



**Honesty • Excellence • Aspiration**



My name is Miss Shaw and I sit in an area within the academy called “The Hub”. The intention of the hub is to provide drop in sessions, groupwork and 1:1 Emotional Health and Wellbeing support for our students that are on a referral basis.

Another aspect of my role is to support the Emotional Health and Wellbeing of our parents/carers and staff by offering helpful resources around services and self-care.

In each fortnightly bulletin, we will publicise support within school and share our fortnightly Parent Wellbeing Coffee Morning events.

I will also signpost you as parents/carers to key services that will support both your child’s and your own Emotional Health and Wellbeing.

In this week’s bulletin, you will find the following information:

- CHILDREN’S MENTAL HEALTH WEEK – 6<sup>th</sup>- 12<sup>th</sup> February
- SHOUT – Crisis mental health text service
- 2p COIN TO BRING IN TO SCHOOL
- PARENT/CARER COFFEE AFTERNOON DROP IN – Thursday 9<sup>TH</sup> February 2023 10.15-11.15pm
- FRIENDLY FEBRUARY WELLBEING CALENDER



## CHILDREN'S MENTAL HEALTH WEEK



- 6 - 12 February 2023 is Children's Mental Health Week. The week is run by children's mental health charity Place2Be to raise awareness of the importance of children and young people's mental health. This year's theme is 'Let's Connect'.
- Throughout the week, we will have activities and events happening for students, staff and parents to get involved in.
- Students will be carrying out some activities in form time around Mental Health and Wellbeing.
- On Monday after school, we will be running a *Mindfulness* session.
- On Tuesday after school, we will be running a *Time to Talk* session.

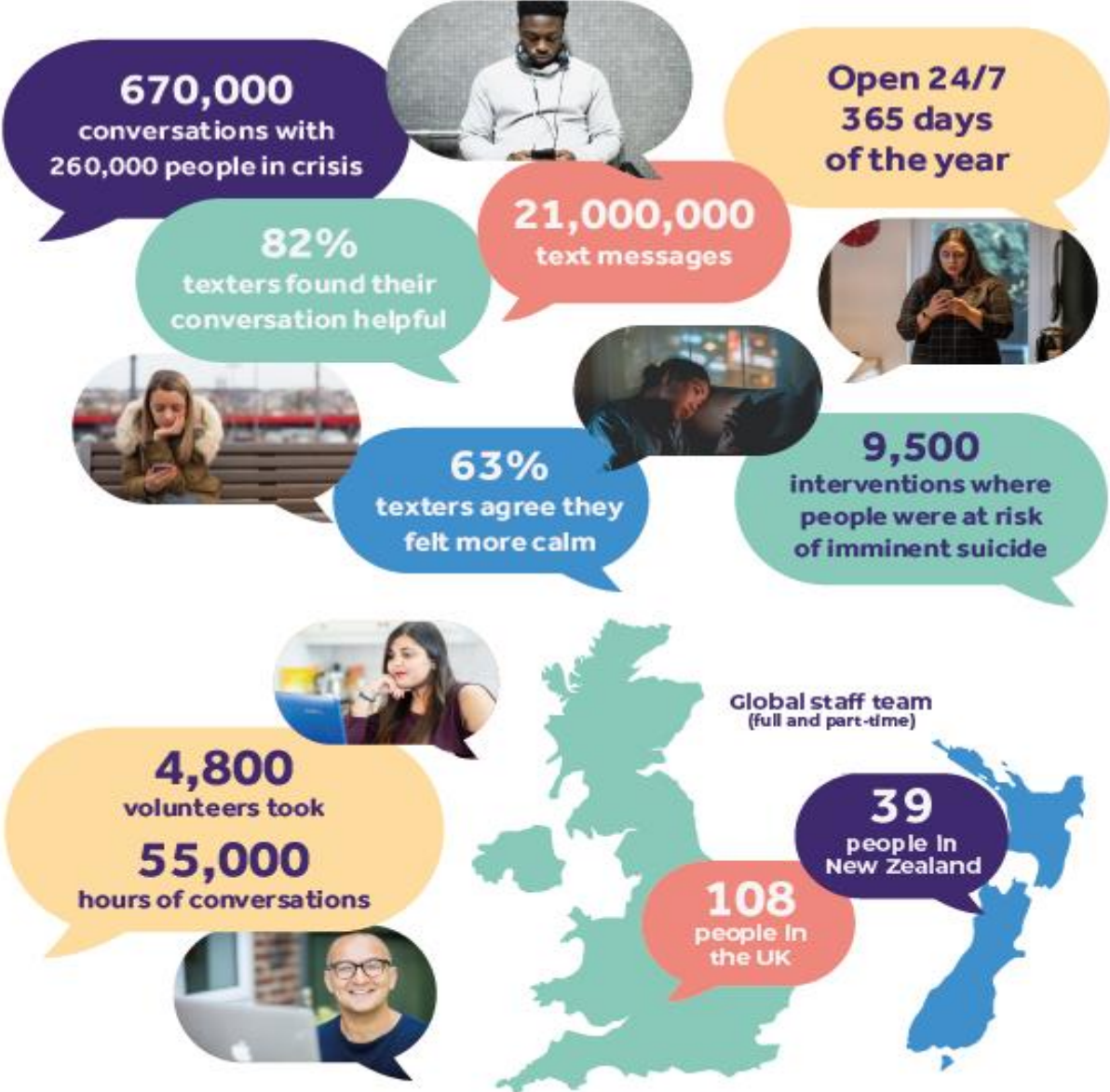


**shout**  
**85258**  
here for you 24/7

**Our impact  
in 2022**

**MENTAL  
HEALTH  
INNOVATIONS**

**Shout in numbers**





## MENTAL HEALTH WEEK DISPLAY



We are going to be making a display out of 2p coins, as a way of supporting Mental Health Week.





## WELLBEING PARENTS/CARERS COFFEE MORNING



**Come and join us at our fortnightly parents or carers Wellbeing Coffee morning. If you would like to get involved, please let us know.**

**VENUE: COMMUNITY HUB (SITUATED OUTSIDE OF MAIN SCHOOL GATES)**

### **What is the purpose of the Wellbeing Coffee Afternoon?**

**Do you feel like your child struggles with their emotional wellbeing and mental health? Or, do you or members of your family home need help, support and guidance?**

**Please come along and speak to Miss Shaw and I can explain the services we have on offer within the academy, along with signposting you to external services that will support your child's or your own mental health.**

**THURSDAY 2<sup>nd</sup> FEBRUARY 2023**

**TIMES: 10.15am-11.15am**

**TEA, COFFEE AND REFRESHMENTS PROVIDED- LITTLE ONES ARE WELCOME!**





# FRIENDLY FEBRUARY 2023 CALENDAR

**1**  
Send a message to let someone know you're thinking of them

**2**  
Ask a friend how they have been feeling recently

**3**  
Do an act of kindness to make life easier for someone

**4**  
Invite a friend over for a 'tea break' (in person or virtual)

**5**  
Make time to have a friendly chat with a neighbour

**6**  
Get back in touch with an old friend you've not seen for a while

**7**  
Show an active interest by asking questions when talking to others

**8**  
Share what you're feeling with someone you really trust

**9**  
Thank someone and tell them how they made a difference for you

**10**  
Look for good in others, particularly when you feel frustrated with them

**11**  
Send an encouraging note to someone who needs a boost

**12**  
Focus on being kind rather than being right

**13**  
Smile at the people you see and brighten their day

**14**  
Tell a loved one or friend why they are special to you

**15**  
Support a local business with a positive online review or friendly message

**16**  
Check in on someone who may be struggling and offer to help

**17**  
Appreciate the good qualities of someone in your life

**18**  
Respond kindly to everyone you talk to today, including yourself

**19**  
Share something you find inspiring, helpful or amusing

**20**  
Make a plan to connect with others and do something fun

**21**  
Really listen to what people say, without judging them

**22**  
Give sincere compliments to people you talk to today

**23**  
Be gentle with someone who you feel inclined to criticise

**24**  
Tell a loved one about the strengths that you see in them

**25**  
Thank three people you feel grateful to and tell them why

**26**  
Make uninterrupted time for your loved ones

**27**  
Call a friend to catch up and really listen to them

**28**  
Give positive comments to as many people as possible today



# WELLBEING THE E-ACT WAY

---

**Eat well**

**A***ctivity everyday*

**C***onnect with others*

**T***reat others as  
you wish to  
be treated*

