, we're encouraging people to connect with others in healthy, rewarding and meaningful ways." Place2Be website 2023



Children's Mental Health Week 6th -13th February 2023

To celebrate this important week we will be focusing on promoting pupil voice through introducing emotion check-in charts in class. This will be an opportunity for pupils to informally let their classroom adults know how they are feeling that day, e.g. happy, sad, nervous, worried, excited. Their teachers and TAs can then connect with them over their feelings offering support where necessary.

Our P.S.H.C.E lessons and assemblies this week will be an opportunity to explore further the theme of Connect and Mental Health.



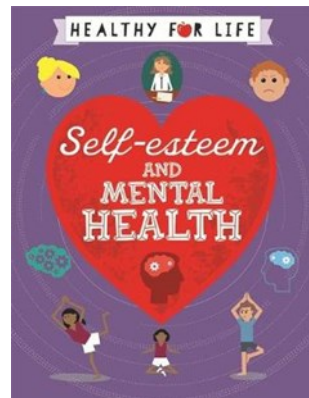
On twitter we will be encouraging pupils to take part in the Taskmaster Education's daily challenges. Keep your eyes peeled for Mrs Hickey's tweets!

Recommended Read

Healthy for Life: Self-esteem and Mental Health

Anna Claybourne

Growing up isn't always easy - your brain is changing and there are many things to cope with from new emotions to stress. This book explores what is self-esteem and mental health and why it's important, looking at topics such as mental illness, phobias, eating disorders and self-harm. It looks at techniques to deal with issues including stress reduction, mindfulness and assertiveness.



Tips on supporting bereaved children

Christmas and New Year can be a tough time for families that have lost someone important. Children and young people grieve just as much as adults but they show it in different ways. They learn how to grieve by copying the responses of the adults around them, and rely on adults to provide them with the support they need in their grief.

What helps grieving children and young people

Every child is unique and will cope with the death of someone important in their own way. There is no magic formula but things that help include:

- Clear, honest and age-appropriate information
- Reassurance that they are not to blame and that different feelings are OK
- Normal routines and a clear demonstration that important adults are there for them
- Time to talk about what has happened, ask questions and build memories
- Being listened to and given time to grieve in their own way

<https://www.childbereavementuk.org/supporting-bereaved-children-and-young-people>

'Mickey's Place' @ St Michael & All Angels Church - Food Bank and Warm Space

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------------|---------------|---------------|---------------|---------------|---------------|---------------|
| 09:30 - 15:00 | 09:30 - 15:00 | 09:30 - 15:00 | 09:30 - 15:00 | 09:30 - 15:00 | 00:00 - 00:00 | 12:30 - 15:30 |