

## Wellbeing Newsletter

### NEW WELLBEING AND MENTAL HEALTH IN SCHOOLS (WAMHS) NEWSLETTER!

“Welcome to the new wellbeing newsletter! The purpose of this half-termly newsletter is to share information about emotional wellbeing with all parents and carers of children at Our Lady and St Joseph Primary School. We hope you enjoy the newsletter and find the information helpful.” *Dr Frederike Mueller, Clinical Psychologist/CAMHS Worker in School*

### WHAT IS WAMHS?

The Wellbeing and Mental Health in Schools (WAMHS) service aims to improve mental health and wellbeing support for children and young people in schools in City & Hackney. For this purpose a specialist mental health practitioner from Child and Adolescent Mental Health Services (CAMHS) visits the school every other week to support holistic thinking around wellbeing and advise on how best to respond to children’s needs.

### PARENT WELLBEING

In order to be able to look after others, it is important to take care of ourselves first. In this 1<sup>st</sup> Edition of the WAMHS newsletter we hope to provide you with some ideas for developing your well-being tool kit!

#### Are you covering your BACES?

Try to develop a routine using these principles:

**BODY:** Exercise/keep active, eat healthily, get enough sleep, plan rest times.

**ACHIEVE:** Celebrate your achievements, give yourself praise, notice the positives, set yourself realistic goals, and acknowledge the small things.

**CONNECT:** Get involved with your community, connect through hobbies/activities, find time for family and friends, do nice things for others.

**ENJOY:** Find time for things you enjoy! Feeling stuck? What did you enjoy as a child? Give those things a try!

**STEP BACK:** Find time for relaxation, mindfulness, a bit of stretching. Pause and take a breath.

#### FUN FACT

Studies show that connecting with others and doing 10 minutes of stretching can boost the immune system & improve well-being!

#### Ideas for covering your BACES

HIIT Workout, YouTube Yoga, go for a daily walk, cycle or run. For free yoga check out: [www.yogawithadriene.com](http://www.yogawithadriene.com)

Get creative – try drawing, creative writing, writing a letter, learning a new language, a new skill, cooking a new recipe.

Taking 5 minutes out for yourself when feeling overwhelmed and stressed

Try some calming breathing techniques

Call or meet a friend

Remembering to balance screen activity with time off screen

## MENTAL HEALTH SERVICES IN HACKNEY

If you would like to have additional help, you can look into the below avenues to access support. There are many services in Hackney that support adults wanting to improve their wellbeing and mental health.

**Talk Changes** is a confidential NHS services that offers therapy to anyone feeling stressed, down, or struggling to cope. You can refer yourself using this link: <https://talkchanges.org.uk/>

The **City and Hackney Wellbeing Network** is a network of voluntary sector mental health services that aims to empower people to achieve better mental and physical wellbeing. They offer many groups, courses and workshops. Visit their website for more information: <https://chwellbeingnetwork.london/>

If you are not sure what kind of support would be best or you experience a very specific difficulty that you feel might need specialist treatment, it is a good idea to speak to your **GP**. They will assess your circumstances and can refer you to psychological therapy or a specialist mental health service.

The **24-hour City & Hackney crisis helpline** is there if you need urgent help because you are worried that you might harm yourself or someone else. You can call anytime on 0800 073 0006.

## Creating a WELLBEING TOOLBOX with your child

Now that we're taking care of ourselves, it's time to think about how to support our children to cover their BACES too. A fun way to do this is to create a well being box - these boxes can be a great way to manage tricky feelings and help children feel more relaxed.

These boxes go by many names e.g. self-soothe box, comfort box, happy box – your child can choose the name. Your child should take the lead on making the box, but you can support them using some of the ideas below.

**BODY:** Tennis ball, skipping ropes, draw a picture of exercise or yoga to remind you!  
Eat your fruit and veg, but it's OK to add a nice chocolatey snack too!

**ACHIEVE:** Puzzles, games, school work, an instrument, crafts to complete, books to read, build with Lego, create with playdoh  
Parents - remember to look out for positives and give lots of praise!

**CONNECT:** Speak to friends online, on the phone or via video call. Schedule in special time and play!  
Add pictures of friends or special time tokens to the box.

**ENJOY:** What do they enjoy? Dancing – add music, baking – add a recipe, holidays – add photos.

**STEP BACK:** Encourage children to engage in mindfulness and relaxation, this is a great family activity too. Add note cards or pictures to the tool box.

Please send any feedback or suggestions for future newsletters to Miss Woodhouse, SENCo/Assistant Head. Email: [swoodhouse@olsj.hackney.sch.uk](mailto:swoodhouse@olsj.hackney.sch.uk)