



SPARKEN HILL
ACADEMY

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WELL BEING NEWS



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WELCOME TO OUR SPARKLY TOWERS WELL-BEING TERMLY NEWSLETTER

Summer Term 2022

Mindful or Mind Full?



We are all living in the fast zone...technology has replaced social interactions and we spend many hours staring into a screen. We often spend our days chasing our tails as busy parents, co-workers, friends etc etc living on autopilot and "doing, doing, doing". Our minds are constantly full and if something stresses us out (the children arguing, lack of sleep etc) it overflows as a negative response eg shouting, crying etc.

Next time you feel overwhelmed by the stresses in your busy life try and interject mindfulness. This can be as easy as focusing on taking deep breaths for 2 minutes as you sit at your desk/in your car/in the bathroom. As you slower your breathing you are calming the nervous system which triggers the happy hormones of dopamine and endorphins.

Try being mindful throughout the day and watch your stress levels drop significantly!.

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

The Sleep Factor

One sure way to increase stress levels is the lack of a good sleep routine. There are many reasons why we do not feel our best after being in bed all night which impacts on our day and how we interact with others and feel about ourselves.
Try the following:

Top Ten Tips from The Sleep Charity

- ◇ Keep a regular sleep/wake schedule
- ◇ Get out into natural light as soon as is practical in the morning, preferably around the same time every day
- ◇ Engage in daytime exercise
- ◇ Avoid stimulants that contain caffeine 8 hours before bedtime
- ◇ Don't go to bed full, hungry or thirsty
- ◇ Reduce electronic use before bedtime and avoid electronic use in the bedroom
- ◇ Don't use alcohol to sleep
- ◇ Avoid nicotine before bed
- ◇ Ensure the bedroom is cool, dark and quiet before bed
- ◇ Ensure that bedroom clocks are not visible

More information is available for adults and children on <https://thesleepcharity.org.uk/>

Self Care Cup

What do you fill your self care cup with??

On a weekly basis how often do you do something for you that fills your soul?. Do you know what makes you feel relaxed, calm and ready to take on the world?. You can't pour from an empty cup and yet we all give our energy away and leave very little for ourselves.

Why not make a list of what you could do to lift yourself out of a crazy day and commit to self care.

*Relaxing bath *Read a book * Walk in nature * Meet friends *Go on a bike ride *Exercise *Meditate *Cook a meal * Draw or Paint * Volunteer * Listen to a motivational pod-cast/music



Self care
isn't
selfish



The Power of Emotion

We (adults and children) can become overwhelmed as there is often a lack of checking in with ourselves and acknowledging how we are feeling. This investigation can help us recognise triggers and pre-empt our responses to any given stresses.

In school we promote an emotion coaching approach that involves us labelling a variety of feelings for children to explore other than happy or sad which can often be their baseline.

How am I feeling?

1



happy



sad



angry



scared



worried



hurt



surprised



love



excited



jealous



shy



embarrassed

If you feel your child may be struggling with their well-being then please know we are always available to chat through it, and offer help wherever we all feel they may be on the Emotional Wellbeing Pathway. This support is available to **EVERY** child, not just those with an identified additional need.

Text Karen - Senior Family Support Worker/Senior Mental Health Lead on 07540 686381

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