



## MENTAL HEALTH AND WELLBEING NEWSLETTER – SPRING 2

Welcome to our Spring Term Mental Health & Wellbeing Newsletter. As always, our aim is to share practical ideas, useful resources, and supportive information to help you nurture your child's emotional wellbeing. This term, we are also excited to share details of **new support available through our MHST (Mental Health Support Team) practitioners.**



### A MINDFUL MOMENT

#### Glitter Jar

Children of any age can create a **glitter jar**. It is a great activity to use when your child is worried, upset, nervous, or angry.

1. Start by finding a glass mason jar and allow your child to decorate it however they like. You can also use a plastic water bottle if you can't find a mason jar. You will also need one bottle of clear glue and glitter. Food colouring is optional.
2. Fill the bottle up 3/4 of the way with water. Next, add the clear glue and glitter and shake. You may want to use a funnel to get the glitter in the jar. You may add food colouring if desired.
3. Seal the lid and you are ready to go.

The next time your child is **upset or anxious** simply have them shake the glitter jar and remain quiet and still while the glitter is settling. As they breathe deeply they can watch the glitter float around in the jar and finally settle on the bottom. The jar is like the child's mind, and you can even encourage your child to think about how **their thoughts are like glitter**. As the glitter settles down into the bottom of the jar, the mind becomes calmer as well.

**ACTION FOR HAPPINESS** are a movement of people taking action to create a happier and kinder world, together. They teach evidence-based skills for happier living, feeling a sense of belonging and committing personal action to create more happiness.

They produce a monthly calendar, which suggests activities to promote happiness. The March calendar is attached to this month's newsletter. Further information, can be found at: <https://actionforhappiness.org/>

### Mental Health Support Teams

Since 2018/19, the NHS has been introducing Mental Health Support Teams (MHSTs) into schools and colleges across England. In Hertfordshire, these teams work within primary and secondary settings to offer early help and preventative support for children's mental health and wellbeing.

Each MHST is based in a hub school and supports a group of local schools. A trained Mental Health Practitioner is allocated to each school for **one day per week**.

There are currently **214 Hertfordshire schools** with an MHST in place, and we are pleased to share that our school has been successful in joining the next wave of the programme. The government's long-term plan is for MHSTs to be available in 100% of schools in England by 2029/30.

The MHST will have 3 core functions:

#### 1. One-to-One Support

- CBT-informed guided self-help interventions.
- Direct work with parents of primary-aged children for worries, fears, or mild behaviour difficulties.
- Usually weekly 1-hour sessions for 4–10 weeks, delivered in school.

#### 2. Group Work

- For children/young people experiencing similar challenges (e.g. emotions, low mood, transitions, friendships).
- Also available for parent/carer groups for primary-aged children with worries/fears.

#### 3. Whole-School Approach

- Support with creating a positive mental-health culture.
- Delivery of workshops, assemblies, staff training, and attendance at school events.

Our Practitioner will be working in school on a Friday from after Easter and we are excited to welcome them to the Ashwell Team. More information about the service can be found on the NHS England website. [www.england.nhs.uk/mental-health/cyp/trailblazers/](http://www.england.nhs.uk/mental-health/cyp/trailblazers/)



# Mindful March 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Set an intention to live with awareness and kindness	2 Notice three things you find beautiful in the outside world	3 Start today by appreciating your body and that you're alive	4 Notice how you speak to yourself and choose to use kind words	5 Bring to mind people you care about and send love to them	6 If you find yourself rushing, make an effort to slow down	7 Take three calm breaths at regular intervals during your day
8 Eat mindfully. Appreciate the taste, texture and smell of your food	9 Take a full breath in and out before you reply to others	10 Get outside and notice how the weather feels on your face	11 Stay fully present while drinking your cup of tea or coffee	12 Listen deeply to someone and really hear what they are saying	13 Pause to watch the sky or clouds for a few minutes today	14 Find ways to enjoy any chores or tasks that you do
15 Stop. Breathe. Notice. Repeat regularly	16 Get really absorbed with an interesting or creative activity	17 Look around and spot three things you find unusual or pleasant	18 Have a 'no plans' day and notice how that feels	19 Cultivate a feeling of loving-kindness towards others today	20 Focus on what makes you and others happy today	21 Listen to a piece of music without doing anything else
22 Notice something that is going well, even if today feels difficult	23 Tune into your feelings, without judging or trying to change them	24 Appreciate your hands and all the things they enable you to do	25 Focus your attention on the good things you take for granted	26 Choose to spend less time looking at screens today	27 Appreciate nature around you, wherever you are	28 Notice when you're tired and take a break as soon as possible
29 Choose a different route today and see what you notice	30 Mentally scan your body and notice what it is feeling	31 Discover the joy in the simple things of life				

ACTION FOR HAPPINESS

Happier · Kinder · Together

## BOOKS WE HAVE BEEN USING IN SCHOOL RECENTLY!

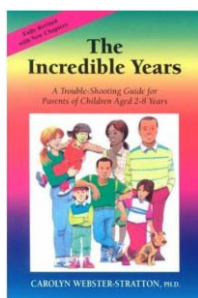
Here are two excellent titles we are drawing from in school and recommending to families this half-term, based on recommendations from the Mental Health Support Team (MHST):



### Helping Your Child with Fears and Worries

By Cathy Creswell & Lucy Willetts

A practical, parent-friendly guide based on CBT techniques. It explains what anxiety looks like in children, why it happens, and step-by-step strategies to help children manage worries, build confidence, and reduce avoidance. A brilliant resource for families wanting reassurance and tools that genuinely work.



### The Incredible Years

By Carolyn Webster-Stratton

This well-known programme focuses on building strong parent-child relationships, positive behaviour strategies, and emotional regulation skills. The book offers clear, practical approaches that help children feel secure, understood, and confident — especially helpful for primary-aged children.

