

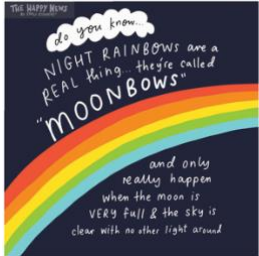


# Archbishop Cranmer C of E Primary Academy Mental Health and Wellbeing Newsletter



July 2021 – Summer Term 2

Welcome to the sixth 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.



## The Happy Newspaper – Resource Packs

We love receiving our copies of The Happy Newspaper in our classes every quarter, where pupils enjoy discovering more about the happy events happening all around us. Emily Coxhead, The Happy Newspaper founder, has created a series of resource packs which are free to download from The Happy Newspaper website. The packs contain lots of exciting activities to boost positive wellbeing, including ideas for making a gratitude jar, colouring sheets and much more! Access the resources [here](#).

## Self-Care Summer

The Anna Freud National Centre for Children and Families have created a #SelfcareSummer pack which is full of fun activities designed to help children to look after their mental health and wellbeing while enjoying themselves. It also signposts to additional support if they need it. Download the pack [here](#).

As part of the campaign, the Centre have created 'Challenge Tuesdays', where every Tuesday in August, you can share examples of your self-care strategies by asking a parent or carer to post an image of your art, photography, poetry or crafts. Simply take a picture and ask them to share using #SelfcareSummer, tagging our school @Aslocktonschool and @afncf.



## Managing the Transition Back to School

Although we have only just broken up for the summer holidays, pupils may be feeling anxious about the return to school and the changes ahead of them. During any transition period, it's important that children are able to talk about their concerns and are supported to cope with any readjustments. Change is a normal part of life and can provide opportunities for children and young people to develop their resilience. Young Minds suggest 10 ways for parents and carers to help children to cope with change:

- **Choose health** - Know what affects your child, what makes them grumpy, hyper, disconnected – trust that you know your child and give them the basics that they need to cope with difficult days.
- **Work together** - Share ideas about how to: create action plans; have a problem-solving approach; enjoy achievements; be forward-looking; show them that we can all get things wrong.
- **Be wise** - As they discover new things, try to: be interested; be non-judgemental; guide; give boundaries; see it from all sides; listen to their point of view; choose your words carefully; act on warning bells.
- **Be calm** – Try to stay calm whilst your child is feeling distressed. Your child may show: highs and lows; melodrama; anger; blame, self-centeredness.
- **Communicate** – The small things you do make all the difference: keep taking, texting, listening, hearing, hugging, sympathising, smiling, reassuring, checking, sharing, suggesting, encouraging, respecting.
- **Get learning** – Be involved, find out more and talk about: social media; internet benefits and dangers; new music, language; current affairs; what it's like to be young in the current world.
- **Move on up** – Encourage independence: help them to move positively as they grow in their identity; increase responsibilities; be positive when they act maturely and be aware of your child's changing needs – this might sometimes feel like one step forwards, two steps back.
- **Be the anchor** – In times of change you are: constant; family; familiar; routine; in-jokers; irritating; comforting; home.
- **Have fun** – Provide lots of light relief: be silly; be embarrassing; play games; laugh together; do stuff together; make jokes; make things; be outside.
- **Look after yourself** – Support yourself, to best support your child: lean on friends; offload on other family; find 'me time'; relax, exercise, sleep well, eat well; remember, tomorrow is a new day.

Healthy Family Teams  
Contact Details

**Advice Line**

0300 123 3387 (OPTION 4)

**ChatHealth**

TEXT ONLY 07507 329952 (11-19 YEAR OLDS)

**Parentline**

TEXT ONLY 07520 619919

**Health for U5s**

WWW.HEALTHFORU5S.CO.UK

**Family Nurse  
Partnership**

01623 484829

**Health for Kids**

WWW.HEALTHFORKIDS.CO.UK

**Health for Teens**

WWW.HEALTHFORTEENS.CO.UK

www.nottinghamshirehealthcare.nhs.uk/healthy-family-teams



**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

**NHS**  
Nottinghamshire Healthcare  
NHS Foundation Trust



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

<https://www.archbishopcranmer.co.uk/health-and-wellbeing-guidance/>

*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.*