

## Supporting the Mental Health and Well-Being of our School Community

At Green Ridge Primary Academy, we are committed to supporting children, staff and parents in their well-being and mental health. We know that well-being, physical and mental health are all essential to positive learning experiences and future successes.

A reminder that we now have a section on our Green Ridge website linked to Mental Health and Well-being. This includes the recording of the Parent Workshop from Summer Term 2021. Please click [here](#) to find more information about well-being and the Zones of Regulation.

### Children's Mental Health Week 2022

7-13 February is **Children's Mental Health week**. The week is run by the charity **Place2Be**, and focuses on the importance of promoting good mental health and well-being for children and young people.



#### What's it all about?

Human beings change and grow - we do it all the time and in many different ways. Physical growth is easy to see as we grow from babies to children, teenagers to adults. But growing emotionally is also an important part of our development.

As parents or carers, you are an important role model for your child. Your child does not need you to be perfect—in fact, seeing you make some mistakes can be really useful! What is important is that you are able to show them that you, and they, can continue to develop and grow, even when things are hard. In fact, sometimes, this is when we learn and grow the most.

#### What can you do?

Here are a few simple ways you can support your child's emotional growth.

##### 1. Talk about when your child was younger

Most children enjoy hearing their parents tell stories about when they were younger. Recall stories that highlight how your child has developed and changed over the years. For example, how you enjoyed teaching them to learn to ride a bike, or swim, or how proud you were when they took part in a school assembly - even though they were nervous. If you are an adoptive parent, foster or kinship carer, you will also have lots of memories to share from when you first came together as a family.

##### 2. Encourage your child to try new things

This could be new foods, a new activity or a new experience. Praise their willingness to 'give things a go' rather than whether they were 'good' at it. This will give them confidence to continue to develop and grow.

##### 3. Notice when your child has developed and grown

You may have made marks on the walls to recognise how tall your child has grown over the years, or looked at old photos together. It is important to also recognise and praise emotional growth. This could be letting them know how proud you are when they have learnt to walk away rather than fight with a sibling, or how they have learnt to ask others to play when they used to be too shy to do so.

##### 4. Listen to your child's hopes and dreams for the future

Encourage your child to see that everything they are doing right now is a tiny step towards who they might want to become in the future. For example, your child staying away from home for a night is a step towards them being able to leave home for study or work in the future. Your child helping another child is an important step towards them becoming a counsellor, a doctor, a nurse or a teacher etc.

##### 5. Support your child to learn from tough situations

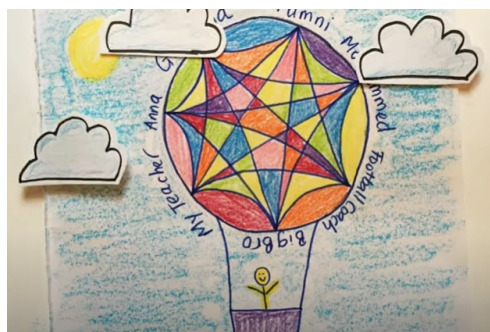
It can be really hard when your child is not getting on with friends or is disappointed with how something has worked out. Acknowledge the difficult feelings, but help your child to see that these situations help us to grow and develop so that we are better able to cope with life's ups and downs.

# Ideas to Support Mental Health and Well-Being

## Activities from Place2Be's Art Room

### Support Balloon

Have a go at [this simple art activity](#) with your children. Aimed at [primary-age children](#), this activity can help children think about why supports them to grow.



### My Changing Shapes

[This activity](#) is designed for [secondary-age children](#). The activity encourages and supports young people to look back at their past growth.



## Time to Talk

Starting a conversation can be difficult, especially if you're worried that your child is having a hard time. It doesn't matter what topic the conversation starts with - it's about the opportunity it gives you both to talk about feelings and to provide comfort.

[Click here for YoungMinds Conversation Starters](#)

### General

How are you feeling?

What do you want to talk about?

What was the best and worst bit of your day?

If you could start today again, what would you do differently?

## Parent Workshops

Thank you to all the parents who completed the previous survey linked to [parent workshops](#). The results from these suggested workshops linked to understanding and managing your child's emotions, self-regulation, anxiety, anger and low self-esteem would be most useful.

Next term, these parent workshops will be taking place; please look out for a letter linked to these.

## Looking for free practical advice to help you support your child?

[Parenting Smart](#), Place2Be's site for parents and carers, is full of expert advice and tips on supporting the emotional well-being and growth of primary-age children.

[parentingsmart.place2be.org.uk](http://parentingsmart.place2be.org.uk)



## Places to go for Support and Advice

### Healthy Minds Bucks

Self-refer by calling 01865 901600 or submit an online referral [here](#).

### Child and Adolescent Mental Health Service (CAMHS Oxford Health)

01865901951 or [click here](#) for a referral form and more information.

### NHS Every Mind Matters (<https://www.nhs.uk/oneyou/every-mind-matters/>)

### Child Bereavement Support

Helpline: 0800 02 888 40 or visit:

<https://www.childbereavementuk.org/>

### Communicate your concerns with school

If you have any concerns about your child's emotional behaviour or well-being, please let school know. You can also talk to your GP for advice.