

Noel-Baker Academy Mental Health and Wellbeing Newsletter

Autumn Term 2019

Supporting the Emotional Wellbeing and Mental Health of Our School Community

At Noel-Baker Academy, we aim to promote positive mental health and wellbeing for our whole school community (children, staff, parents and carers), and recognise how important mental health and emotional wellbeing is to our lives in just the same way as physical health.

Our role in school is to ensure that children are able to manage times of change and stress, and that they are well supported to reach their potential or access help when they need it.

Our Academy has developed a range of strategies and approaches that support positive mental health. One of these strategies is to support campaigns to raise awareness of mental health. On Thursday 10th October we supported World Mental Health Day with a display of yellow sunflowers, decorated with words to describe achievements that students were proud of, whilst staff wore yellow and all students wore a yellow wristband.



Kind Regards
Mental Health and Wellbeing Team

Mental Health

Taking care of our Mental Health

We all need to take care of our mental health and wellbeing whether we have a mental health problem or not. Mental wellbeing describes how you are feeling and how well you can cope with day-to-day life. It can change from moment to moment, day to day, month to month.

Key Facts

Did you know that...

- ◆ 1 in 10 children and young people aged 5-16 suffer from a diagnosable mental health disorder. That is about 3 children in every class.
- ◆ There has been a big increase in the number of young people being admitted to hospital because of self-harm. Over the last ten years this figure has increased by 68%.
- ◆ More than half of all adults with mental health problems were diagnosed in childhood. Less than half were treated appropriately at that time.

Useful Websites

- Young Minds (www.youngminds.org.uk)
- Mind (www.mind.org.uk)
- Minded (www.minded.org.uk) - e-learning opportunities
- SelfHarm (www.selfharm.co.uk)
- National Self-Harm Network (www.nshn.co.uk)
- Depression Alliance (www.depressionalliance.org/information)
- Anxiety UK (www.anxietyuk.org.uk)
- Prevention of young suicide UK—PAPYRUS (www.papyrus-uk.org)
- Beat—The eating disorders charity (www.b-eat.co.uk/about-eating-disorders)

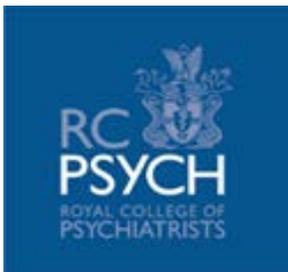
Anxiety

Anxiety is a feeling of unease, such as worry or fear that can be mild or severe. Everyone has feelings of anxiety at some point in their life. During times like these, feeling anxious can be perfectly normal. But some people find it hard to control their worries. Their feelings of anxiety are more constant and can often affect their daily lives.

How can I help my child?

All children and young people get anxious at times, and this is a normal part of their development as they grow up and develop their 'survival skills', so they can face challenges in the wider world. We all have different levels of stress we can cope with - some people are just naturally more anxious than others, and are quicker to get stressed or worried. There are many ways you can help your child to manage their anxiety.

If you feel your child's anxiety is not getting any better or is getting worse, and your efforts have not worked, contact your GP to get professional support.



Royal College of Psychiatrists have information on 'How to support a child with Anxiety'.

Please Follow the Link below:

<https://www.rcpsych.ac.uk/mental-health/parents-and-young-people/information-for-parents-and-carers/worries-and-anxieties---helping-children-to-cope-for-parents-and-carers>

How to make a difference

These are things that can really make a difference:

- Talk to your child about anxiety, what is happening in their body and why it happens. Many children and young people don't know what they are feeling when they are anxious, and it can be very frightening and overwhelming.
- Help them to recognise anxious feelings so they can tell when they are becoming anxious and can ask for help.
- Get your child to breathe deeply and slowly, in through their nose for three counts and out through their mouth for three counts.
- Distract them by focusing on something else.
- Give them a cuddle or hold their hand if they will let you - touch can be soothing.
- It can help to talk to your child about finding a safe place in their mind - somewhere that they feel relaxed and happy. It may be a grandparent's or friend's house or a holiday beside the sea which they can picture when 'wrong thoughts' come into their head or they are feeling anxious. Sometimes holding a memento, like a seashell or pebble, can help.

Support Available to support with students mental health...

If you are concerned about your child's mental health, then please contact school. This can be through tutors and Heads of Year. We now have a full time school counsellor who your child can be referred to through the head of year. As an Academy we want to support students, so please do let us know if your child is finding things difficult.

This is a local Derby organisation called Bridge the Gap which support parents and children with mental health. They offer a range of services and support such as:

Free drop in clinics around Derby. They also offer a free initial 20 minute conversation with parents.

1 to 1 support for both parents and children

Parent workshops on topics such as: How to help children to grieve, how to support an anxious child.

If you would like any further information please look on the website www.jwbridgethegap



Young minds has a crisis messenger service for young people which can help with urgent issues such as:

Suicidal thoughts

Abuse or assault

Self-harm

Bullying

Relationship issues

YOUNG MINDS

Where can I get help?

The **Parents helpline** is 0808-802-5544

<https://youngminds.org.uk/>

Support Available to support with students mental health...



Papyrus is a suicide prevention charity. You can contact them on their **HOPELINE on 0800 0684141**. It is a confidential support and advice service for children and Young people under the age of 35 who are experiencing thoughts of suicide, or for anyone concerned that a young person could be thinking of suicide. There is lots of information also on their website <https://papyrus-uk.org/>



Kooth is a free online support service for young people. It is open Monday- Friday 10am-12pm and Saturday – Sunday 6pm-10pm.

NSPCC

For a child under 19 -There are several ways to speak to a trained counsellor.

The quickest way to get through to a trained counsellor and it is free from any phone.

***Call free on 08001111**

***On the 1-2-1 online chat-** they can also speak to a trained counsellor on the online chat.

***You can send an email** –This can sometimes take longer than 4 hours to reply, so if help and support is need more quickly – use the Freephone or the online chat.

There is also information on mental health on the nspcc. <https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/mental-health-suicidal-thoughts-children/>



The Samaritans are open 365 days a year, day or night. You can **call free on 116123**.

Experts say physical activity allows children to have a better outlook on life by building confidence, managing anxiety and depression, and increasing self-esteem and cognitive skills.

There are lots of activities that students can get involved with at school that can help to make them feel great about themselves.

Noel-Baker Academy offers an extensive extra-curricular programme which is led by the Physical Education team. All sports clubs run until 4.15pm and activities are as follows;

Monday

Girl's fitness
Basketball
Rugby

Tuesday

No clubs due
to staff training

Wednesday

Gymnastics
Girl's football
Rugby

Thursday

Netball
Boy's fitness
Upbeat Dance (£2)

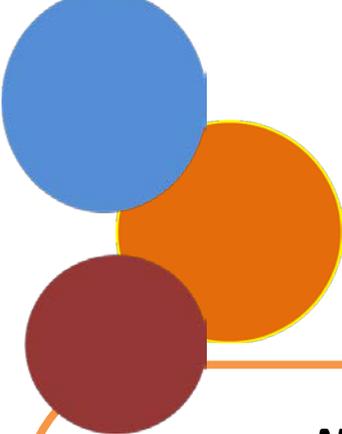
Friday

Futsal

In addition to sports clubs, Noel Baker Academy will be offering the following that students can access after school that can positively affect their mental health and wellbeing;

- Mindfulness and meditation - Information sent out in due course.
- Involvement in the school production – Monday, Wednesday, Thursday, Friday.
- Art club – Mondays later in the year, information sent out in due course.
- Chess club – Wednesday.
- Duke of Edinburgh - Information sent out in due course.
- Astronomy - Information sent out in due course.
- Horrible History drama – Thursday.
- Random acts of kindness club - Information sent out in due course.
- Debating club - Information sent out in due course.
- Royal Institute lectures - Information sent out in due course.
- Further maths - Information sent out in due course.

Any many more!



Coffee Evening Invitation

Noel-Baker Academy invites you to

**Parents Mental Wellbeing coffee evening
Tuesday 5th November 2019
5.30 – 6.30 pm**

An opportunity for a coffee and a chat and also to meet our Academy counsellor and members of the team to discuss Mental Health and to look at what support you would like moving forwards.

Please indicate below if you are able to attend and return to Reception.

Reply slip – NBA Coffee Evening (Please return to Reception)

Name of parent:

Name and form of student:

I/We would like to attend the Coffee Evening on Tuesday 5th November.
(delete as appropriate)

Signed: _____ Date: _____