



MENTAL HEALTH SUPPORT TEAM



School Termly Newsletter



"Alone we can do so little; together we can do so much" *Helen Keller*

We wanted to begin with a THANK YOU! Thank you for your continued support and hard work. Please know that the MHST recognise and appreciate all that you do and value our great teamwork.

Summer Term Successes

Summer Term Theme- Self-care

Secondary School event

Thank you to everyone that attended the event. It was great to see you all engaged within the discussions and activities from the day. We hope you are managing to consider your possibility trees and making changes you wanted to see

Youth Involvement Conference

We had the opportunity to attend the Let's Get Mental...Together! conference. Young advisors delivered the conference, with young people's mental health needs being placed at the forefront and celebrated all things participation. The next steps will be to take the ideas and insights gathered from the conference back to our service to continue fostering a culture of participation and co-production within our MHST service.

Teacher SEND Anxiety Workshop

The workshop went really well with participants from a number of different schools. A wonderful parent attended & provided her lived experience- was inspirational & insightful. Next workshop will be in Autumn.

Transition workshops

The MHST has delivered our transition workshop in many of our schools and we want to wish our Year 6s all the best in their new adventures. A shout out to Bramcote Hills Primary, Greasley Beauvale Primary, John Clifford Primary, Lawrence View Primary, Priory Catholic Voluntary Academy, Round Hill Primary, Sunnyside Primary, St Johns C of E Primary, Trowell C of E Primary, Springbank and Wadsworth Primary. Jude and Beth - Bramcote EMHPS.

Connections are important

Educators feel isolated and disconnected from colleagues and loved ones. Time constraints, workload, and stress contribute to feeling disconnected. ([Metro.co.uk](https://metro.co.uk))

Why are connections important?

They are fundamental to our health and happiness. ([The Marmot Review](#))

Tips for reconnecting with others:

- **Prioritise protected time with others**- have your lunch break, plan activities and create boundaries.
- **Be honest and ask for help**- people want to help. Utilise their skills and kindness. Have your moan so you can move on.
- **Appreciate and celebrate**- recognise and thank people for good work or their support. Reach out to others on a difficult day. Send a kind note/gift and encourage them to do the same for others. Celebrate successes; big or small.

Further information can be obtained here: [Please click on the icon to access the webpage](#)



Food and Mood



You are likely to be aware that food affects our mood, mental wellbeing and physical health. Without the right foods to fuel us we cannot be productive. If you find yourself skipping meals, eating too many refined carbohydrates & cutting out food groups you may want to consider altering your food habits. Here are some positive changes you can make:

- Eat at set intervals throughout the day.
- Choose less refined sugars and eat more whole grain.
- Include protein at each meal, eat a variety of foods, include omega-3 rich foods, like oily fish, in your diet.
- Reach & maintain a healthy weight
- Drink plenty of fluids
- Get regular exercise.

Please click on the icon for further information



TOP TIPS Want to improve your relationship with food? You can change your habits by following the following tips:

1. Attach a new habit to an already existing one
2. Create a chain reaction in habits that is built around a foundational one
3. Never break the chain
4. Start with something small
5. Control your surroundings
6. Work only on 1 new habit at a time
7. Award yourself

Visit [Psychology Today](#) for further habit forming tips

School of the Term

Candleby Lane

We wanted to say a special 'well done' to Candleby Lane school, who have evidenced an excellent approach to Mental Health and wellbeing and will be achieving the first GOLD award. The hard work and dedication from staff is clearly evident, well done to all.

Thank you to the staff that have entered applications for the Mentally Healthy School Award. This award aims to recognize the brilliant work schools do every day in working towards a positive whole school approach to mental health and wellbeing. The first awards aim to be distributed in September 2023, please check out our website for more info, or check out the tips document to help you when collating evidence!





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Positive self-talk

Research suggests we experience 50,000 and 80,000 thoughts daily. (National Science Foundation) of which 80% will be negative. No wonder positive self-talk is challenging! However, we also know that adopting positive self-talk will have positive impacts on performance, health and wellbeing. To adopt better thinking habits it is helpful to spot the negative thoughts and learn to challenge them. Here is some useful ways to create more positive thoughts:

1. Pause and take a breath.
2. Acknowledge the negative.
3. Change your focus
4. Become aware



Peer Mentoring

A school-based scheme that creates mentor/mentee relationships between young people for a block of sessions.

The outcomes in previous schemes have been outstanding, with improvements seen not only for the mentees, but for the mentors too, in terms of confidence, relationship building and resilience.

Feedback from our mentees:

'It is an experience that will not only help people in the moment but also in the future'

'it helps build confidence and supports mental health' 'I felt like I was being listened to and my mentor helped me feel supported'

'I felt like there was a lot of consistent support and everyone was so nice and made me feel very comfortable, safe and secure. It was always a positive place and helped to reassure me that there was support there in bad times'

'it helped me feel happier'

Feedback from our mentors:

'It is a great experience and only good can come of it' 'The confidence it gave and knowing that I helped someone.'

'Made it easier to communicate with others and come up with ideas to help'

'Skills to help friends, family, colleagues In the future' 'I have developed more confidence from this experience' 'The main thing I will take away from this experience is to not be scared to speak out'

'I have improved my ability to talk to new people and work independently'

Please speak to your link worker for more information about how to set up peer mentoring within your school



Diary Dates...

Tuesday 25th July- National Schizophrenia Awareness Day

Saturday 30th July- World Friendship Day

Sunday 10th September- World Suicide Prevention Day

11th – 17th September- Sexual Health Week

19th September- Youth Mental Health Day

18th – 24th September- International Week of Happiness at Work.

How the MHST can help....

Please talk to your link worker if you require support or want to book in whole school approach activities



Respond to audit results

Consultations



SCHOOL
Whole School Approach

Mental Health Link Meetings



Find Notts Healthcare Mental Health Services online...



bit.ly/37qtfoZ



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