



Archbishop Cranmer C of E Primary Academy Mental Health and Wellbeing Newsletter

December 2020 – Autumn Term 2



Welcome to the third edition of our Mental Health and Wellbeing newsletter. We wanted to create a space to share some of the amazing resources that are available to support the mental wealth of our school community.

You're Never Too Young To Talk Mental Health - Talking Mental Health with Young People

We all have mental health. Mental health is about our feelings, our thinking, our emotions and our moods. Looking after this is important, and encouraging children to understand and be open about their feelings can give them the skills to cope with the ups and downs that life will throw at them as they grow up. Here are 10 tips from the Anna Freud Centre for Children and Families for talking to children about mental health:

1. **Make conversations about mental health a normal part of life:** Anywhere is a good place to talk; in the car, walking the dog or cooking together. Model everyday talk about feeling such as talking about a TV character's feelings.
2. **Give your full attention:** We all know what it feels like to be half listened to. Keep eye contact, focus on the child and ignore distractions.
3. **Check your body language:** Try to keep it open and relaxed and make sure you come down to the child's level.
4. **Take it seriously:** Don't downplay what the child is saying or tell them that they're "just being silly". Resist the urge to reassure them that everything is fine.
5. **Ask open questions:** Such as "How did your day go today?" This will help to extend the conversation.
6. **Calmly stay with the feelings that arise:** It can be our automatic reaction to steer away from difficult emotions.
7. **Offer empathy rather than solutions:** Show that you accept what they are telling you but don't try to solve the problem.
8. **Remember we are all different:** Respect and value the child's feelings, even though they may be different to yours.
9. **Look for clues about feelings:** Listen to the child's words, tone of voice and body language.
10. **Some ways to start a conversation about feelings might be:** "How are you feeling at the moment?" "You don't seem your usual self, do you want to talk about it?" "Do you fancy a chat?" "I'm happy to listen if you need a chat."



Watch the animation with your child here: <https://www.youtube.com/watch?v=nCrjexv3-Js>

Supporting Anxiety

Anxiety is a normal, healthy emotion. However, it can become an issue when a person feels anxiety which is constant and/or overwhelming. Anxiety can impact thoughts, feelings and behaviour and make people feel different things – everyone is different and unique. Anxiety happens because it's a stress response – part of our 'fight/ flight/ freeze' response. The following video can be used to help children understand what this means:

<https://www.youtube.com/watch?v=nCrjexv3-Js>

Children and young people can be supported with their anxieties by learning to understand their feelings and practicing positive self-talk.

Tracking My Feelings – Activity Tracker

When a child is feeling heightened emotions, they may sometimes find it difficult to identify specific causes. They may also struggle to employ coping strategies that work well for them. Through using a tracker, children can begin to name and scale their feelings and attribute them to events in the day that may have increased positive or negative emotions. These results can then be used to plan further opportunities for positive moments, identify triggers to avoid, and build a bank of coping strategies with the support from an adult.

Download the pack here: <https://www.mentallyhealthyschools.org.uk/media/2295/tracking-my-feelings.pdf>





The Happy Newspaper

The Happy Newspaper is a newspaper which celebrates only positive news. Published every three months, The Happy News aims to bring a refreshing twist on what we typically know as 'news', reporting on positive changes and truly inspiring people.

This December, we were lucky to receive 10 free copies of The Happy Newspaper for our children to enjoy in school. Why not find out more, or subscribe to some positivity through your post-box for 2021: <https://thehappynewspaper.com>

Journey to Wellness

Journey to Wellness are an illustrator, counsellor and published author who post useful infographics to encourage wellness, offering self-help activities, tips and tricks to try with yourself and your children. Follow them on Instagram for motivational infographics: https://www.instagram.com/journey_to_wellness/?hl=en

This Christmas, why not reflect on these thinking style infographics:

SPOTTING COMMON 'UNHELPFUL THINKING STYLES'

- CATASTROPHISING** - Blowing things out of proportion.
- LABELLING** - Assigning labels or name calling (self + others).
- JUMPING TO CONCLUSIONS** - predicting the outcome.
- MIND READING** - Imagining we know what others are thinking.
- FILTERING** - Ignoring the good things & paying attention to the bad.

OVERCOMING 'UNHELPFUL THINKING STYLES'

- IDENTIFY IT / NOTICE IT**
THE FIRST STEP IS SIMPLY TO BECOME AWARE OF UNHELPFUL THOUGHTS & THINKING STYLES. NOTICE IT & NAME IT.
- CHALLENGE IT**
NOT ALL THOUGHTS ARE TRUE - TIME TO CHECK OUT IF IT'S REALISTIC & TO GENTLY CHALLENGE IT. SOME USEFUL Q'S TO ASK YOURSELF: WHAT WOULD I SAY TO MY BEST FRIEND? IS THIS A FACT? WHAT ELSE COULD BE TRUE?
- RE-WRITE IT**
COME UP WITH A MORE REALISTIC, KIND, HELPFUL, HEALTHY & BALANCED THOUGHT.
- BE MINDFUL**
YOU CAN ALSO JUST SIMPLY OBSERVE THE THOUGHT, WITHOUT JUDGEMENT, & ALLOW IT TO PASS.
- DISTRACT**
OR YOU CAN TRY DISTRACTING FROM UNHELPFUL OR REPETITIVE THOUGHTS, WITH HEALTHY ACTIVITIES.

Turning Point - The Nottinghamshire Mental Health Helpline

Turning Point offer access to support for people who need emotional support or information about their mental health. When you call the helpline, you will speak to an experienced, trained worker who will listen and support you to find solutions or options to help you move forward with what is happening in your life. It is often a relief to speak openly to someone you don't know in confidence. The helpline worker will also be able to guide you to other organisations that may be of help to you.

The helpline is delivered by Turning Point, a national social enterprise, which has provided specialist mental health services on behalf of the NHS in Nottingham for over 30 years including a residential crisis service and also transitional residential support for people following a stay on a mental health ward.



You talk, we listen, we help.

**Turning Point Nottinghamshire
Mental Health Helpline**

0300 555 0730

9am - 11pm, 7 days a week

www.turning-point.co.uk/nottingham-helpline

Nottinghamshire Healthcare
NHS Foundation Trust

TURNING POINT
NOTTINGHAMSHIRE
MENTAL HEALTH
HELPLINE

For more links, resources and support, please see our school website:

<https://www.archbishopcranmer.co.uk/covid-19-useful-links/>

If you come across any useful links, resources or organisations which could feature on our future newsletters, please contact Mrs Hodgson via the school office. Thank you.