



SPARKEN HILL
ACADEMY

Sparken Hill WELL BEING NEWS



SPARKEN HILL
ACADEMY

WELCOME TO OUR NEW SPARKLY TOWERS WELL-BEING TERMLY NEWSLETTER

Summer Term

DID YOU KNOW??



Stress and anxiety are most commonly caused by our own interpretation of an event that has either already happened or is coming up. We often forget to stop, smell the roses and just breathe. No hippy nonsense here....literally just breathe. But make sure you notice HOW you are breathing.

Most of us never take a full breath throughout the day ...instead we take a series of short, shallow, fast breaths as we run around subconsciously keeping ourselves alive!

Right now...STOP....breathe in the biggest breath of the day so far...HOLD IT for 3 seconds....now breathe out SLOWLY.

There you go, easy isn't it???. But by changing your breathing like this you are lowering your stress and anxiety levels and increasing your endorphins (feel good hormones). So what are you waiting for!!!

NEW FOR SEPT

We like to look after our staff too at Sparkly Towers and we are going to offer small group Well Being staff sessions (but will be for parents/carers too when we are safe to lift Covid restrictions). We will focus on:

- 1) Mindfulness – the benefits of taking a breath!
- 2) Stress and the impact on our body and mind
- 3) Inner Critic – how we sabotage our own confidence
- 4) Expectations and Acceptance – Recognising how to let go



DON'T FORGET!!

Text Karen on 07540 686381 if you have any problems or worries (not just school related remember). We are a School Community that supports each other—and that includes the adults too!

WHAT IS MENTAL HEALTH?

In many ways, mental health is just like physical health: everybody has it and we need to take care of it.

Good mental health means being generally able to think, feel and react in the ways that you need and want to live your life. But if you go through a period of poor mental health you might find the ways you're frequently thinking, feeling or reacting become difficult, or even impossible, to cope with. This can feel just as bad as a physical illness, or even worse. There is support out there—asking for help is the first and biggest step.



"Nothing beats kindness," said the horse. "It sits quietly beyond all things."

Our brain literally believes what we tell it so make sure you tell it something positive!!.

PUPIL MENTAL HEALTH AND WELL BEING



What Survival Looks Like In Primary School

Freeze	Flight	Fight	Submit
- Not interested, bored - Confused - Forgetful - Talking about something else - Hard to move through a task - Not listening - Staring into space - Day dreaming - Clumsy - Distracted	- Running away - Keeping SUPER busy - Not coping in free time - Need to be first or at the front - Bumping into people - Avoiding tasks and activities - Baby talk or silly voices - Hyperactive - Giddy and silly - Hiding under tables	- Hot and bothered - Angry and aggressive - Controlling - Lie or blaming - Shouty and argumentative - Pushing away friends - Lonely - Demanding - Inflexible - Unable to follow 'rules' - Disrespectful	- Socially withdrawn - Compliant - Quiet - Unable to think, just yes or no answers - Passive - Resigned - Neutral expression - Alone - Low mood - Head down on the table

If you spend a small amount of time activating the calm part of my brain, you will help me feel safe. Then, you can teach me and I can learn. Help me by..

- Do the task with me - Deep breathing - Tell me I'm safe and ok - Ask me to push my hands down under my seat and lift myself off the chair - Gently wonder where I've gone and welcome me back to the room - Make the task smaller and more predictable - Tell me kindly who I am and what I'm doing - Kindly tell me what you want me to do	- Keep me close by - Deep breathing - Give me a easy and familiar task - Make things predictable - Tell me I'm safe, show me a safe place or person I can go to when I need to - Kindly talk through what might be tricky - Remind me what I'm meant to be doing alongside my friends rather than singling me out	- Give me a role - Support me socially - Match my energy - Make things predictable - Deep breathing - Connect and show empathy before exploring the consequences of my behaviour - Tell me about changes to the daily routine, especially strangers visiting the school - Accept I might not remember what happened, I was trying to survive what felt dangerous	- Repetitive simple tasks - Weighted blanket - Building with Lego or play-dough - Tell me I'm safe - Deep breathing - Spending time with a trusted adult - Do the task with me - Tell me what to do without showing frustration - I can't cope with being the centre of attention, let me blend in
--	---	---	--



Download the full presentation from www.innerworldwork.co.uk

Children – and their brains – adapt to survive. When a child grows up in an environment where there is abuse and neglect, their brains will be shaped by those experiences. These brain changes may not lead to an immediate mental health problem. Rather, they may help the child survive in that adverse environment. However, these same changes may make a child more vulnerable to developing mental health problems in future everyday environments. In part, this is because the brain changes can affect a child's ability – and opportunities – to cultivate and maintain social relationships with others.

As professionals and carers we may think:

'This is becoming a real problem. Do I leave them out of team? Why can't this young person appreciate everything I am trying to do for them? This child is so sullen and resentful...it is hard to like them'. These kinds of responses may lead us down a path of escalating conflict and contribute to relationship breakdown. But, if we can uncover the worries, fears or doubts hiding beneath their behaviour, it is easier to make a connection with the child.



When we only look at behaviour, we stop seeing the child and only look with an intent to judge whether we need to reward or punish. When we look behind the behaviour, we see that little struggling human, our little human who needs our help with something.

Rebecca Eanes • Artist: Celeste Keller

Remember to Take 5!

Take 5 can help pupil's *relax, refocus and restart* not forgetting benefits for yourself too!!.

Don't underestimate the power of taking a few minutes of quiet time to regulate breathing, decrease cortisol levels and increase endorphins.

It could make all the difference to your day!

QUOTE CORNER



The best part about life?
Every morning
you
have
a new opportunity
to become a
happier version
of yourself.

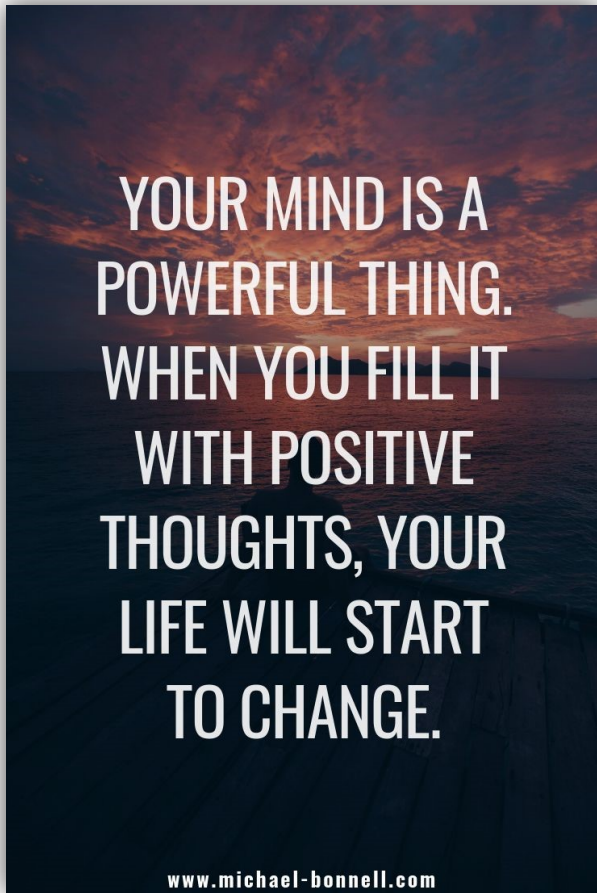
12 DAILY REMINDERS

1. The past cannot be changed
2. Opinions don't define your reality
3. Everyone's journey is different
4. Things always get better with time
5. Judgements are a confession of character
6. Overthinking will lead to sadness
7. Happiness is found within
8. Positive thoughts create positive things
9. Smiles are contagious
10. Kindness is free
11. You only fail if you quit
12. What goes around, comes around



**THE BEST WAY
TO CHEER YOURSELF
IS TO TRY
TO CHEER
SOMEONE ELSE UP.**

Mark Twain



**YOUR MIND IS A
POWERFUL THING.
WHEN YOU FILL IT
WITH POSITIVE
THOUGHTS, YOUR
LIFE WILL START
TO CHANGE.**

www.michael-bonnell.com

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 - Worksop 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.nottshelpyourself.org.uk

Freed-Beeches, Eating Disorders Service.

Freed Beeches, 39 Park Street, Worksop, 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/>

YOU ARE NOT ALONE

