



SPARKEN HILL
ACADEMY

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WELL BEING NEWS



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WELCOME TO OUR SPARKLY TOWERS WELL-BEING TERMLY NEWSLETTER

Spring Term 2023

Nature— Our Natural Healer

How much time do you and your children spend outdoors?? Do you know the benefits of being in nature?. With us now being at the start of another year, we have the chance to refresh our motivation and make some positive changes without having to spend much money.

Time outdoors

- ◇ Improves your mood
- ◇ Reduces feelings of anger
- ◇ Improves your physical health
- ◇ Improves confidence and self esteem
- ◇ Helps you meet new people
- ◇ Helps you feel part of the community.....



Do you know about our local Park Runs/Sports Clubs for adults and children?

Do you know all the local woodland areas around your home?

When did you last fly a kite??

Check out: <https://www.dayoutwiththekids.co.uk/things-to-do/east-midlands/nottinghamshire/workshop/outdoor>

Want to feel calm in less than 5 minutes??

- 5.....Notice 5 things you can see (pay attention to things you wouldn't normally)
- 4.....Notice 4 things you are currently feeling eg the wind on our face, the clothes on your skin
- 3.....Notice 3 things you can hear (really focus on the quietest of sounds)
- 2.....Notice 2 things you can smell
- 1.....Notice 1 thing you can taste

By altering the focus of wherever your thoughts are causing you stress, you can quickly calm the nervous system and regain the balance.



Strategies to help with low mood

- Exercise – 15 mins a day as a start
- Listen to uplifting music – make a motivational playlist
- Drink more water
- Cut down on alcohol
- Letter of thanks to someone
- Ring/Text/Facetime a Family member/Friend
- Talk to a professional – seek help
- Contact an online support network
- Journal your thoughts (helps identify patterns and triggers)
- Meditate – apps Insight Timer, Headspace
- Think Gratitude – Name 3 things you are grateful for daily
- Affirmations – Name 3 positive things about yourself
- Focus on and name 5 things around you when anxious

Coping with Grief

Grief is a natural emotional response when faced with the loss of a loved one and unfortunately something that we will all have to face at some point in our lives.

It is so important to remember that there is no right or wrong way to deal with grief—everyone will go through their own journey—children included.

When telling a child someone they loved has passed it is better to use more direct words such as 'dead' and 'died' rather than 'passed away' or 'lost' as these words can lead to the confusion that the person will be coming back. Making a Memory Box with your child is a positive way of working through their feelings and helping them process the grief.

Here at school, we support children to cope with grief by offering pastoral 1-1 time to talk about and share memories of their loved one. This includes crafting, cooking, chatting or maybe even a visit to the school goats and hens!.

You can find help and support on :<https://www.cruse.org.uk/>

'Winston's Wish' is also a great website that offers valuable advice on how to address grief with children.

There are also many books that can help you and your child talk about death including:

(For under 5's) Bennys Hat, Dear Grandma Bunny, I miss you, Missing Mummy, Is Daddy coming back in a minute?.

(For Ages 5-8) Badgers parting gift, Always and Forever, Mud-dles, Puddles and Sunshine, The Huge Bag of Worries.

Grief is the price we pay for love"...Queen Elizabeth II

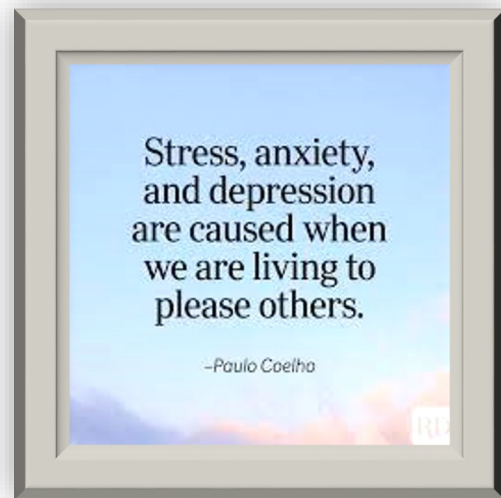
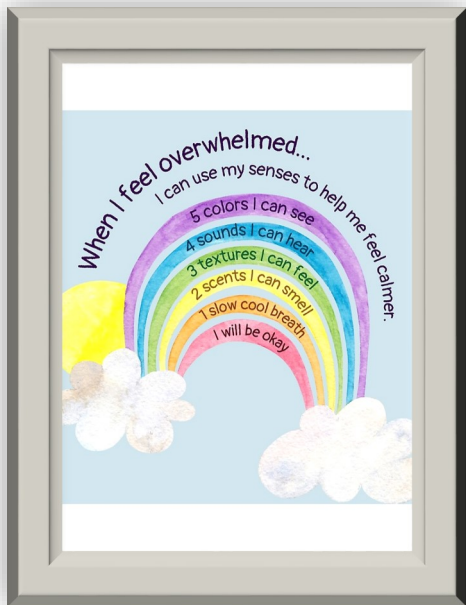


TOP TIPS FOR MOTIVATING YOUR MINDSET!

- ◇ When you feel the stress coming....remember to BREATHE!!.. Whilst you are focusing on your slow breathing you are stopping your Fight, Flight or Freeze survival instinct kicking in and are staying connected to your adult rational brain.
- ◇ Keep your self –care cup full of things that calm you down – you can't pour from an empty cup.
- ◇ Keep a regular check in on your internal junk bin and what worries are going in it daily, building up those micro doses of stress.
- ◇ Remember when other people are negative towards you – don't engage in their energy....ask yourself what their insecurities are...remember people who pick faults in others have the most insecurities themselves.
- ◇ Remember we rise by lifting others...make sure each day you say or do something to lift another person which in turn will lift you.
- ◇ Your vibe attracts your tribe....keep checking who you're sharing your energies with daily and make changes if needed.
- ◇ Be kind to YOURSELF!!!. Make sure everything you say to yourself in the mirror is kind and loving – YOU ARE AWESOME!!!!.
- ◇ Check your expectations of yourself and others – a cause of unhappiness is having too high expectations....adjust accordingly keeping you as your priority.
- ◇ Be kind to negative people – they need it most!!
- ◇ Separate yourself from strong negative emotions – I am feeling its not who you are.
- ◇ Remember all feelings are temporary.
- ◇ Your brain believes EVERYTHING you tell it so fake it till you make it !!



QUOTE CORNER



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