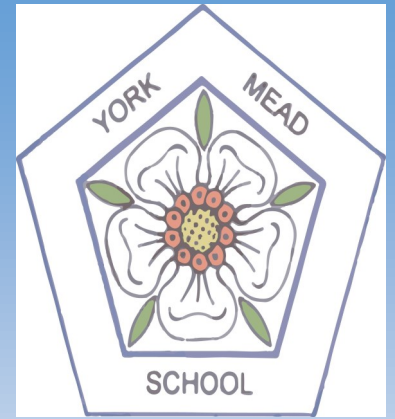


Yorkmead School



Mental Health & Well-being Newsletter — May 2024

Welcome to this term's mental health and well-being newsletter.



MENTAL HEALTH AWARENESS WEEK

13-19 MAY 2024

Next week is Mental Health Awareness Week we will be continuing to support our children and families in the best way that we can. In this edition, we will be sharing some of the good work that is happening in school.

During the week, children will be having lessons on the importance of good physical and mental health by The Mental Health Foundation.

Year 6 will be taking their SATS tests next week. This can be a stressful time for them, so please make sure they get enough sleep and time to relax and talk about how the tests are going.



Last year, all children completed their Mental Health Champion Training. On Friday 17th May, the children will take part in an 'Awaken the Mental Health Champion Within' live lesson.



Remember to ask your children about what they have been learning at school!



ON FRIDAY, WE WILL BE HOLDING A 'WEAR IT GREEN DAY' IN SUPPORT OF MENTAL HEALTH AWARENESS. CHILDREN CAN WEAR SOMETHING GREEN TO SCHOOL AND MAKE A DONATION WHICH WILL GO TO OUR MENTAL HEALTH PROVISION.



Most young people will experience times when their self-esteem or confidence gets knocked, as they experience new things and face new challenges in life.

If your child is struggling with their self-esteem, they might:

- have a negative view of themselves;
- lack confidence;
- find it hard to make and keep friends;
- feel lonely or isolated;
- avoid new things;
- find it hard to cope when things go wrong;
- put themselves down and say things like 'I'm not smart enough.' or 'I can't do it.';
- not be proud of what they achieve and always think they could have done better;
- often compare themselves to others.



Here are some tips for how you can support your child's self-esteem:

Help your child learn something new and celebrate it. Try cooking a recipe together, playing a new game together or researching something that interests them online.

Try to be accepting of who they are and give them chances to form and share their own ideas.

Where possible, encourage them to do things they enjoy and get involved in things they are passionate about.

Make a playlist together of songs that help them feel positive and confident when they listen to them.

Empower them to make healthy choices about their eating, sleeping, and physical activity habits.

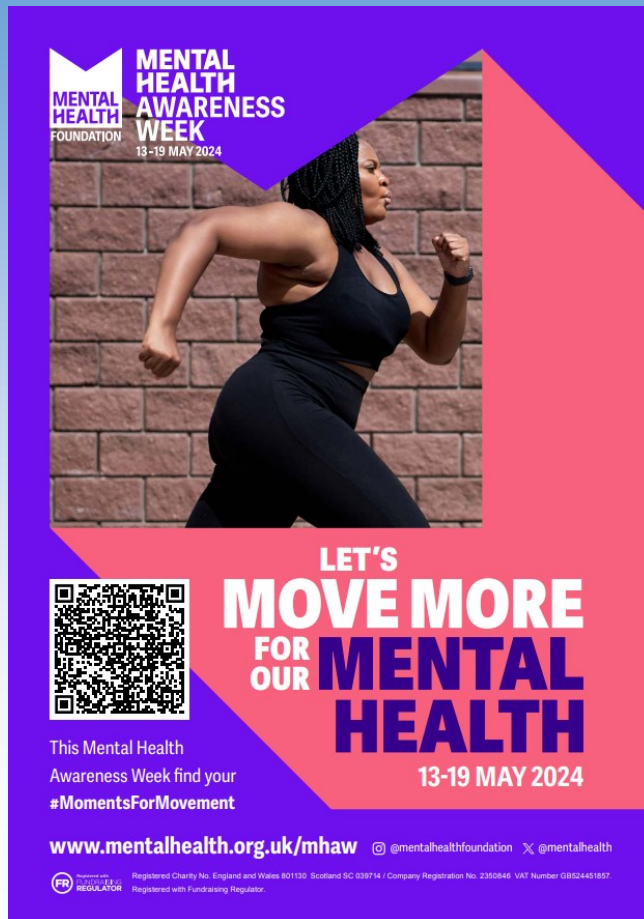
Tell them the positive things you like about them. You could help make a list of positive comments from yourself and others, for your child to read when they need a boost.

Ask them what went well each day and join them in reflecting positively on their efforts, as well as their achievements.

Let them know it's okay to make mistakes, that they can learn from them and that it happens to all of us.



Further Information ...



The Waiting Room is a great website for all kinds of services; from homelessness, to mental health and advice.

<https://the-waitingroom.org/>

TwR
THE WAITING ROOM
Birmingham and Solihull Health & Wellbeing services at your finger tips

Home About TwR FAQ News Submit Feedback Submit New Service Contact

Showing results for Mental Health

Search Directory Records

Forward Thinking Birmingham: Pause A drop in centre that offers support in mental health and well-being // Birmingham and Solihull 0300300099 https://forwardthinkingbirmingham.nhs.uk/pause/	Our Place Support Helping people make positive changes through Mentoring, Support and Personal Development // Advice // Benefits // Housing // Employment // BAME // Disability // Birmingham 01213544080 https://www.ourplacesupport.org/	Grounded Cafe : Hall Green : Birmingham Wellbeing cafe and hub, comfortable, accessible, inclusive space to go for coffee, therapeutic workshops, wellbeing activities and social events. 01216636590 https://groundedcafe.co.uk/hall-green/
---	---	---

Until next time, we are always here if you need us!

Mr. A Neale-Crane (Assistant Head Teacher and Pastoral Care Lead)