

Mental Health and Wellbeing online hub



At Holy Trinity Academy we believe in promoting positive mental health and emotional wellbeing. Prioritising the wellbeing of students and staff ensures that outstanding teaching and learning can take place, and that the school is a community where everyone feels able to thrive. This is particularly important during the current coronavirus outbreak.

Good mental health is the foundation to young people achieving their aspirations.



Policy statement

Our policy statement from our Mental Health and Wellbeing policy which can be found in the policies section of the website

(needs adding to the policy section)

Policy statement:

Mental health is a state of well-being in which every individual realises his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community. (World Health Organization)

At our school, we aim to promote positive mental health for every member of our staff and student body. We pursue this aim using both universal, whole school approaches and specialised, targeted approaches aimed at vulnerable students.

In addition to promoting positive mental health, we aim to recognise and respond to mental ill health. In an average classroom, three children will be suffering from a diagnosable mental health issue. By developing and implementing practical, relevant and effective mental health policies and procedures we can promote a safe and stable environment for students affected both directly and indirectly by mental ill health.

We aim to increase the level of awareness and understanding amongst staff and parents/carers of issues involving the mental health of young people, in particular with anxiety, self-harm, eating disorder, anxiety, depression, loss and bereavement.

Support offered in school

In School support:

- Form tutor
- Positive student/teacher relationships
- Social and Emotional aspects of learning, PSHE, most subjects.
- Pastoral Support Officers
- SENCo
- Mental Health Lead
- School Counselling service

Outside Agencies:

- BEAM
- Drop in with School nurse
- GP
- Child and Mental Health Services (CAMHS)

Other:

Weekly support shared in the parent bulletin

Reminder of our Pastoral Support team:

Pastoral staff members at HTA:

Miss Potts– Pastoral Manager and Pastoral Lead for **Liddell**

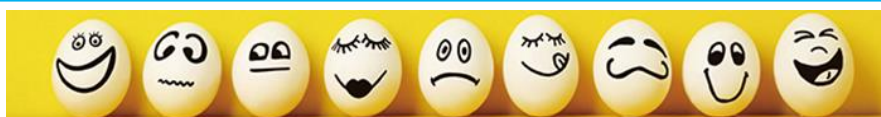
Mrs Forrest– Pastoral Lead for **Fry**

Mrs Padfield– Pastoral Lead for **Johnson**

Miss Nelson–Pastoral Lead for **Assisi**

Mrs Handy– Mental Health Lead and Pastoral support

Miss Cooper-Abbs- Education Welfare Officer and Pastoral Support



Mental Health and Well-being support at Holy Trinity Academy

Mental Health Lead : Mrs Handy

Role of the Mental Health Lead:

-
- Supporting students who are experiencing mental health and well-being issues at a more concerning level
- To ensure staff are equipped with the skills to support and manage pupils with Mental Health needs
- Work closely with the SENCo in school to support students with SEMH needs.
- Ensure Mental Health and well-being is a well talked about subject to ensure all who need it get the correct support
- Run clubs for Mental Well-being
- Run a Student Mental Well-being panel to ensure the students voice is being heard in school.
- Provide resources for both students, parents and staff to use
- Regular updates and resources shared on the parent bulletin



Looking after your wellbeing



Mrs Handy will have 1:1 and group slots available for students to have some extra support with their mental wellbeing.

	Monday	Wednesday
Before school		Drop in's- 8am-8:20am
After school	1:1 mental wellbeing support slots	

- **Stress and anxiety support**
- **Self-esteem intervention**
- **Mindfulness**
- **Managing exam worry**
- **Emotions and feelings**

Please speak to Mrs Handy or use the Heart system with your name if you are interested in staying afterschool for support



Mindfulness at Holy Trinity Academy

Would you like to take part in Mindfulness?

Things we will look at:

- What is mindfulness?**
- Mindfulness techniques and how to use them at home**
- Looking at gratitude and mindfulness**
- Wind-down techniques**
- Yoga techniques/strategies**
- Deep breathing**



- Mrs Handy runs 1:1 after school sessions where you can take part in some mindfulness**

Student Wellbeing Ambassadors

In school we now have 23 student wellbeing ambassadors who are trained to support other students with their mental health and wellbeing. These students are awarded a certificate and wear a badge on their blazers so they are easily spotted by other students.



Our Wellbeing Ambassadors will work hard in promoting wellbeing and supporting mental health with students across school. They will also help instigate a whole school challenge to raise awareness of 'Wellbeing' with the support of Mrs Handy.

Ambassador Skills



- Listening
- Non judgemental
- Motivated
- Empowering
- Supportive
- Responsible
- Reliable
- Good communication

WORTH-IT
Wellbeing & Resilience



Anxiety

Anxiety is what we feel when we are worried, tense, or afraid particularly about things that are about to happen, or which we think could happen in the future.

Anxiety is a natural human response when we feel that we are under threat. It can be experienced through our thoughts, feelings and physical sensations.

Most people feel anxious at times. Its particularly common to experience some anxiety whilst coping with stressful events or changes, especially if they have a big impact on your life.



'Fight, flight or freeze response'

Like all animals, human beings have evolved ways to help us protect ourselves from danger. When we feel under threat our bodies react by releasing certain hormones, such as adrenaline and cortisol, which can be helpful.

These hormones:

- Make us feel more alert, so we can act faster
- Make our hearts beat faster, quickly sending blood to where its needed most.

After we feel the threat has passed, our bodies release other hormones to help our muscles relax. This can sometimes cause us to shake.

Anxiety can feel like a swarm of bees buzzing, not stopping, making it impossible to focus and seemingly impossible to slow down and take a breath.

How can I help myself?

Living with anxiety can be very difficult, but there are steps you can take that might help. This page has some suggestions for you to consider.

- Talk to someone you trust
- Try to manage your worries
- Look after your physical health— make sure you get enough sleep, take some exercise
- Try breathing exercises (Breathe in for 4 seconds, breathe out for 6)
- Keep a diary
- Try peer support
- Complimentary therapies such as mindfulness and yoga

What is mindfulness?

Mindfulness is a technique you can learn which involves noticing what's happening in the present moment, without judgement. You might take notice and be aware of your mind, body or surroundings. The technique has roots in Buddhism and meditation, but you don't have to be spiritual, or have any particular beliefs, to try it.

Mindfulness aims to help you:

- become more self-aware
 - feel calmer and less stressed
 - feel more able to choose how to respond to your thoughts and feelings
 - cope with difficult or unhelpful thoughts
- be kinder towards yourself.



Calming lunch club

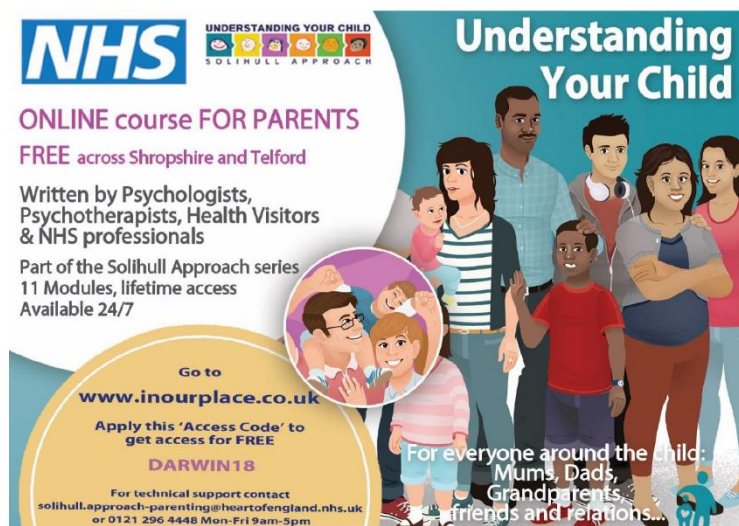
Thursday

Each Thursday Mrs Handy runs a lunch club in the hall (colder months) outside (warmer months) where board games are available, calming crafts and a quiet space for students to draw or read.

At the moment across all of the lunch times it is supporting around 70 students.



Free Online Course for Parents: Understanding your Child



NHS UNDERSTANDING YOUR CHILD SOLIHULL APPROACH

ONLINE course FOR PARENTS
FREE across Shropshire and Telford

Written by Psychologists,
Psychotherapists, Health Visitors
& NHS professionals

Part of the Solihull Approach series
11 Modules, lifetime access
Available 24/7

Go to
www.inourplace.co.uk
Apply this 'Access Code' to
get access for FREE
DARWIN18

For technical support contact
solihull.approach-parenting@heartofengland.nhs.uk
or 0121 296 4448 Mon-Fri 9am-5pm

Understanding Your Child

For everyone around the child:
Mums, Dads,
Grandparents,
friends and relations...

Did you know that online courses for parents/carers and staff about children's physical, emotional and brain development have been prepaid in this area, making £88 worth of content FREE for residents of Telford!

To access the course visit the [in our place website](#).

Log on details:

- Access code: DARWIN18
- Create an account** and start right now!

The available courses are:

- 'Understanding your child' 0-19 years (main course)
- 'Understanding your teenager's brain' (short course).

Children and young people need all the emotional support they can get right now. 'Understanding your child' is an online course for all parents, grandparents and carers of children aged 0-18 years. This course is a journey through knowledge. It builds up a way of looking at things that will be helpful for most situations.



Top tips on how to talk to your children about their feelings

It can be so tricky to bring up difficult topics, and talking about emotions with your children can sometimes feel more than a little daunting for parents and carers. You may worry about saying the wrong thing, making your child feel uncomfortable, and even worry about making them feel worse. But the fact you want to explore emotions with your child is enough, even if sometimes it doesn't go as you planned!

Here are some handy tips on how you could begin talking to your children about their feelings.

Ask them what they need

It can be tough to talk about how you feel, and when we want to talk about things as parents, children don't always want to or feel ready. Asking what a child needs from you can help them feel more in control, heard, and respected.

Children might also not know what they need, so suggesting a few options can be a good starting point. For example, do you need some space right now?

Name it

Sometimes it can be hard for children to identify their feelings. Naming what you observe can help them to do this. For example, when talking to a young child, you might say, 'You seem really angry today. I can see you are clenching your hands, and you don't have a happy face. I wonder if anything has made you angry or upset?'

Listen carefully

This sounds pretty straightforward, but sometimes, when we care, we may jump into problem-solving mode a little too hastily. And while it might come from a really good place, it's not always helpful.

Choose your timing wisely

Talking about feelings, or any difficult subject, can be quite sensitive. Choosing a time when you are both calm and relaxed can be more useful than choosing a time when there are any heightened emotions already at play.

Think about the setting

Talking about feelings can be really sensitive, so making sure the space is private, comfortable, and feels safe for your child can be key to a positive outcome.

Practice asking open questions (rather than closed ones)

Closed questions usually encourage yes or no type answers. Open questions, on the other hand, go a bit deeper and encourage more thinking and exploration. This simple difference in style might help your child consider their own thoughts and feelings a little more and encourage them to share more of their story or problem with you.

Think about whether your child feels ready to talk

Just because you want to talk doesn't mean they feel ready to. Look out for the things they say, and their body, too, for indicators on whether they really want to talk about their feelings.

Model it

Being more open and honest about how you yourself feel (in an age appropriate way, of course) can normalise the idea of talking about emotions. Children who see that adults also have big feelings, doubts, get scared or anxious, get frustrated with others at work, etc. might feel more comfortable opening up themselves.

Get creative

We might feel a pressure to have all the answers and say the right things, but sometimes, we just need to think a little differently. Helping our children express their feelings through play or using art materials can be just as important and useful, especially for much younger children whose natural language is often play.

Take away the intensity

It can be pretty daunting (on both sides) to sit down to talk about something as important as feelings. But decreasing some of the intensity can sometimes reduce the pressure and make things a little less stressful.



If you are struggling to talk to a child in your life about their feelings, or you want to talk to the team about anything at all, you can reach out to us by logging into qwell.io



What's on Kooth in January



January 5	January 7	January 10	January 14
Discussion Board: Back to the Swing of Things Sometimes it can be hard to get back into the swing of things after a holiday. Come share your thoughts or any tips on how to get back into things after a break!	Live Forum: Goal Setting - How to go about it? The new year can be a great time to think about goals, but it can also bring a lot of pressure. Join our Live Forum to chat all about setting goals in a way that suits you.	Live Forum: Houseplant Week - Growth through Growing Did you know being around nature can benefit us in lots of different ways? Stop by this live forum to find out more and share some creative ways to explore plants if there's barriers in your way.	Discussion Board: World Religion Day - Friends from Different Faiths Religion can bring purpose, hope and community to many people! Come join us to celebrate diversity of all the different religions in the world!
Kooth Podcast: What to do when things feel a little unsafe Sometimes the world can feel a little unsafe at times and it's completely normal to feel that way. In this podcast we're going to be chatting about how to look after ourselves during these times, as well as our favourite Kooth articles, discussion board and podcasts that you can help to check out.	Live Forum: Celebrating our Civil Right Help us acknowledge Martin Luther King Day whilst we celebrate and explore civil rights in the UK in this live forum.	Discussion Board: Have a Hug on Us! Hugs have been off the menu for many of us this past year, so to mark National Hug Day, stop by to hear different ways we can safely show our affection to those near and far. We'd love to hear your ideas!	Live Forum: Brew Monday - Tips for Feeling Down Feeling down this 'Blue Monday'? Grab a brew, if you'd like to, and join the conversation in this live forum all around ways to look after ourselves especially when we're feeling blue.
	7:30 to 9pm	7:30 to 9pm	7:30 to 9pm

Find all of this & much more on **Kooth.com**

Looking after your child's wellbeing

SUPPORTING YOUR CHILD'S WELLBEING

Top tips for parents & carers



1 Start a conversation

Model healthy ways of handling your emotions by talking about feelings. Encourage your child when they are struggling by asking questions like, "Is there anything you need from me?" For more ideas on starting a conversation visit Youngminds.org.uk/take20/starting-the-conversation



2 Play with your child

Take at least 10 minutes a day to play with your child, uninterrupted. Ask them what they would like to do and let them lead it. Whether its building a fort, baking, going for a walk, or making a bracelet this time is a chance to have fun and find out how they are feeling.

3 Talk about the internet

The internet is a great way to learn and connect with friends however research shows that it can impact children's self esteem. Talk to your child about your experience of the online world to help them think about their use of the internet. For more tips, visit Thinkyouknow.co.uk/parents



4 Look for warning signs

At tough times, like starting high school your child may behave differently. It is important to notice changes such as sleeping or eating habits. Speak to your child about what you have noticed and listen to them. If you don't get far at first, keep going.

5 Ask for help

If your child tells you they are struggling or you are worried that they may be experiencing a mental health problem, make sure you thank them for telling you or explain why you are worried. It is important to keep them involved in the next steps. Talk to your child's teacher and visit your GP for further support.



6 Look after yourself

Your wellbeing is important to be the best parent to your child. Talk to your friends or family and don't blame yourself when things get difficult. When possible make time to relax or do something you enjoy. To get help for yourself speak to your child's school or visit your GP.

Sources of Help & Support

NSPCC



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NSPCC

Web address: www.nspcc.org.uk

Helpline: 0808 800 5000

Who are NSPCC?

NSPCC are a charity who protect children today and prevent abuse tomorrow. Support for parents/carers with lots of advice on many different subjects involving children.

Direct link to Childline for children under 18.

Beam

Web address: childrenssociety.org.uk

What is BEAM?

'Be kind to your mind'

They are an emotional health and well-being drop in service for young people.

FamilyConnect

Web address: familyconnecttelford.co.uk

Helpline: 01925385385

Who are Family Connect?

Are you worried about someone? Don't sit in silence!

Family connect are a free, confidential service providing information, guidance and support on a range of children's services.

You can also phone Family Connect if you are worried about a child's welfare.

kooth

Web address: www.kooth.com/

What is Kooth?

Kooth is for online mental well-being support. You can chat with the team using the app or on the computer. You can also use the app to keep a daily journal or check out the magazine articles.

NHS

Telford urgent mental health line (crisis line)

Helpline: 0800 196 4501

Help is available 24 hours a day, 7 days a week.

If you call, you'll speak to a professional in your local NHS mental health service.

They can discuss your current mental health needs and provide access to further support if needed.

Calls to NHS urgent mental health helplines are free.

ChildLine
0800 1111

Web address: www.childline.org.uk

Helpline: 0800 1111

Who are Childline?

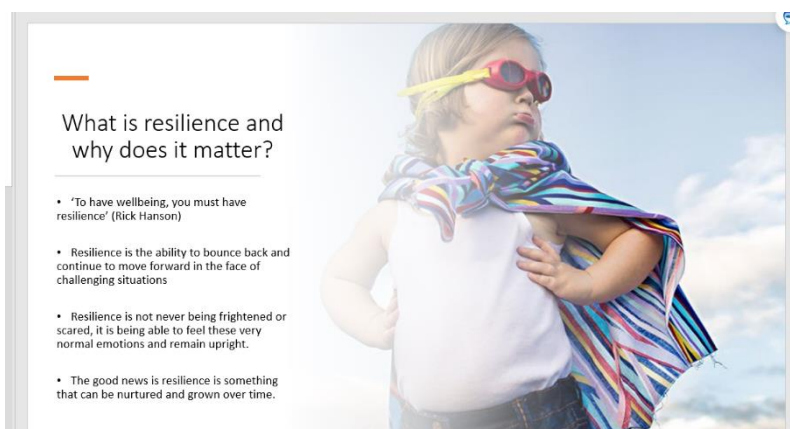
Childline are there to listen to you, whatever is on your mind and to help support and guide you with making choices if you are worried.

Online mental health and wellbeing parenting support sessions

Each half term Mrs Handy runs online mental health and wellbeing parenting support sessions. Some of the topics include:

- Building resilience in young people
- Parenting the anxious adolescent—2 parts
- Understanding the adolescent brain
- Understanding young peoples self-harm

The sessions are put together based on the need that is seen in school and what parents have shared to make it appropriate and relevant to parents at Holy trinity Academy





Parenthood...

The most rewarding job in
the world

And also the toughest

Need some advice about your
child's behaviour or emotions?

Contact YoungMinds'
Parents Helpline

0808 802 5544

youngminds.org.uk/parents



YOUNGMINDS

Beam Drop-in Sessions

Autumn/Winter 2022

BEAM is an emotional health and well-being drop-in service for young people under 25 years old who are registered with a GP in Shropshire, Telford or Wrekin.

Mondays, 12-4pm (last session 3.15pm)

The Lantern, Shrewsbury, SY1 4NG

Tuesdays, 10-6pm (last session 5.15pm)

Beam, 9 Market Square, Wellington, TF1 1BP

Thursdays, 10am-6pm (last session

**5.15pm) Beam, 9 Market Square,
Wellington, TF1 1BP**

NEW
Starting
22 October

Saturdays, 10am- 2pm

(Last session 1.15pm)

Beam, 9 Market Square,
Wellington, TF1 1BP

Email: shropshirebeam@childrenssociety.org.uk

Instagram: @shropshirebeam

Beam

Shropshire
Telford and Wrekin





Here **4** Parents

Helping you support your child's
Emotional Health and Wellbeing

Emotional Health and Wellbeing School Nurse here to provide
confidential advice and support for parents with children
aged 5-19

Every Monday 9am-2pm from the 3rd of October 2022,

At

Sutton Hill Medical Practice

(Child health clinic room at the rear)

Maythorne Close,

Telford TF7 4DH

Please call 0333 358 3328

To book your face-to-face or

Online appointment

