

Wednesday 14th February 2024

Dear Parents/Carers

Children's Mental Health Week

Last week was Children's Mental Health week.

Each key stage took part in an assembly on mental health and ways that we can support our own and other's mental health. Key Stage 2's assembly was led by the Mental Health Support Team (MHST) who regularly work with the school. You can find more information on the MHST here: https://www.exeterschool.co.uk/safeguarding/mhst/

The 'Children's Mental Health Week' website also has a number of resources and information for parents and carers, including a link to the 'Parenting Smart' website (https://parentingsmart.place2be.org.uk/). We have also attached a document created by Children's Mental Health Week called, 'Top Tips for Families' and 'Top Tips for Children', which you may find helpful.

Yours sincerely,

Miss Doherty Head of School



DO YOU SOMETIMES WORRY ABOUT HOW YOU ARE FEELING? If so, read on!



Here are some brilliant tips from children just like you". These children have also had ups and downs with their mental health and want to pass on some ideas that have helped them:

- Ask for help from a teacher, parent, brother, sister, or other family member, Keep telling until someone listens to you.
- Remember you are not alone everyone goes through tough times.
 Be kind to yourself everyone is perfect in their own way.
- stay calm take some breaths or find somewhere to sit quietry for 2 minutes.
- Go outside and get some energie to make yourself feel stronger.
- espend time with your family and friends (or pets).
- It's akay to not always be akay.
- Think of your fovourite thing and write it down.
- Keep a diary to track all your emotions.
- Stay positive and focus on things that make you happy. If you can't think of anything, maybe a friend can help you.
- Remember you are enough, and you are the only you.
- If you are being builted, maybe the builty is being builted or has something going on at home and they're taking it but on someone eise.
 Tell an adult or trusted friend.





ABOUT HOW SOMEONE ELSE IS FEELING?

Things you can say to help support someone else:

Do you want to be my friend?

On you want to play?

I'm here for you.

You're a star!

"With thanks to the pupils at Seascape Primary School and Ark Globe Primary School.

BEANO



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MY VOICE MATTERS





TALKING TO YOUR CHILD ABOUT MENTAL HEALTH

Are you a parent or carer who wants to talk to your child about mental health?

This Children's Mental Health Well we want all thildren and young people, whoever they are, and wherever they are in the world, to be able to say – and believe - "My Voice Meters".

We visited primary and secondary schools to ask students what they wanted from the week - to help shape the activities we create for schools, the messaging we give to teathers, the tips we give to other children, and the advice we give to parents, carers and families.



LOOKING FOR FREE PRACTICAL ADVICE TO HELP YOU SUPPORT YOUR CHILD?

Parenting Smart, Plack2flar's site for parents and savers, is full of expert advice and ops an supporting primary-age children, and managing their behaviour, and act on their views.

(* PARENTINGSMART.ONG.UK

Here's what children and young people told us they need from you:

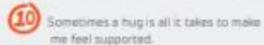
- We don't need to have 'one-off' conversations about our mental health'
 sometimes a chat on a journey or at bedrime is enough.
- I need to know it's okay to talk to you about any and all of my feelings. Please hear what I have to say, without interrupting me.
- Please listen to me carefully and acknowledge how I am feeling – it might seem silly to you but what I am going through is important to me.
- Playing with pets can make me feel better.

 Same with playing football, basketball or whatever type of sport I am into.
- Don't compare my experiences to your own when you were a child.
- Sometimes I just need you to listen and hear what I'm saying I don't always need answers (or lectures)
- Please don't worry about trying to fix things for me I often just need to know you are there for me and understand what I am going through.



If you are open with me about your feelings, this can help me to be more open about mine.







WHAT MATTERS TO YOU? CREATIVE VIDEO ACTIVITIES FOR FAMILIES

Those wellbeing activities can help children and young people think about and share what matters to them.

- For primary children: bit.ly/3PzCSIII
- E For secondary children: bit.ly/FLII02wit

