



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

October 2020 – Autumn Term 1



Welcome to the second 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.

#HelloYellow Day – World Mental Health Awareness Day

On Friday 9th October we took part in YoungMinds' #HelloYellow Day to raise awareness of ways to look after our mental health whilst celebrating coming together and boosting our well-being. **Thank you** to all of the families who supported the cause by wearing yellow. We raised just under £90 in cash donations!

You can donate to YoungMinds here:

<https://www.justgiving.com/campaign/helloyellow2020>

Or explore the wealth of resources available on their website here:

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

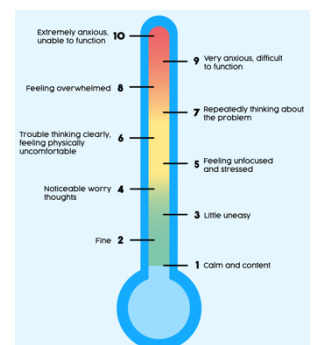


Supporting Children Who Are Worried

Advice from the Anna Freud National Centre for Children and Families, written by clinicians. Find out more here:

<https://www.annafreud.org/schools-and-colleges/resources/7-ways-to-support-children-and-young-people-who-are-worried/>

- 1. Create a space for conversation:** Demonstrate that you are available to talk but don't force the conversation. Children often find it easier to talk while doing another activity, such as drawing, going for a walk or baking.
- 2. Demonstrate calm:** Try to model a calm and measured response – children are good at noticing when others around them are anxious and will watch the behaviour of others to work out whether they should feel anxious themselves.
- 3. Empathise and validate:** We often want to reassure children, and to help find solutions to make them feel better, but first, spend time listening, ask questions and show an interest in viewing things from their perspective. Accept their worry, anger and sadness about how things are at present. Try to avoid early reassurance and recognise that these feelings are common and understandable.
- 4. Introduce alternative perspectives and ways of thinking:** A worry is a thought, not necessarily a fact. Listen and try to understand exactly what they are concerned about. Explore alternative ways of looking at things to help put worries into perspective and in turn result in less anxiety-provoking conclusions.
- 5. Reduce environmental stresses:** Help the child to consider and recognise what makes anxiety worse, e.g. exposure to stressful stimuli such as social media/news. Try to keep to a routine and try not to add pressure if they seem overwhelmed. Emphasise the importance of self-care and being kind to themselves.
- 6. Problem solving and coping:** Focus on emphasising confidence in the child's ability to cope and engage them in helping to think about different strategies. For example:
 - **Future and action orientation** – "... so what are we going to do about this? We can't do ..., but we can do"
 - **Holding the hope** – that somehow this situation may make space for something different and better to happen.
 - **Keeping up healthy habits** – school and domestic routines.
- 7. Check in and monitor progress:** A critical part of the process is to carefully observe the impact of any suggestions or changes in approach with the child. This could be done using an [Anxiety Thermometer](#) which is based on the child's response, where by putting steps in place, the child's Anxiety Thermometer will reduce over time.



Happiness: A Skill You Can Learn

Western neuroscience has now confirmed what Eastern wisdom has known for a long time: happiness is a skill we can learn. Research shows that happiness, compassion and kindness are the products of skills that can be learned and enhanced through training, thanks to the neuroplasticity of our brains.

How Many Positives? Activity

Many people may find it difficult to think positively and regular negative thoughts can become a habit which affects our overall mood and levels of happiness. Why not try the below activity with your child/ren to help them to visualise and recognise positive features in themselves.

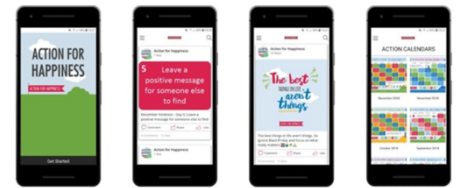


1. Introduce the ideas of looking for positives. Explain that thinking positively or negatively can become a habit and can affect your mood and levels of happiness.
2. Describe how sometimes we can all get in the habit of noticing the negative stuff more than the positive, and this activity helps to rebalance this.
3. Use this [template](#) and record some words in each shape under 'I am', 'I can', 'I have'.
4. Revisit the activity after some time to add to their list of assets.

Action for Happiness App

Action for Happiness is a registered charity who aim to try to create more happiness in the world around them. They provide ideas and resources to enable people to take action!

They have created a free app which aims to give users a couple of friendly 'nudges' each day, send inspiring messages to give you a boost and also helps to connect and share ideas with like-minded people.



Download the iOS app here: https://apps.apple.com/app/id1445419017?mc_cid=7ce8918a7f&mc_eid=ce70b6fb31

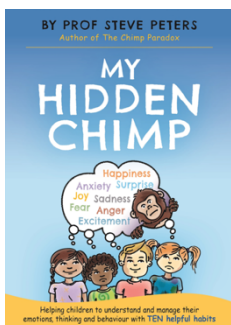
Download the Android app here:

https://play.google.com/store/apps/details?id=uk.co.disciplemedia.actionforhappin&mc_cid=7ce8918a7f&mc_eid=ce70b6fb31

Isolation Diary Booklet for Children

If children have to stay at home for 14 days to isolate, ELSA support have created an isolation diary to help nurture well-being. The booklet contains 10 daily challenges which don't take long to do but focus on maintaining happiness during isolation from school.

Download the pack for free, here: <https://www.elsa-support.co.uk/isolation-diary-booklet-for-children/>



My Hidden Chimp

My Hidden Chimp is a book offering ideas and thoughts on how to help children to understand and manage their emotions, thinking and behaviour with their helpful habits. Written by Professor Steve Peters, a consultant psychiatrist who specialised in the functioning of the human mind, the book discusses the science behind habits of life in a practical way, with exercises and activities to help children to think the habits through and start putting them into practice.

The book can be bought from Amazon here: <https://www.amazon.co.uk/My-Hidden-Chimp-author-Paradox/dp/1787413713>

Talk PANTS with NSPCC

Talk PANTS is a simple conversation to keep children safe from abuse. From P through to S, each letter of PANTS provides a simple but valuable rule that can help children understand what abuse is and how to speak out. NSPCC have created a range of parent and carer guides, including guides for parents and carers of children with learning difficulties and autism. Download a guide here:

<https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/pants-underwear-rule/>



The NSPCC also have a wide range of **online safety resources** to support parents and carers to keep their children safe online. For more information, visit: <https://www.net-aware.org.uk>

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.