

Mental Health and Wellbeing blog

Often, there is a lot of confusion surrounding the term 'wellbeing', so what exactly do we mean by the word? Good wellbeing can be described as when a person is feeling happy and contented most of the time and is able to experience joy and fulfilment. If difficulties do happen, they can accept and manage them. Developing wellbeing is essential, not only to protect against the onset of mental health problems earlier, but to increase our pupils' ability to use the strategies for positive mental health.

Classroom catch up: The children have settled back into their routines well following their half term break. Similarly to last year, we have continued with our daily emotional check ins in each class to give the children a space to regularly communicate how they are feeling with those around them. Our biscuit times are a great way to address these feelings and the strategies that the children can use to support them when their emotions are heightened. This term, we will be working with the School's wellbeing Service for Thurrock to train a selected group of year 5 pupils to become Wellbeing champions. The aim of this training programme is to empower our pupils to lead positive change and increase wellbeing and resilience in themselves and their peers. Over the course of the term, Year 4 will be taking part in a 'My emotions' workshop which aims to support them to learn how to describe their emotions, to understand how their emotions can affect their bodies and how to use some body clues to help them spot their emotions.

School's wellbeing Service and The Mental Health Support Team

As a school, we work in collaboration with two external teams: The School's Wellbeing Service (Thurrock) and The Mental Health Support Team. Both teams are incredible and support us with our referral processes, as well as coming into our school to run workshops for our pupils, parents and carers.

The School's wellbeing service (Thurrock)



JACKIE



SAM



KAREN



LISA

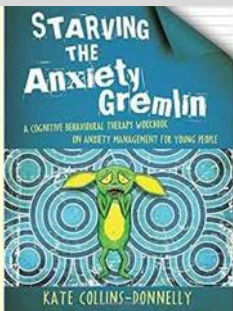
The support the School's Wellbeing Service offer:

The school wellbeing service have trained our staff to run interventions based on a book series by a psychotherapist and child psychologist called Kate Collins-Donnelly.

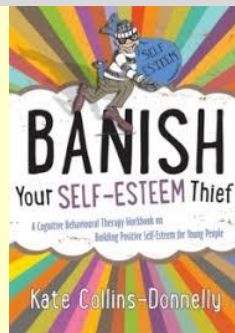
These interventions focus on understanding the emotion discussed and why your child may feel anxious, angry, scared or low sometimes. It does this using CBT theory. CBT (Cognitive Behavioural Therapy) looks at the links between our behaviours, thoughts and emotions and how they all impact each other.

Another focus is neuroscience (how the brain works). This can also answer lots of questions we sometimes have about why our children behave the way they do.

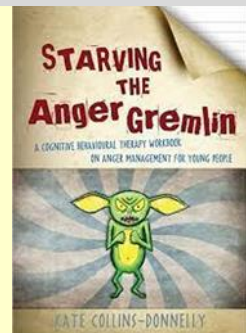
Throughout the interventions, children can learn strategies to help manage their anxiety/anger/self-esteem and cope in the moment when it starts to feel overwhelming.



**Starving the Anxiety
Gremlin**



**Banish your Self-Esteem
Thief**



**Starving the Anger
Gremlin**

If you have any concerns about your child, or would like to know more about the interventions available to support your child's wellbeing in school, please contact Mrs. Allen.



NELFT **NHS**
NHS Foundation Trust

Mental Health Support Team



Who are we?

We are a team of Education Mental Health Practitioners who are working in schools as part of the Government's national plans to support mental health in schools. We aim to support schools and parents to improve children's emotional wellbeing and build resilience.

Thurrock Patient Primary leaflet

Who do we work with?

We work with parents whose child may be struggling with:

Difficult or challenging behaviour (up to age 8)

- Does your child struggle to follow rules? Struggle with temper tantrums? Have difficulty following requests?

Mild anxiety (any age - primary school)

- Does your child seem nervous and easily frightened? Does your child worry a lot? Does your child need continual reassurance?

If the answer is 'yes' to any or all of these questions then we may be able to help you!



For more information →

What we offer
What we provide
Who do I contact



What do we offer parents?

- We can meet with you for up to 8 weekly sessions of support (individually or in groups) to provide information, advice, guidance and tips on how to support your child with their behaviour or their anxiety.
- We aim to provide you with new skills that will help your child to manage challenges, regulate their emotions and build confidence.

What else do we offer?

- We offer workshops for whole classes and groups of children, such as 'Managing the transition to secondary school or 'Building resilience'.
- We offer parent workshops, such as 'Understanding your child's behaviour' and other topics related to emotional wellbeing.
- Sign-posting and advice about other support services.

If you think that your child would benefit from this support, please contact Miss. Mills or Mrs. Allen.

Mental Health First Aider for staff and parents:

How are you?

Sad? Stressed? Anxious?

Worried? Tearful? Overwhelmed?

Want help?



Your Mental Health First Aider is

Miss. Mills

There are plenty of different types of support out there, and a Mental Health First Aider can help you access the support you need to feel better. Mental Health First Aiders are a point of contact if you, or someone you are concerned about, are experiencing a Mental Health issue or emotional distress. They are not therapists or psychiatrists but they can give you initial support and signpost you to appropriate help if required. To arrange a meeting, please contact me via email: mhfa.etp@osborne.coop

Need support right now?

No matter what you're going through, we're here for you. If you need support, talk to us.



0300 123 3393
(Open 9am–6pm weekdays)
mind.org.uk



0808 801 0525
(Open 9.30am–4pm weekdays)
rethink.org

SAMARITANS

116 123 (free to call)
(Open 24/7)
samaritans.org

shout
85258

Text SHOUT to 85258
(Free and open 24/7)
giveusashout.org

THE MIX
Essential support for under 25s

0808 808 4994
(Open 4pm–11pm)
themix.org.uk

YOUNGMINDS

Call our Parents Helpline
0808 802 5544
(Open 9.30am–4pm weekdays)
youngminds.org.uk

Upcoming events in school:

The Mental Health Support team will be running an anxiety workshop in school this term. This will take place on the 23rd November 2022 at 9am. More information on this will follow shortly so please ensure you keep up to date with our social page and the newsletter.