

Mental Health and Wellbeing

Welcome to our first mental health and wellbeing newsletter.

At Faringdon learning Trust we are committed to the wellbeing of our students and wider school community. We know that our wellbeing, physical and mental health, are all vital to family and school life and our aim is to support you with helpful resources to empower both adults and children to keep healthy.

We look forward to supporting you.

Last week was Children's Mental Health week. The theme for the week was 'Express Yourself'. Expressing your feelings, thoughts and ideas creatively.



Duchess of Cambridge, an assembly to mark the start of the week, art activities and games that you can play, to express yourselves.

<https://www.childrensmentalhealthweek.org.uk/>

In addition there are links to resources from various trusted partner organisations. Use some of these to start a conversation with your child and enjoy quality time together while enjoying fun activities.

Follow the link to the Place2Be website where you will find resources to have a go at, at home.



There is a message from HRH The

Enjoy!



Benefits of exercise and healthy eating to support positive mental health and physical wellbeing

By: Rachael Kenyon, Trust PE and Enrichment Lead



There are many reasons why physical activity is good for your body - having a healthy heart and improving your joints and bones are just two, but did you know that physical activity is also beneficial for your mental health and wellbeing? Physical activity

has a huge potential to enhance our wellbeing. Even a short burst of 10 minutes brisk walking increases our mental alertness, energy and positive mood.

Participation in regular physical exercise can increase our self-esteem and reduce stress and anxiety. It also plays a role in preventing the development of mental health problems and in improving the quality of life of people experiencing mental health problems.

Physical activity is often prescribed by medics as an alternative treatment for depression and anxiety.

There is also a lot of research to suggest that what we eat may affect not just our physical health, but also our mental health and wellbeing. Studies found that a Mediterranean diet rich in fruit, vegetables, legumes, nuts, beans, cereals, grains and fish can contribute to the feelings of wellbeing and reduce anxiety and depression.

See the Eatwell guide on NHS website. For more details about how physical activity can help increase wellbeing and prevent or manage mental health problems visit these websites:

www.mentalhealth.org.uk

www.nhs.uk

www.mind.org.uk

www.youthsporttrust.org

(primary PE Activities, After School Sports Club)

School Health Nurse

Hello, my name is Fran and I am the NHS School Health Nurse at Faringdon Community College. My role within the school is to support young people with a wide range of health needs. I work closely with other professionals and school staff to support students to be both



physically and emotionally healthy, make informed lifestyle choices, improve their physical and emotional health and to reach their full potential.

Emotional health has never been so important and during times of challenge and change, it is especially important to protect our wellbeing. Taking care of yourself and maintaining a balanced lifestyle has been shown to reduce your physical and emotional vulnerability and increase your resilience to life's challenges. Poor mental health can manifest itself in a variety of ways; anxiety, low mood, self-harm, loneliness and sadness. The [NHS five steps to mental wellbeing](#) can support changes that can positively impact

emotional wellbeing. Evidence has demonstrated how activities and ideas that are based around the five steps can promote and improve mental health.

Mental health services that can offer further support to young people, include; [Children and Adolescent Mental Health Service \(CAMHS\)](#) an organisation that can support young people, parents and carers to understand and help with common mental health problems. [YoungMinds - children and young people's mental health charity](#), [Every Mind Matters](#) and [Childline](#) also offer a range of resources that include self-help tools and guidance.

Top Tips for Parenting during Lockdown

The Coronavirus has changed lots of things about family life and as parents we understand the worries, stresses and impact this can have on not only the daily routine but also on the mental health of parents and children. It is important to remember that everyone copes with these feelings and challenges in different ways and its ok to seek support.

Family Links is a national charity dedicated to the promotion of emotional health at home, at school, and at work.. The **Family Links** vision is for every child and parent to be able to realise their individual potential, enjoy positive relationships and live healthy and fulfilled lives.



The Nurturing Programme

What we pay attention to is what we get more of

As adults we like the feeling of being recognised for the efforts we make, whether in our home lives or work lives. Children are the same

They like to please us, but some of the ways we want them to behave aren't easy for them to learn

- ☉ It's easier to learn a new behaviour if we are appreciated when we remember it.
- ☉ Reward effort as well as achievement.
- ☉ Reward little and often, and remember that our time, pleasure and attention are the best rewards of all!

Remember rewards do not need to be from a shop: Making time for a game, a craft session or a movie night is also rewarding, How many marbles in a jar or stickers do they need for extra special time at the weekend.

We all need time to calm down

Just like adults, children go through a range of emotions and feelings through the day and these can often feel heightened during the period of lockdown.

When emotions are running high, a cooling-off time gives everyone the chance to calm down

- ☉ Allowing time to calm down helps us as parents to hold on to clear boundaries without nagging or adding our own angry outbursts.
- ☉ Sometimes our children need to release their frustration or anger safely before they can calm down.
- ☉ Parents can show children how to calm down by taking time to calm down themselves.

The goal isn't never feel angry but to understand your anger and find healthy ways to respond to it.

Take time to realise and release

Please contact: LAWright@fis.faringdonlearningtrust.org for more information on the nurturing programme.

Online Safety

Stay Safe Online
Remember the five smart rules when using the internet and mobile phones

- S Safe** Keep safe by being careful not to give out personal information when chatting or posting online. Personal information includes your email address, phone number and password.
- M Meeting** Meeting someone you have only seen or talked with online can be dangerous. Never meet online friends and chat strangers even if you have been talking to them for a long time.
- A Accepting** Accepting emails, IM messages, or opening files, pictures or texts from people you don't know or trust can lead to problems—they may contain viruses or nasty messages!
- R Reliable** Someone online might be about who they are and information on the internet may not be true. Always check information with other websites, books or someone who knows.
- T Tell** Tell your parent, carer or a trusted adult if someone or something makes you feel uncomfortable or worried or if you or someone you know is being bullied online. For more information see the e-safety page on the school website.

Children are spending more time online that usual in these current times. During this time of lockdown the messaging about keeping safe online is so important.

Parents are needing to do more than ever before to keep their children and teens safe in the digital world. Every day there are new apps and platforms emerging. How can they stay in the know?

National Online Safety have developed a new app for parents with information available to adults in a click or swipe.

REMOTE EDUCATION 10 TOP TIPS FOR CHILDREN

1. TAKE BREAKS TO REST YOUR EYES
2. TAKE BREAKS TO MOVE YOUR BODY
3. TAKE BREAKS TO TALK TO YOUR FRIENDS
4. TAKE BREAKS TO EAT AND DRINK
5. TAKE BREAKS TO RELAX
6. TAKE BREAKS TO DO YOUR OWN THINGS
7. TAKE BREAKS TO HELP OTHERS
8. TAKE BREAKS TO LEARN
9. TAKE BREAKS TO PLAY
10. TAKE BREAKS TO BE HAPPY



APPS for families



www.nhs.uk/apps-library/

There are a range of apps recommended on the NHS website.

Please share this with students and families who might benefit from some meditation, mindfulness or other mental health and wellbeing support.



Useful Websites



Here are some websites that you can share with parents and older children so they are able to access and explore support that they may feel they need. The NHS website offers a wealth of

information and resources for anyone who feels they need help.

www.nhs.uk

Oxfordshire CAMHS Single Point of Access have a broad range of self help guides.

www.oxfordhealth.nhs.uk/camhs/oxon/helping-yourself

MIND are a nationally recognized charity supporting adults.

www.mind.org

YOUNGMiNDS are a nationally recognized charity supporting children and young people

www.youngminds.org.uk

CALMZONE offer accredited, confidential and free support to men anywhere in the UK.

www.thecalmzone.net/help/get-help

7 Top Tips for Supporting Children to EXPRESS THEMSELVES SAFELY ONLINE

The past year has left many children feeling uncertain and worried. So Children's Mental Health Week 2021 has adopted the theme of 'express yourself'. It's not necessarily about being the best – but instead encouraging young people to relish the joy of being 'in the moment' and loving what they do. So whether they're into music, art, photography, film, drama or dance, here are our top tips for helping your child to express themselves safely online.

1 Celebrate their Identity

Celebrating who children are and reminding them of their uniqueness has a huge impact on their confidence and self-esteem. This week, remind them of what you love about them. You could revisit some photos and videos on your phone or computer of special times you've shared. Chat about the importance of finding time to do what they love; underline that it's an important part of who they are.

2 Promote Their Passions

It's different for all of us, but every child has something which ignites their passions and brings them joy. Perhaps they love music and you could introduce them to a music-making app? Or if they enjoy taking photos or making videos, use this week to set a photography or video competition at home, with some fun categories.

3 Support Their Interests

Some children seem to know instinctively what interests them and what they enjoy doing; others can be less decisive about hobbies. Spend some time this week sharing their interests and doing something connected to it together. You could make a short Lego film to post on your Instagram, a vlog about baking that you share with relatives, or just play with them on their favourite video game.

4 Help Them Help Others

Some children love to express themselves through activities which help others. Perhaps your local area's Facebook group has a community project that your family could get involved with – even as a one-off; it doesn't have to be a long-term commitment. Depending on your child's age, you could introduce them to online fundraising (such as sites like JustGiving, for example) and how it can make a difference to less fortunate people.

5 Enable Emotional Expression

Children sometimes need help in articulating how they're feeling and in beginning to understand how to manage their emotions. A safe, healthy way for your child to explore their feelings is to let them conduct an activity – like listening to a story, or creating some art – and discuss with them afterwards how it made them feel. There are lots of stories available on YouTube, while Audible is streaming children's audiobooks free of charge while schools are closed. YouTube also has a plethora of fun art tutorials (if you log in on an adult's account, remember to adjust your settings first to block inappropriate content and stop potentially unsuitable material auto-playing).

6 Let Them Stay Connected

The online world is a fantastic space for staying in contact with those who we can't be with right now. Young people are often very comfortable using social media to express themselves and stay connected by sharing their ideas, thoughts and feelings with friends. But bear in mind that most social media platforms require a child to be at least 13 before they should access it (WhatsApp is 16). Remind your child that, while it's OK to express who we are on social media, they should still always think before posting – and that their self-worth is never measured by their number of likes, friends or followers.

7 Coach 'Safe Sharing'

As part of expressing themselves, your child may want to share something online that they've created – like a funny video, a sketch, a meme or a dance. If they're too young to have their own social media, you could use your own account to share it with selected people who you trust. Emphasise the importance of only sharing content with people that your child knows well, like family and friends. This type of conversation is also useful for introducing young people to the risks and challenges that can come when expressing ourselves to a wider online audience of strangers.

Meet Our Expert

Anna Bateman is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department for Education, advising them on their mental health green paper.



About Children's Mental Health Week

Around three children in every primary school class has a mental health problem. Many more struggle with challenges from bullying to bereavement. Now in its seventh year, Children's Mental Health Week shines a spotlight on the importance of young people's mental health – and it's never seemed more relevant than it does in 2021.

Find out more at www.childrensmentalhealthweek.org.uk