



MENTAL HEALTH AND WELLBEING NEWSLETTER – Autumn 2024

Dear All,

Welcome to the first Mental Health and Wellbeing Newsletter of this academic year. We are really proud to have had a successful visit from the Hertfordshire Emotional Wellbeing in Schools Team, who assessed us to have 'effective' provision for supporting mental health and wellbeing in school. We will continue sending these newsletters out each half-term year and would be grateful for any suggestions of further content that may be of use.

A MINDFUL MOMENT

Whether it is taking a few deep breaths to help regulate when a child's experiencing some big emotions, taking some time to wind down before bed time, to help feel ready for school or just to build some mindful rhythms into your routine, breathing intentionally can really help.

Peaceful Place

A favourite with last year's Y6 girls, 'Peaceful Place' is a relaxing, scripting mindfulness activity you could do with you child before bedtime, to help calm and relax before sleep.

Ask your child to lie down on a mat or blanket and let their arms rest loosely by their sides.

In a calm voice, read the following script...

1. *Imagine you are in your own peaceful place where you feel happy and safe. Explore your peaceful place.*
2. *Notice details of the landscape, listen for animals or water. Smell the trees and flowers.*
3. *Imagine doing something fun. You could ride a whale, fly with an eagle, or run with an elephant.*
4. *Before you leave discover a hidden gift. It is just for you.*
5. *Return to the present moment. Say goodbye to your peaceful place and your animal friends. Bring your attention back to the sounds around you. Open your eyes.*



Hertfordshire Community
NHS Trust

How is Herts School Nursing Team helping children & young people's emotional wellbeing & mental health?

Hertfordshire School Nursing Team support children and young people from ages 5-19 years, who attend mainstream schools in Hertfordshire.

As well as supporting physical health needs, the service provides early help for emotional wellbeing and mental health difficulties and offers text messaging services called Chat Health from Monday-Friday, 9am to 5pm.

NEW! Chat Health School Nurse text messaging service for parents/carers: 07312 263002

A new service from Chat Health has recently launched for parents/carers to provide them with advice on supporting children and young people's health and wellbeing.

Find out more about [Hertfordshire's School Nursing Service](#) by watching the short animation below [School Nursing Service - HCT \(youtube.com\)](#)

ACTION FOR HAPPINESS

Optimistic October.

Please see the next page for this month's 'Action for Happiness' calendar. It can be hard sometimes to stay hopeful with all the challenges in our lives. We can train our brains to try and look for what's good by creating a habit of taking small positive actions every day.



Hub of Hope...

The Hub of Hope is the UK's leading mental health support database. It is provided by the national mental health charity 'Chasing the Stigma', and brings local, national, peer, community, charity, private and NHS mental health services together, in one place for the first time.

The service and support lists on the Hub of Hope are not only for when things become unbearable, but also for those times you might be starting to struggle or need extra help, as you start to emerge from a particularly difficult time.

The website is very easy to navigate, to find what you need and has additional information around different types of mental health need.

<https://hubofhope.co.uk/>

Recommended Reads...

A great book for parents who require practical support with helping their child manage excessive fears and worries.



How is Nessie's (Herts NHS funded) service helping parents/carers?

Helping young people to overcome worries and problems can be difficult for parents/carers to manage, especially at this time of year when young people are going back to school or college, or if other changes are happening. It can often be helpful to talk these issues through with someone who understands and knows what might help.

This autumn Nessie's free (NHS funded) Parenting Support Service is offering a range of support for parents of children who might be struggling to attend school or college, self-harming, experiencing bullying or any other problems that are adversely affecting their emotional wellbeing/mental health:

Online peer support group

[Tuesdays, 9.30-11.30am](#): for parents/carers with children who are struggling to go to school/college or not attending (EBSA).

Webinars

[Monday 30 September, 9.30-11.30am](#): Supporting children/young people with self-harming behaviours:

[Thursday 3 October, 9.30-11.30 am](#): Supporting children/young people who are struggling to attend school (EBSA)

[Thursday 17 October, 9.30-11.30am](#): Supporting children/young people with bullying.

Helpline, Facebook group and one to one support

As well as the peer support group and webinars, Nessie's parent support service offers one to one appointments, [a moderated FB group](#) and a helpline with an opportunity to speak to specialist Family Support Worker on: 07932 651319.

Find out more about all of NESSIE's free services for Hertfordshire's parents/carers at: [Hertfordshire parents - Nessie IN ED, CIC](#)

Optimistic October 2024

MONDAY



7 Look for the good in people around you today

14 Do something constructive to improve a difficult situation

21 Let go of the expectations of others and focus on what matters to you

28 Ask yourself, will this still matter a year from now?

TUESDAY

1 Write down three things you can look forward to this month

8 Make some progress on a project or task you have been avoiding

15 Thank yourself for achieving the things you often take for granted

22 Share a hopeful quote, picture or video with a friend or colleague

29 Plan a fun or exciting activity to look forward to

WEDNESDAY

2 Find something to be optimistic about (even if it's a difficult time)

9 Share an important goal with someone you trust

16 Put down your to-do list and do something fun or uplifting

23 Recognise that you have a choice about what to prioritise

30 Identify three things that give you hope for the future

THURSDAY

3 Take a small step towards a goal that really matters to you

10 Take time to reflect on what you have accomplished recently

17 Take a small step towards a positive change you want to see in society

24 Write down three specific things that have gone well recently

31 Set a goal that brings a sense of purpose for the coming month

FRIDAY

4 Start your day with the most important thing on your to-do list

11 Avoid blaming yourself or others. Find a helpful way forward

18 Set hopeful but realistic goals for the days ahead

25 You can't do everything! What are your three priorities right now?



SATURDAY

5 Be a realistic optimist. See life as it is, but focus on what's good

12 Look out for positive news and reasons to be cheerful today

19 Identify one of your positive qualities that will be helpful in the future

26 Find a new perspective on a problem you face



SUNDAY

6 Remind yourself that things can change for the better

13 Ask for help to overcome an obstacle you are facing

20 Find joy in tackling a task you've put off for some time

27 Be kind to yourself today. Remember, progress takes time



ACTION FOR HAPPINESS

Happier · Kinder · Together

Parent and Carers

Our School Nurses can help with things like:

Behaviour management Development

Wellbeing Healthy eating Toileting

Emotional health Sleep

Find advice on supporting your
child's health and wellbeing.

 www.healthforkids.co.uk/grownups

Follow us:

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07312 263 002

Or scan the
QR code to
start a chat.



FREE WEBINARS

FOR PARENTS AND CARERS
OF CHILDREN AND YOUNG PEOPLE
WHO NEED SUPPORT WITH...

- ANXIETY
- SELF-HARM
- LGBTQ+ AND GENDER
- SCHOOL ATTENDANCE

