



SPARKEN HILL
ACADEMY

Sparken Hill WELL BEING NEWS



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WELCOME TO OUR SPARKLY TOWERS WELL-BEING TERMLY NEWSLETTER

Autumn Term 2021

DID YOU KNOW??



An **Attitude of Gratitude** can have positive effects on your whole life!

In psychology research, gratitude is **strongly and consistently associated with greater happiness**. However, its not always easy or natural for us to consciously sit and think about what we are grateful for on a daily basis. **Can you think of 10 things you are grateful for right now???**

Reasons to show gratitude :

- 1) Better Physical Health
- 2) Gratitude enhances empathy and reduces aggression
- 3) Grateful people sleep better
- 4) Gratitude improves self-esteem
- 5) Gratitude increases mental strength
- 6) Gratitude reduces a multitude of toxic emotions, ranging from envy and resentment to frustration and regret

PARENT /CARER WELL BEING SESSIONS

Once we are Covid safe we will be offering small weekly group Well Being sessions which are a great opportunity to chat and relax whilst talking through common feelings we all struggle with from time to time. A 10 min guided meditation is the perfect way to end the sessions to leave you relaxed with a sense of well being.

- 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!! The Community Team are here for you to chat about anything that is causing you worry—even at home—there's not a lot that we cant offer/find support for you with. We are in the Playground each morning so come and say hi!

MENTAL HEALTH STATS

Around one in five (21%) adults aged 16 years and over in Great Britain experienced some form of anxiety/ depression in early 2021, an increase from 19% in November 2020. **Rates in early 2021 were more than double those observed before the coronavirus (COVID-19) pandemic**, where 10% of adults experienced some form of depression

- ⇒ Men are less likely to access psychological therapies than women: only 36% of referrals to NHS talking therapies are for men.
- ⇒ Three times as many men as women die by suicide.

COVID 19 has had an unarguable detrimental impact on mental health. Don't suffer in silence. If you, or someone you know is struggling—reach out. We can signpost you to appropriate



Morning Routine Ideas For extra happiness

Choose at least 1 from each category per day to

- ◇ Implement new healthy habits
- ◇ Reduce stress/ balance nervous system
 - ◇ Increase productivity
 - ◇ Improve mindset
- ◇ Increase physical health
 - ◇ TO FEEL GOOD!



Body

Meditate • Cold shower • Glass of water • Exercise • Yoga or stretches

Mind

Today I am expressing gratitude for • Affirmations (with feelings) • Meditate or breathing exercise • Write down 3 intentions for the day • Avoid your phone for 1 hour

Lifestyle

Make the bed • Avoid phone for 1 hour • Mindfulness at breakfast • Prepare your own meals

Goals

Review your goals • Plan your day • Plan how to achieve your goals • Brainstorm • Visualise achieving your goals

Feeling anxious?



Anxiety is something everyone experiences at times, and feeling anxious is a perfectly natural reaction to some situations.

But sometimes feelings of anxiety can be constant, overwhelming or out of proportion to the situation and this can affect your daily life.

The good news is there are plenty of things you can try to help cope with anxiety.



Kindness Trees and Emotion Cards!!

Children who are modelled kindness from adults on a regular basis become naturally more empathic and caring.

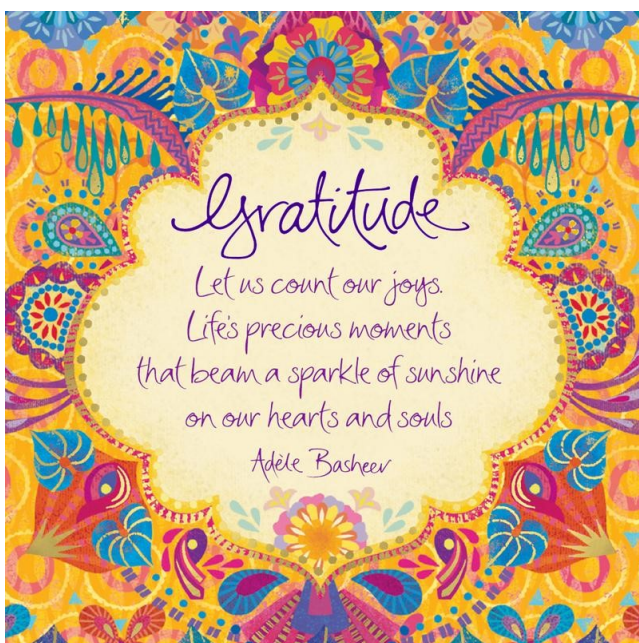
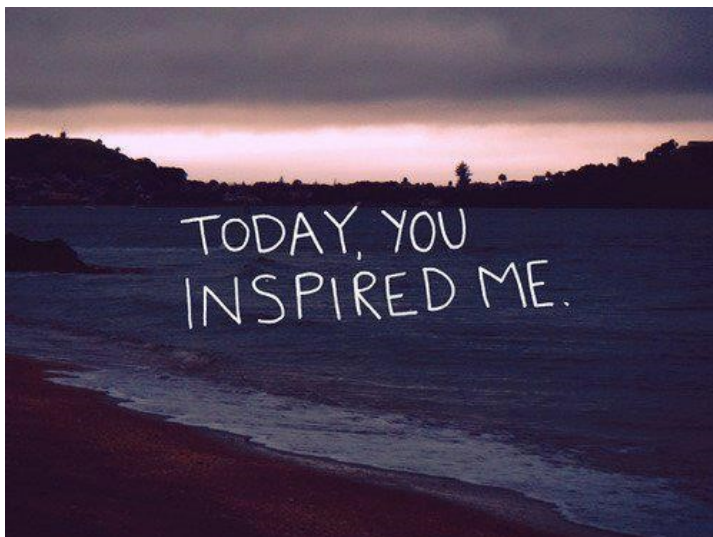
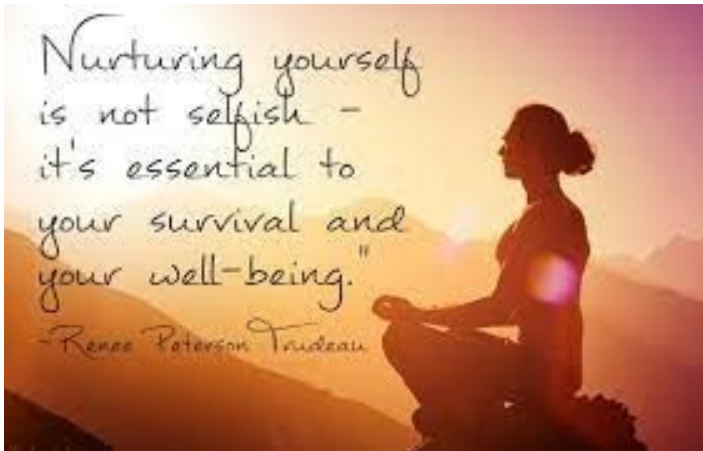
Remember to support and promote the **Kindness Tree's** in class by asking for examples of children being kind to each other and adding a leaf of kindness to the tree.

Also, **remember** to use the emotion cards as prompts for class discussion and opportunities to model self confidence and self esteem!.

Make kindness an everyday practice for children, and see how humanity changes for the better!

ChildInsider.com

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.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

