



SPARKEN HILL
ACADEMY

Sparken Hill

WELL BEING NEWS



SPARKEN HILL
ACADEMY

WELCOME TO OUR SPARKLY TOWERS WELL-BEING TERMLY NEWSLETTER

Summer Term 2023

Summer Fun!

Do you struggle to motivate yourself and feel that everything is just too much effort at times?. This is a common affect of the darker winter months when our levels of Vitamin D lower with little sunlight to lift us. However, we are now entering our wonderful sunnier months which elevate our happy hormone serotonin which boosts our mood, helps us feel calm and focused.



- ◆ Build a slip 'n slide. ...
- ◆ Build an obstacle course in the backyard.
- ◆ Climb trees together. ...
- ◆ Fly a kite. ...
- ◆ Go fishing. ...
- ◆ Have a bubble gum bubble blowing contest. ...
- ◆ Have a water balloon baseball game. ...
- ◆ Make a Bird Feeder
- ◆ Make an insect house
- ◆ Play card games/charades
- ◆ Design a comic book

Self-Care & Mental Health

Tips for Kids

- Share your own feelings to **encourage** self-awareness.
- Set aside time for **low stress** or solo activities.
- Find social groups that help them feel like they **belong**.
- Recognize **toxic** stress events.
- Encourage **journaling** and writing.
- Focus on articulating **feelings**.
- Practice self-care for yourself to set the **standard**.
- Encourage them to focus on the **moment**.
- "I am angry," "I am sad,"
- Cultivate **interests** and hobbies.
- Establish a **self-care** routine.

BlessingManifesting

Ways to reduce BURNOUT

- Exercise
- Have a balanced diet
- Take control
- Listen to calming music
- Drink a cup of warm tea

For more information, visit www.reallygreatsite.com

Act as if what you
do makes a difference.
It does. ~ William James

ACTION FOR HAPPINESS



Being kind is not hard to do....in fact its often just a smile or a wave and hello. What would you need if you were having a low day?. Do more of that.....

JUNE IS PRIDE MONTH 2023

Pride Month is about acceptance and equality for the LGBT+ community. Locally Worksop will be holding another day of colourful celebration on Saturday 8th July.

As a Primary School we are conscious of our statutory duty since 2020 to include Relationship Education into our curriculum and of course LGBT+ is included within this to reflect the diverse community in which our children live. We are currently providing evidence for The Rainbow Flag Award with Centre Place in Worksop which highlights good practice in our approach, understanding, diversity and inclusivity of the LGBT+ community.

Examples of how we approach this in our daily school life include looking at diverse role models in society, activities on gender stereotyping, appropriate language, different weddings across different religions and books/wall displays celebrating everyone's differences.

Unfortunately in our society, bullying and unkind behaviour still exists towards the LGBT+ community and as a school we will continue to challenge individuals and support **all** families. Please find below contact details for LGBT+ support available to you should you need it.



Centre Place—Worksop <https://www.centreplace.org.uk/>

Stonewall—<https://www.stonewall.org.uk/>

Free2b— <https://free2b.lgbt/parents-carers/>

If you would like to talk to someone in school please contact Karen or Claire in the Community Team who are there to listen and help in any way they can.

01909 534079 or just ask at reception or any member of staff.

HELPFUL CONTACTS

Kooth

[Koothplc.com](https://www.koothplc.com)

Children, Young People and Adults Mental Health online Support

Place2be – for Children, Parents and Professionals

<https://www.place2be.org.uk/>

Anna Freud – National Centre for Children and Families. Resources for Professionals and support for parents.

<https://freud.org/what-we-do/schools-in-mind/resources-for-schools/supporting-mental-health-and-wellbeing-in-schools/>

The Charlie Waller Memorial Trust – Depression – Let's Get Talking. Free Resources for professionals.

<https://www.cwmt.org.uk/resources>

Young Minds – For parents, children and professionals.

Parental Helpline – 0808 802 5544

<https://youngminds.org.uk/>

Centre Place – For children and young people aged between 11-25. Inc Young Parents. Support for LGBT etc. Online and 1-1 guidance and counselling.

<http://www.centreplace.org.uk/>

MIND – Bassetlaw

<https://www.nottinghamshiremind.org.uk/>

Every Mind Matters

<https://www.nhs.uk/oneyou/every-mind-matters/>

Nottinghamshire Carer's Hub - Workop Group (Aurora Centre) 0115 824 8824

Mental Health Foundation – Advice for Adults and Children

<https://www.mentalhealth.org.uk/>

NHS Moodzone- Signposting for Mental Health advice

<https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/>

CAMHS Single Point of Access (SPA)

Children and Young People 0-11. Referrals from Parents/Carers/GPs and Professionals.

<https://www.nottinghamshirehealthcare.nhs.uk/camhs-parents-and-carers>

NHS Choices

Info hub for CYP advice on depression, anxiety and stress

www.nhs.uk/livewell/youth-mental-health/Pages/Youth-mental-health-help.aspx

Anxiety UK - Support for anyone struggling with anxiety.

<http://www.anxietyuk.org.uk/> Phone: 08444 775774

Get Self Help - Resources for tackling mental health issues including anxiety.

<http://www.getselfhelp.co.uk/anxiety.htm>

We R Here - Free counselling and support for anyone who has had a traumatic life experience.

0115 920 6241 or 07891 306 972 <https://werhere.org.uk/>

Samaritans

24 hour helpline 116 123

Nottinghamshire Mental Health Line

0300 555 0730 9am-11pm 7 days a week

Eating Disorder Support

Phone: 01494 793223

<http://www.eatingdisorderssupport.co.uk>

Helpline staff are trained counsellors and can discuss anorexia nervosa, bulimia nervosa, binge eating and other eating disorders.

Bassetlaw Health Support – links to numerous help sites for bereavement, mental health etc in Notts. <https://bassetlaw-health.co.uk/>

Notts Help Yourself - Directory of support for various issues including Mental Health. www.notthelphyourself.org.uk

Freed-Beeches, Eating Disorders Service.

Freed Beeches, 39 Park Street, Workop, Nottinghamshire.

Phone: 01909 479922

<http://www.freedbeeches.org.uk>

Bassetlaw Action Centre

A community resource agency linking individuals and agencies supporting with many issues including mental health.

Bassetlaw Action Centre, Canal Street Retford, Nottinghamshire, DN22 6EZ Phone: 01777 709650 (9am-1pm)

Harmless

Support for people who at risk of self-harm and/or suicide

<http://www.harmless.org.uk/>

Papyrus

Support for Young Adults around thoughts of suicide

<https://www.papyrus-uk.org/>

SHOUT

Free confidential text support 24 hours a day for everyone who is struggling.

TEXT 85258

<https://giveusashout.org/>

SHA—Access to a FREE confidential support line 0333 000 2082



YOU ARE NOT ALONE