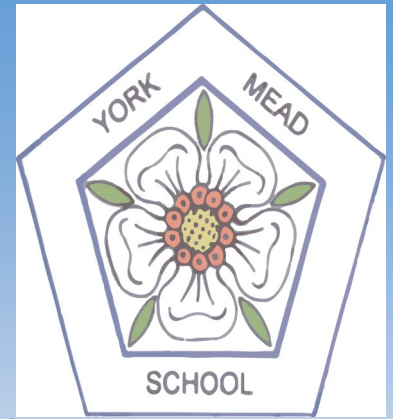


Yorkmead School



Mental Health & Well-being

Newsletter — July 2023

Welcome to our second mental health and well-being newsletter.

In this issue, we will be looking at anxiety in children.

At school, we are continuing to develop our provision for well-being, across the school to ensure that all children have positive physical, mental and social well-being.

Here are some of the initiatives we currently have running in school:

Senior Mental Health Lead

The Nest—Lunch and Nurture Club

Drawing and Talking Therapy

Grow To Learn Project

Malachi Family Support

Sports and Well-being Coaching

Dog Mentoring—with Lenny

Social Skills and Self-Esteem Mentor



At Yorkmead, we look after the children's physical health by teaching the Real PE curriculum, including Dance and Gymnastics.

Through the scheme, children develop 6 key aspects: **social**, physical, **creative**, **cognitive**, **personal**, health and fitness.



To find out more about any of our initiatives please speak to Mr. Neale-Crane, Miss Wilkinson or Mrs. Bibi.

HOW DO I KNOW IF MY CHILD IS SUFFERING WITH ANXIETY?

When young children feel anxious, they cannot always understand or express what they are feeling. You may notice that they:

- become irritable, tearful or clingy
- have difficulty sleeping
- wake in the night
- start wetting the bed
- have bad dreams

In older children you may notice that they:

- lack confidence to try new things or seem unable to face simple, everyday challenges
- find it hard to concentrate
- have problems with sleeping or eating
- have angry outbursts
- have a lot of negative thoughts, or keep thinking that bad things are going to happen
- start avoiding everyday activities, such as seeing friends, going out in public or going to school

ANXIETY



Not sure what to do?



HERE ARE SOME WAYS TO SUPPORT CHILDREN WHO ARE GOING THROUGH DIFFICULT TIMES.

Ways to support a child or young person



Be there to listen

Regularly ask your child how they're doing, to help them get used to talking about their feelings, and know there's always someone there to listen. You can get tips on [Young Minds: How to talk to your child about mental health](#).



Support them through difficulties

Pay attention to how your child is feeling or behaving and try to help them work through difficulties. It may not be easy facing challenging behaviour, but try to help them understand what they're feeling and why. Learn more from [the Maudsley Charity on difficult behaviour](#).



Stay involved in their life

Show interest in their life and what's important to them. It not only helps them value who they are but also makes it easier for you to spot problems and support them.



Encourage their interests

Support and encourage your child to explore their interests. Being active or creative, learning new things and being a part of a team helps connect us and boost our mental wellbeing.



Take what they say seriously

Listening to and valuing what they say makes them feel valued. Consider how to help them work through their emotions in constructive ways. [Anna Freud Centre's guide on ways to support children and young people](#) has more on this.



Build positive routines

Try to have structure around regular routines, especially around healthy eating and exercise. A good night's sleep is also important, so have a fixed time for going to bed and getting up. The [Sleep Charity has relaxation sleep tips for children](#).

Until next time, take care and look after each other!

Mr. A Neale-Crane (Assistant Head Teacher and Senior Mental Health Lead)

Further Information ...

<https://forwardthinkingbirmingham.nhs.uk/>



Home > Urgent Help

GET URGENT HELP

If you need urgent help right now, call us on 0300 300 0099 and you'll be able to speak to someone.

You can also contact the Birmingham and Solihull 24/7 crisis number:

0800 915 9292

What do you need help with today?



ANGER



ADHD



ANXIETY



AUTISM SPECTRUM
DISORDER



BIPOLAR DISORDER



DEPRESSION



EATING DISORDERS



LONELINESS

Other ways of accessing support

Crisis Café

The Crisis Café is run by MIND and is currently available through the Birmingham and Solihull 24/7 helpline: **0800 915 9292**

Message a text line

If you do not want to talk to someone over the phone, these text lines are open 24 hours a day, every day.

[Shout Crisis Text Line](#) – for everyone

Text "SHOUT" to 85258

[YoungMinds Crisis Messenger](#) – for people under 19

Text "YM" to 85258