



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

-Newsletter 1 September 2021-

Hi there,

- Welcome Back!-

Welcome to the first 'Wellbeing and Mental Health' newsletter of the new year! It has been so lovely to see the children back to school and settling into their new classes and with their new teachers. Returning to school can cause your child to be anxious and worry. It is really important to look after a child's mental health at home and at school. We have enjoyed lessons this week that focus on mindfulness, social and emotional issues, being creative and getting active, as well as ice breaker activities so the children get to know each other and their teachers. These lessons will continue into next week so the children have as much opportunities to share how they are feeling and any worries that they have.

-What is Mental Health?-

We all have mental health. Mental health is about our feelings, our thinking, our emotions and our moods. Looking after our mental health is important. We all have small feelings every day; these can sometimes feel strong and overwhelming, whether happy or sad, but they go away before too long. Sometimes we experience big feelings; these feel strong and overwhelming for a long time. They stop us doing what we want to in our lives.



-Tips for talking to your child about their Mental Health-

The tips below are really useful for the beginning of the new school year.

1. Make conversations about mental health a normal part of life: Anywhere is a good place to talk; in the car, walking the dog or cooking together. Model everyday talk about feelings such as by talking about a TV character's feelings.
2. Give your full attention: We all know it's horrible to be half listened to. Keep eye contact, focus on the child and ignore distractions.

3. Check your body language: Try to keep it open and relaxed and make sure you come down to the child's level.
4. Take it seriously: Don't downplay what the child is saying or tell them they're "just being silly". Resist the urge to reassure them that everything is fine.
5. Ask open questions: Such as "How did your day go today?" This will help to extend the conversation.
6. Calmly stay with the feelings that arise: It can be our automatic reaction to steer away from difficult emotions.
7. Offer empathy rather than solutions: Show that you accept what they are telling you but don't try to solve the problem.
8. Remember we are all different: Respect and value the child's feelings, even though they may be different to yours.
9. Look for clues about feelings: Listen to the child's words, tone of voice and body language.
10. Some ways to start a conversation about feelings might be: "How are you feeling at the moment?" "You don't seem your usual self. Do you want to talk about it?" "Do you fancy a chat?" "I'm happy to listen if you need a chat."



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



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>

YOUNGMINDS

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

This is a fantastic site to help your child as they start the new school year.

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 252 355

Talk to us online via Live Chat (10am-7pm): birminghammind.org

Email us anytime on: help@birminghammind.org

Get in touch today

- We're here to help you -

NHS Living Well Birmingham

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

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.

Forward Thinking Birmingham

The Children's Society

-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 our Paget Mental Health and Wellbeing lead, Mrs Ewbank for support or our school Pastoral Manager, Miss Spiers. We are always here to listen. There will be things we can do to further support you.

Please share any 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