



# MENTAL HEALTH SUPPORT TEAM

Termly  
Newsletter

EDITION 1  
SPRING  
2023

"Diversity is the one true thing we all have in common... Celebrate it every day." -Winston Churchill

With this in mind, we wanted to consider ways we can celebrate diversity this term and share with you some top tips and provide some time for reflection.

## Spring Term Successes

### Primary School event

Thank you to everyone that attended the event. You shared that you felt the day valuable, enjoyable and informative. It was great to have time to share ideas, discuss successes and consider future improvements

### All Saints infants (Huthwaite).

Enjoyed an outdoor wellbeing morning at Brierley Forest Park. The children took part in a sensory scavenger hunt, created nature mandalas, and had free time to explore. A great time was had by all and ended with a sing song.

### Peer mentoring within Tuxford Academy

Well done to all the mentors from Tuxford Academy who have successfully passed the peer mentoring programme and are now meeting with mentees to support them. Great effort. Well done to you all!

### Chilwell School

A group of young people from Chilwell School engaged within 2 workshops. The group explored the subject of anxiety and learnt some strategies to manage this more effectively. They focussed on grounding techniques and relaxation, and shared their appreciation of completing these workshops.

## Spring Term Theme

Click here

## Celebrating Diversity

Research suggests that celebrating diversity and creating a positive culture has positive outcomes for children.

We have linked with some additional resources below to help you support and celebrate diversity within school:

### Equality in the classroom

Positive ways to promote quality & diversity within your classroom  
Inclusion & Diversity in Education

### Teaching diversity

Helping young people to learn about the strength that lies in our differences and similarities

### Pupil Voice

How to celebrate diversity through pupil voice

### Sexuality and Gender

Inclusive RSHE  
Trans Inclusivity Resource List

### SEND

Supporting CYP to participate in their EHCP

### Young Carer Status

Improving the identification & support of young carers



## Staff Corner



95% of education staff worry about the impact of workload on their wellbeing.



How would you rate your current wellbeing?

Click  
On button point for more  
information

- \* Mindfulness
- \* Do more of what matters to you
- \* Physical health
- \* Create life balance

Helpful apps



You can't pour  
from an empty cup.  
Take care of yourself first.

It is important to look after yourself, especially when looking after others. Here are a few points to consider when thinking about ways to improve upon your personal wellbeing >>>

## School of the Term

### St Giles School

Recently commenced wellbeing group work with the MHST. The school team demonstrated passion, understanding and commitment to student wellbeing. The students enthusiastically engaged in all sessions and progressed well. Well done & thank you!



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**We cannot wait to see you at the Secondary school event on  
June 20th.**

Dates for your diary.....

Awareness Events	Dates
International Children's Day	1st June
School Diversity Week	26-30 June 2023
World wellbeing week	26-30th June 2023
PRIDE	All of June

Please click on the icons within the table to gain further information and ideas

## Youth Involvement

There are many ways young people can get involved within the MHST. If you know of any young people that have experienced the MHST and are passionate about making positive changes and want to use their experiences to help others, then the participation group could be for them. We are a friendly group that work on various projects to co-produce resources, events and learning materials. Please do let your link worker know of any young people keen to help bring about change.

## Myth Busting

### All Behaviour is communication

Like an iceberg, children's behaviour is often hard to miss - unlike the emotional need at the root of the behaviour.

Attunement supports us to discover and respond to children's emotional needs.

We begin to become attuned to children's needs by being curious about their thoughts and feelings rather than expressing certainty about them ('what is it like to be you?')

Children and young people may need your help to express their emotions ... "you look a bit sad today", "you look as if you've got a lot on your mind".

### Top Tips for attunement

Attunement can be achieved verbally ("I'm here for you") and non-verbally (eye contact, a smile, kind tone of voice).

Attunement is important because genuinely caring and supportive adults help children to feel safe, develop well and learn.

## The Mental Health Support Team offer Staff workshops:

- Staff Wellbeing**—1 hr, interactive workshop designed to give you an understanding of wellbeing. You will explore what can affect our wellbeing & the impacts of poor wellbeing. We will provide you with practical tips & things that you can do to support your own wellbeing.
- Staff Mental Health Refresher**—1hr, interactive workshop aims to provide all staff within school an understanding of common mental health difficulties in young people. You will explore common mental health difficulties and how these might present in school. We will also explore how you can support a young person's mental health and how to refer to the MHST.

Find Notts Healthcare Mental Health Services online...



[bit.ly/37qtfoZ](https://bit.ly/37qtfoZ)



[bit.ly/37xsn1P](https://bit.ly/37xsn1P)

## Useful Contact Details

ChildLine: 0800 1111  
Samaritans: 116 123

If you develop significant concerns about your child's safety and wellbeing, you can call these numbers for advice and support:

CAMHS Crisis Team: 0115 844 0560  
24 Hour All Ages Crisis Number: 0808 196 3779

Always dial 999 or visit A&E in emergencies