



SPARKEN HILL
ACADEMY

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WELL BEING NEWS



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WELCOME TO OUR NEW SPARKLY TOWERS PARENT/CARER WELL-BEING
TERMLY NEWSLETTER

Spring Term 2022

Positive Thinking—a load of old tosh??



Being positive is not as easy as it sounds—we all know that. Having a positive outlook does not mean you are living a life with no problems, it mean you choose to see the positive side of what you are faced with. Now that is possible –but it needs work.

As much as 40% of our happiness is accounted for by our daily activities and the conscious choices we make. So the good news is that our actions really can make a difference.

Most people think that if they become successful, then they'll be happy. But recent discoveries in psychology and neuroscience show that this formula is backward:

Happiness fuels success, not the other way around.

When we're positive, our brains are more motivated, engaged, creative, energetic, resilient, and productive. If you want to be happy you need to **LOOK** for the positives—even on the days when it seems impossible.

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

IT'S OK NOT TO BE OK!!

Its **ok not to be ok**— life is tough and we're all only human so if you need to let it out—let it out. How do you share your difficult feelings? Is it a healthy way of sharing or does it leave you feeling worse?.

Top Tips

Find a method of communication that feels right for you. This might be a face-to-face conversation, or you might find it easier to talk on the phone or write down how you feel in a letter.

Find a suitable time and place. There may not be a 'good' time, but it can help if you're somewhere quiet and comfortable, and are unlikely to be disturbed for a while.

Practice what you want to say. You could do this in your head or make some notes. Phrases such as "I've not been feeling like myself lately" or "I'm finding it hard to cope at the moment" might provide a starting point.

Be honest and open. It can sometimes feel uncomfortable sharing something so personal, but explaining how your feelings are affecting your life may help others to understand.

Suggest things they could do to help. This might just be listening and offering emotional support – or there may be practical help you need.

Don't expect too much from one conversation. Understanding mental health problems can take time, and some people may be shocked or react badly at first. It's important to give them some time to process what you've told them. But if possible, plan to come back to the conversation with them again, to give you more opportunities to explain what you're going through.

What are your values?

Many of us live a life that does not fully meet our values, hopes and dreams. We fall into relationships, friendships or jobs that often are led by others expectations. Expectations and values are instilled and developed from our life experiences and childhood.

Once we decide to start focusing on what **WE** hold dear, our values—we can begin to live according to these values and change our lives for the better. It really is easier than you think.

Abundance	Acceptance
Growth	Compassion
Security	Inclusiveness
Freedom	Intuition
Independence	Kindness
Flexibility	Love
Peace	Making a Difference
Appreciation	Open-Mindedness
Encouragement	Trustworthiness
Thankfulness	Relationships



What do we do to look after your Child's Well-Being?

Level One Activities – ongoing class delivery for all

- ◇ Emotion Coaching/Trauma informed approach
- ◇ Set aside time to talk to the child
- ◇ Speak to others that know child
- ◇ Use emotional resilience resources in the classroom/ PSHE Curriculum
- ◇ Worry Box/Line monitoring by Community Team
- ◇ Take 5 Mindfulness
- ◇ Check ins with Claire from Community Team

Level Two Activities – child identified as needing early intervention support

- ◇ Time with Nancy (School Dog)
- ◇ Pastoral 1-1 support with Claire from Community Team
- ◇ Family Activities/ 1-1 relationship building sessions with Community Team
- ◇ Emotional resilience resources
- ◇ Games/activities
- ◇ Sensory Room
- ◇ Think Children Play Therapy (12x1 hour weekly sessions in school)
- ◇ Farm/animal caring/feeding
- ◇ Karen from Community Team works 1-1 as Early Help Key Worker for children with Special Educational Needs and/or in need of Early Intervention
- ◇ “Strengthening Families” and “Solihull – Understanding your Child” Parent Courses with Community Team delivered in school

Level Three Activities – See Community Team – identified as requiring more targeted approach

- ◇ Self-esteem/Anxiety/Confidence building programme
- ◇ Bright Start Play Therapy (Longer term hour long, weekly sessions in school)
- ◇ Small group therapy work
- ◇ Healthy Families Team referral – Anxiety work, body image, healthy eating.
- ◇ CAMHS Consultation – Karen G can request consultation with primary mental health worker in school – KG can discuss with CAMHS which therapy/intervention is most appropriate or if a full CAMHS psychological assessment is required.
- ◇ Family Service Family Support in the home etc

Level Four Activities – See Community Team – Specialist support required

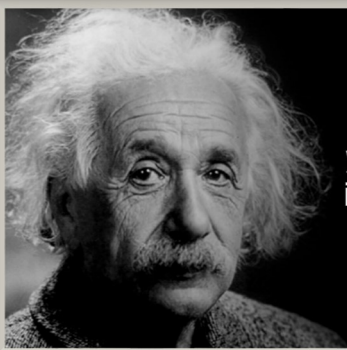
- ◇ External Agency referrals :
- ◇ Educational Psychologist
- ◇ CAMHS
- ◇ MASH
- ◇ Women's Aid Children's Workers
- ◇ Children's Bereavement Centre plus many more as required as per individual child need

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 this 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

or ring Claire -Pastoral and Family Liaison on 01909 534071

QUOTE CORNER



There are only two ways to **live** your life. One is as though **nothing** is a miracle. The **other** is as though **everything** is a miracle.

- Albert Einstein

**Life is
tough,
my darling,
but so
are you.**

- Stephanie Bennett-Henry

www.livelifehappy.com

You have a future
.....
worth fighting for

"YOU CAN HAVE
ANYTHING YOU
WANT IF YOU ARE
WILLING TO GIVE
UP THE BELIEF
THAT YOU CAN'T
HAVE IT." —DR.
ROBERT ANTHONY



“
LIFE DOESN'T GET EASIER
OR MORE FORGIVING, WE
GET STRONGER AND MORE
RESILIENT.

Steve Maraboli



PART I

It's All in Your Mind

Whatever you hold in your mind will tend to occur in your life. If you continue to believe as you have always believed, you will continue to act as you have always acted. If you continue to act as you have always acted, you will continue to get what you have always gotten. If you want different results in your life or your work, all you have to do is change your mind.

—Anonymous

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.notthelpyourself.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