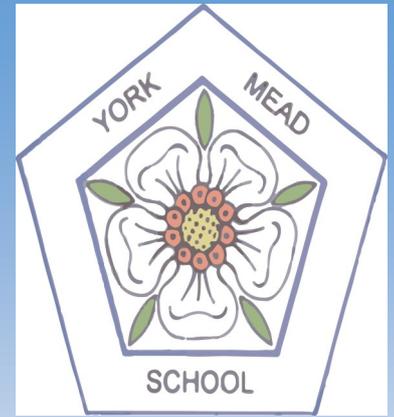


Yorkmead School



Mental Health & Well-being Newsletter — February 2024

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

In this issue, we will be looking at some tips and ideas for how to start a conversation with your child about mental health.

On Thursday, we launched Time To Talk Day as one of our initiatives to ensure that all members of our school community know who they can talk to if they have a problem or concern regarding mental health and wellbeing.

In school, we have our dedicated Assistant Head Teacher for Mental Health and Wellbeing:
Mr Neale-Crane who is always available to the children and their families to offer support, including interventions.

In addition, we have our wonderful inclusion team led by our SENDCO, Miss Wilkinson, who are able to offer support and advice to our families.

Don't forget, we also have our Malachi Family Support who can provide a 12-week program of support for families dealing with family issues, bereavement, anxiety, depression and many other daily worries and pressures. See December's Newsletter or Mr Neale-Crane for more details.

**“Hey!
How’s it
going?”**

Miss Wilkinson
SENDCO

Mr Neale-Crane
AHT and Wellbeing Lead

**SOMETIMES MEANS I'M HERE
IF YOU WANT TO TALK**

Time to Talk Day is the perfect opportunity
to start a conversation about mental health

time to talk day #TimeToTalk

NATIONAL WHOLE SCHOOL WELLBEING GOLD AWARD 2023

mind DASHING Mental Health

in partnership with 50

**Next week is Children’s Mental Health Week:
See the following pages for ways in which you
can support your child.**

Tips for Families ...

My VOICE MATTERS

Place2Be's
CHILDREN'S MENTAL HEALTH WEEK

TALKING TO YOUR CHILD ABOUT MENTAL HEALTH

Are you a parent or carer who wants to talk to your child about mental health?

This Children's Mental Health Week we want all children and young people, whoever they are, and wherever they are in the world, to be able to say – and believe – "My Voice Matters".

We visited primary and secondary schools to ask students what they wanted from the week – to help shape the activities we create for schools, the messaging we give to teachers, the tips we give to other children, and the advice we give to parents, carers and families.



LOOKING FOR FREE PRACTICAL ADVICE TO HELP YOU SUPPORT YOUR CHILD?

Parenting Smart, Place2Be's site for parents and carers, is full of expert advice and tips on supporting primary-age children, and managing their behaviour. and act on their views.

[PARENTINGSMART.ORG.UK](https://parentingsmart.org.uk)

Here's what children and young people told us they need from you:

- 1 We don't need to have 'one-off conversations about our mental health' – sometimes a chat on a journey or at bedtime is enough.
- 2 I need to know it's okay to talk to you about any and all of my feelings. Please hear what I have to say, without interrupting me.
- 3 Please listen to me carefully and acknowledge how I am feeling – it might seem silly to you but what I am going through is important to me.
- 4 Playing with pets can make me feel better. Same with playing football, basketball or whatever type of sport I am into.
- 5 Don't compare my experiences to your own when you were a child.
- 6 Sometimes I just need you to listen and hear what I'm saying – I don't always need answers (or lectures)
- 7 Please don't worry about trying to fix things for me – I often just need to know you are there for me and understand what I am going through.
- 8 If you are open with me about your feelings, this can help me to be more open about mine.
- 9 Sometimes I don't want to talk. Please trust that I will come to you (or another grown-up or someone my own age) when I'm ready. Sometimes it's easier for me to talk to someone nearer my own age – my siblings, cousins, friends, younger teachers at school - because they 'get it'.
- 10 Sometimes a hug is all it takes to make me feel supported.



WHAT MATTERS TO YOU? CREATIVE VIDEO ACTIVITIES FOR FAMILIES

These wellbeing activities can help children and young people think about and share what matters to them.

[For primary children: bit.ly/3PzCGI8](https://bit.ly/3PzCGI8)

[For secondary children: bit.ly/3LBD2wK](https://bit.ly/3LBD2wK)

CONVERSATION STARTERS

Some ways to start a conversation with your child about mental health could be...

TELL ME ABOUT
YOUR DAY

WHAT WAS THE BEST
THING ABOUT TODAY?

WHAT IS THE BIGGEST
STRESS / WORRY IN YOUR
LIFE RIGHT NOW?

WHAT'S YOUR
ONLINE LIFE LIKE?

WHO WOULD YOU TALK
TO IF YOU WERE FEELING
WORRIED ABOUT YOUR
MENTAL HEALTH?

WHAT CAN I DO
TO HELP YOU?

Tips for Children ...

DO YOU SOMETIMES WORRY ABOUT HOW YOU ARE FEELING?

If so, read on!



Here are some brilliant tips from children just like you*. These children have also had ups and downs with their mental health and want to pass on some ideas that have helped them:

- Ask for help – from a teacher, parent, brother, sister, or other family member. Keep telling until someone listens to you.
- Remember you are not alone – everyone goes through tough times. Be kind to yourself – everyone is perfect in their own way.
- Stay calm – take some breaths or find somewhere to sit quietly for 2 minutes.
- Go outside and get some exercise to make yourself feel stronger.
- Spend time with your family and friends (or pets).
- It's okay to not always be okay.
- Think of your favourite thing and write it down.
- Keep a diary to track all your emotions.
- Stay positive and focus on things that make you happy. If you can't think of anything, maybe a friend can help you.
- Remember you are enough, and you are the only you.
- If you are being bullied, maybe the bully is being bullied or has something going on at home and they're taking it out on someone else. Tell an adult or trusted friend.



DO YOU SOMETIMES FEEL A BIT WORRIED ABOUT HOW SOMEONE ELSE IS FEELING?

If so, read on!

Things you can say to help support someone else:



*With thanks to the pupils at Seascape Primary School and Ark Globe Primary School.

Beano Characters: A Beano Studios Product ©DC Thomson Ltd (2023)

BEANO



Until next time, one week until you can have a lovely half term holiday!
Mr. A Neale-Crane (Assistant Head Teacher and Senior Mental Health Lead)