

Wellbeing

Wellbeing Newsletter October 2021

This month is **Mental Health Month & World Mental Health Day** takes place this Sunday 10th Sept.

Here at GETNS, we endeavour to instil positive attitudes towards mental health in our pupils. As a school, we endeavour to prioritise wellbeing promotion and create an environment that promotes and sustains positive mental health for everyone. As part of this, wellbeing activities are weaved into every part of our school day.

We will be dedicating the next week, with an increased focus, to explore mental health awareness, in a child friendly way, with pupils across the school. We will work on teaching pupils how to manage their mental health and wellbeing.



We would encourage you to continue this discussion about mental health and wellbeing at home with your child. Talk with your children about their feelings, focus on their strengths, and most importantly listen to what they have to say.

You may find some of the following resources useful:

Talking to your child about mental health

We understand it can seem difficult to talk to your child about their emotional health. Here are some top tips for starting the conversation.



Start small

You don't need to set hours aside to chat, just opening up conversation can make a difference

Let them know



Let your children know you are happy to talk and listen to them about any worries they may have



Keep it informal

Informal spaces like car journeys or whilst watching TV allow great opportunities to talk about serious topics in a relaxed way. TV shows and characters are a good way to bring up the topic

Use appropriate language



Talk in their language rather than using terminology they may not understand, but most children will understand the idea of feeling stressed, anxious or low. Explain this is what is meant by mental health



Use face flash cards

Younger children will probably not understand feelings as well as older children. Use pictures of different facial expressions e.g. happy, sad, angry, surprised, to help them identify and understand mental health.

Keep an open mind



Avoid being critical or dismissive of children's feelings and be accepting in order to normalise talking about it.



[Mental Health Month](#)

[2021](#) : Here you will find information about online courses, webinars and training for parents covering areas such as, [Parenting Support](#); [Sleep, Nutrition and Exercise](#), [Promoting Resilience](#)



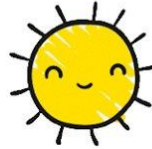
More guidance and advice for parents on [how to talk to children about Mental Health](#)

Self-Care & Mental Health for Kids



Share your own feelings to encourage self-awareness.

for Kids



Set aside time for low-stress or solo activities.



Find social groups that help them feel like they belong.



Focus on articulating feelings.
"I am angry."
"I am sad."

Encourage journaling and diaries.



Practice self-care for yourself to set the standard.



Encourage your child to focus on the moment.

Establish a self-care routine.

Recognize toxic stress events.

BlessingManifesting

Cultivate interests and hobbies.

Remember your mental health is important too. Here are some tips for adults to improve your mental health:

FIVE TIPS TO

IMPROVE YOUR MENTAL HEALTH



PHYSICAL

Exercise (think "baby steps!"... even a short walk helps), drink lots of water, see your doctor, eat foods that make you healthier, take time to stretch throughout the day



MINDFUL

Try yoga, meditation, make a list of three things you are grateful for, engage in random acts of kindness, spend time in nature or outdoors when possible



SOCIAL

Try something new and creative, call a friend/family member, send a card/note, organize lunch/dinner over video chat with friends or family



EMOTIONAL

Focus on the present moment, not what might happen; increase positive self-talk—be a cheerleader for yourself or a friend, find activities that relieve stress and tension, journal, try therapy or support group



MENTAL

Try something new and creative, call a friend/family member, send a card/note, organize lunch/dinner over video chat with friends or family

