



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 have a section on our Green Ridge website linked to Mental Health and Well-being. Please click [here](#) to find more information.

Children's Mental Health Week 2023

6-12 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?

Let's Connect is about making meaningful connections, and for Children's Mental Health Week 2023, Place2Be is encouraging people to connect with others in healthy, rewarding and meaningful ways. As parents and carers, you are an important role model to your child. How you connect with friends and family will influence your child, and how they develop their own friendships and relationships. For example, how you greet people and maintain friendships, but also how you forgive people or say sorry when you need to.

What can you do?

Here are a few simple ways you can connect with your child and help them to make meaningful connections.

1. Connect with your child in everyday ways

Moments of connection (and re-connection) are really important in child-caregiver relationships. For example, when you pick them up from school, or come in from work, try to give them your full attention and see if this helps you feel better connected as you hug, talk, smile and hear about their day. Watching your child play and joining in is really important to them—so put your phone away and have a bit of fun—being playful is good for adults, too!

If you have an older child you may find times such as car journeys a good time to talk, or to re-connect by playing music you both like. It is important to be accessible to a teenager when they need to talk. You may have to be there 'on their terms' and be ready to listen.

2. Talk to your child about important connections

This could include talking about family members, friends, neighbours, childminders and people in the local community. Remember it's okay to talk about people they miss, for example, family members who live in a different country or people who have died.

Children learn a lot from their parents about how to express their feelings, including the joy that comes with feeling connected to others and the sadness that come with missing others.

3. Connect by taking an interest in your child's world

As adults we can sometimes be dismissive of the things that our children are interested in, e.g. their music, what they watch etc. If you do take an interest in these things, however, you may feel better connected to your child and the important things in their world.

4. Find time to connect as a family

Family life can become busy and stressful, so it's important to find some time where you connect together. This could include simple things like cooking, watching a film, playing a game, going to a park or even doing the family shop together.

5. Try to resolve conflict and re-connect after arguments

Arguments and moments of disconnection are bound to happen in families—between your children, between yourself and your children and between yourself and your partner. It is important that children learn how to disagree in appropriate ways, how to say sorry and how to make amends when they have done something wrong. They will learn a lot about how to do these things from you—try to model the behaviour you want to see in your children.

Ideas to Support Mental Health and Well-Being

Bucks Mental Health Support Team

We will be having some support from the Bucks **Mental Health Support Team**. They are working with a number of education providers to support young people who have emotional well-being difficulties.

The Mental Health Support Team (MHST) are currently offering a parent workshop in 'Overcoming Childhood Anxiety'. Please take a look at the leaflet below for more information and [sign up here](#). If you have any questions, or require any help signing up for the workshop, please email the office.

Daily Affirmations

Daily affirmations are **positive statements** you tell yourself every day.

This small investment in positive thinking can have a big impact on one's well-being, and it's especially beneficial for children as they build their self-image and learn how to navigate their feelings. During Children's Mental Health Week we will be having whole school affirmations. You can reinforce these at home:

Monday—*I can do anything I put my mind to.*

Tuesday—*I am a good friend.*

Wednesday—*My mistakes help me learn & grow.*

Thursday—*I am compassionate and understanding.*

Friday—*A fresh start is always possible.*

Video Activities from Place2Be

Puzzle Pieces

Aimed at 4-7 year olds, [this activity](#) is presented by CBBC's Art Ninja, Ricky Martin, and will show children how we are all connected. Why not take part as a family?



Connecting Paperchains

Developed by Place2Be's Art Room team for 7-11 year olds, [this activity](#) helps children think about the people, things and activities they feel connected to.



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



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.

Supporting Together – Environment, Parents, Schools

STEPS

The Mental Health Support Team (MHST) would like to offer parents an opportunity to join them on a short workshop presentation in

Overcoming Childhood Anxiety

The workshop will help you as parents understand when anxiety might be a problem (as opposed to a 'normal' developmental phase) and describes different anxiety issues. It is also an opportunity to learn brief key treatment strategies and understand the important role you play as parents in supporting your children and young people that may be struggling with anxiety.

There are various sessions planned to take place on:

Monday 20/2/23 – 18:00-19:30 – Virtual via Teams

Wednesday 1/3/23 – 13:00-14:30 – Virtual via Teams

Friday 10/3/23 – 09:30-11:00 – Virtual via Teams

If you are interested in attending either of these event's, please click on the link below or scan the QR code to complete a short form of interest. Further details and links will then be sent out closer the time.

<https://forms.office.com/e/uTvjnsmkxr>

