



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



January 2022 – Spring Term

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

Letting Children Feel Their Feelings

When we push uncomfortable feelings away we teach children that they should bottle their feelings up, which often results in explosions later, and prevents emotional learning and healing. Instead we should hold space for their sadness, anger, fear by teaching our children how they can soothe themselves, pick themselves up, and move on from physical and emotional hurts.

[Big Life Journal](#) have some suggestions of ways in which we can let children feel their feelings, and help them to understand that feelings are okay.

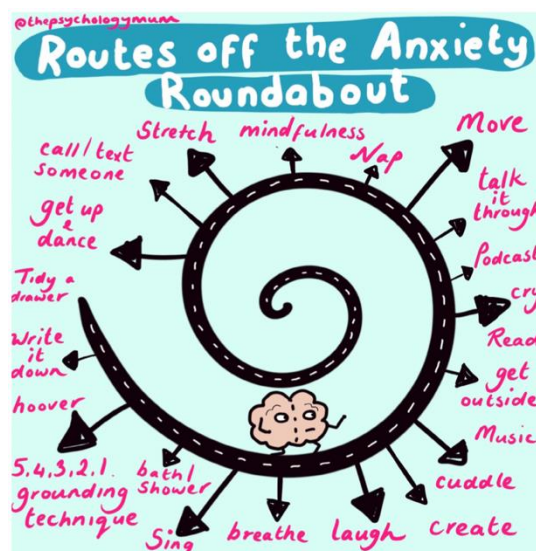
Instead of...	Try this...
Distracting with treats or screen time: "Let's get your favourite ice cream, it will make you feel better."	Show empathy: "I know this is really hard for you. I'm here for you if you need me."
Pushing the sadness away because it makes you feel uncomfortable: "Go to your room until you can come back with a smile."	Give encouragement: "It's okay to feel sad. Our emotions help us to process things. Everyone feels sad sometimes."
Bottling up the sadness with positivity: "Let's just think about something happy."	Give ideas to help process the sadness: "Do you want to talk or write about what you're feeling."
Making your child feel like there's something wrong with them: "Just stop crying, you've been crying all day."	Offer attentive listening: "I'm here if you want to talk or need a hug."

Mental Health and the Impact of Covid – Routes off the Anxiety Roundabout

National data indicates that the current global pandemic is resulting in increased anxiety and reduced wellbeing for many of us. It is important to also acknowledge that some people have recognised that the current situation has impacted positively on their mental health, where reduced choice has allowed for more focus on what matters to them, slowing down and appreciating what they have.

When you're feeling anxious, your body's sympathetic nervous system escalates, adrenaline and cortisol are released to get your body ready to run, hide or fight. This sets off a huge range of physiological sensations – tightened muscles, rapid breathing, shaky extremities, sweaty skin, redness rising, stomach emptying, bowels constricting, burning energy, blood flowing to your limbs. It doesn't feel nice, but it's just physiology... it's your body using too much energy and directing this energy in a possibly misguided attempt to be helpful. Psychologist Dr Emma Hepburn

(@thepsychologymum) notes that what you do at this point can either push you further round the 'anxiety roundabout' or it can help you to find a route off. To get off the anxiety roundabout you need to find ways to de-escalate the sympathetic system and try to engage the parasympathetic system instead, which helps you rest and digest, and calm things down. Try to find something that changes your physiology – exercise is great for this as it uses up extra energy and automatically triggers different chemicals that usually help to calm your body down. But there are lots of ways to do this – usually these involve a change in what you're doing, a shift in your attention or doing something calming. This will be unique to you.



These are anxious times: we can't stop being anxious (it's human) and we need to recognise how we are feeling (and not shame ourselves for this). This is also important to show your child/ren that feeling anxious is normal and to help them to find ways of de-escalating their sympathetic nervous systems and ramp up their parasympathetic system to help change the physiological reactions that are creating the anxiety.

Healthy Sleep Tips for Children

Good sleep is important for your child’s physical and mental wellbeing. A relaxing bedtime routine is an important way to help your child/ren to get a good night’s sleep.



The NHS recommend doing the same relaxing things in the same order and at the same time each night helps to promote good sleep. Why not try:

- A warm (not hot) bath – this will help your child relax and get ready for sleep;
- Keeping lights dim – this encourages your child’s body to produce the sleep hormone, melatonin;
- Once in bed, encourage your child to read quietly or listen to some relaxing music, or read a story together. Sleep stories and meditations are great for this:
 - Amazon Audible have [free guided meditations](#) that can be played via your Alexa;
 - If you have a [Yoto Player](#), meditation and sleep story cards are available;
 - The [Headspace App](#) has lots of lovely meditations and sleep stories for children;
 - The [Calm App](#) also has a section of sleep stories especially for children.
- You could suggest that your child tries relaxing breathing exercises before bed.

Find more sleep tips on the NHS website [here](#) or watch the Nottinghamshire Mental Health Support Team’s Sleep Workshop webinar [here](#).

Children’s Mental Health Week – 7-13th February 2022



Children’s Mental Health Week is run by children’s mental health charity Place2Be to focus on the importance of looking after our emotional wellbeing from an early age. This year’s theme is ‘Growing Together’. The theme is encouraging children (and adults) to consider how they have grown, what they need to help them grow, and how they can help others grow too. We will be supporting Children’s Mental Health week in school in classes and during assemblies with the help of our Pupil Parliament Ministers for Wellbeing. To join in with raising awareness, Place2Be have shared some exciting activities to try home, too! One idea is to create your own ‘Support Balloon’ to help explore how children and adults support one another to grow together. You can watch the tutorial [here](#). Find more activities and a wealth of other resources and advice about children’s mental health on [Place2Be’s website](#).

Nottinghamshire Healthcare
NHS Foundation Trust

Let's Talk - Wellbeing
Your local NHS IAPT service

Feeling low, anxious or stressed?
Let's Talk – Wellbeing provides talking therapies for people aged 18 and over in Nottingham and parts of Nottinghamshire.

Call us on **0300 300 2200**
Self-refer online at www.letstalkwellbeing.co.uk

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



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

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