



# Looking after our children's wellbeing at Paget...

## -Newsletter 9 -

Hi there,

Welcome back after the Easter break! The children and staff are busy back at school but still finding time to look after their mental health! This week has seen the start of the Birmingham SGO's Wellbeing week challenges to help support the children's mental health. They are running four themed weeks to support schools and young people in the community and there are lots of resources and activities for you and the children to use and take part in. Please tweet your participation, we look forward to what you have been up to!

Activities include yoga, mindfulness, physical activities, playing and gratitude hands.

## -Spotlight on Paget Well being -

Thought I would take this opportunity to share with you what Paget are doing in school for mental health. Paget offers any opportunities to do physical activities as well as opportunities to relax which are both ways to promote wellbeing and positive mental health.



Here are some of our Paget wellbeing activities:

- Lunch games and challenges to play outside
- Mindfulness activities
- Yoga and relaxation
  
- Wellbeing week
- Active Learning
- Themed Days
- Charity Days
- Christmas Fayres
- Residential visits

- Educational day visits
- After school clubs

## -A reminder of places to go to for support and advice online and local resources-



This website from the NHS offers expert advice and practical tips to help you look after your child's mental health and wellbeing as well as the rest of the family. <https://www.nhs.uk/oneyou/every-mindmatters/>



The NSPCC are offering support and advice if you feel your child is struggling with their mental health and anxiety due to the coronavirus. More information and advice can be found on their website: <https://www.nspcc.org.uk/keeping-children-safe/coronavirus-advice-support-childrenfamilies-parents>



Young Minds - <https://youngminds.org.uk/>

The BBC Newsround site has a comprehensive section on coronavirus with text and video guidance focusing on tips if a child is worried, how to wash your hands, and what self-isolation means: <https://www.bbc.co.uk/newsround/51204456>



**It's okay...**

... not to feel okay. If you're worried, anxious, or just a little down, you can talk to us.

- Call our helpline, open 24/7: 0121 262 355
- Talk to us online via Live Chat (10am-7pm): [birminghammind.org](http://birminghammind.org)
- Email us anytime on: [help@birminghammind.org](mailto:help@birminghammind.org)

Get in touch today

- We're here to help you -

## Pause.



Need someone to talk to?  
Struggling to cope with feelings?  
We're here for you.

We are operating a telephone-based service while Pause in Digbeth is closed. Register for support via our website: [www.forwardthinkingbirmingham.org.uk/services/13-pause](http://www.forwardthinkingbirmingham.org.uk/services/13-pause)

Or call 0207 841 4470 and we will arrange for one of our friendly staff to call you back.

### Who can use us?

You can use us if you have a Birmingham GP and are:

- Under 25 years old (If you are under 14 you will need to have a parent / caregiver with you when we call to give consent).
- Or if you are a parent / caregiver looking for support for their child who is under 25 years old.

### How can we help?

We can offer:

- Self-help strategies, skills for managing difficult situations and feelings.
- A non-judgemental listening ear.
- Details for other organisations that might also be able to help you.
- Each call lasts around 20-30 minutes which focuses on ways forward.

### Our Opening Hours:

Monday to Friday: 10am-6pm, Saturdays: 10am-5pm.  
We are closed on Sundays and Bank Holidays.



## ***-Final note-***

### **Wellbeing referral**

Should you feel that you or your child requires any additional support, your child's class teacher should be your first contact point. If this is not possible please feel free to contact the school Pastoral team, Miss Spiers or Miss Green, or our Paget Mental Health and Wellbeing lead, Mrs Ewbank for support. We are always here to listen. There will be things we can do to further and support you.

Please share any of ideas you have of your children looking after their mental health on our twitter @pagetprimary and use the hashtag #pagetwellbeing

Stay safe in both body and mind

Mrs Ewbank

SEMH and Wellbeing Lead