

# Mental Health and Wellbeing at Spring Gardens Primary School

Information for Parents and Carers



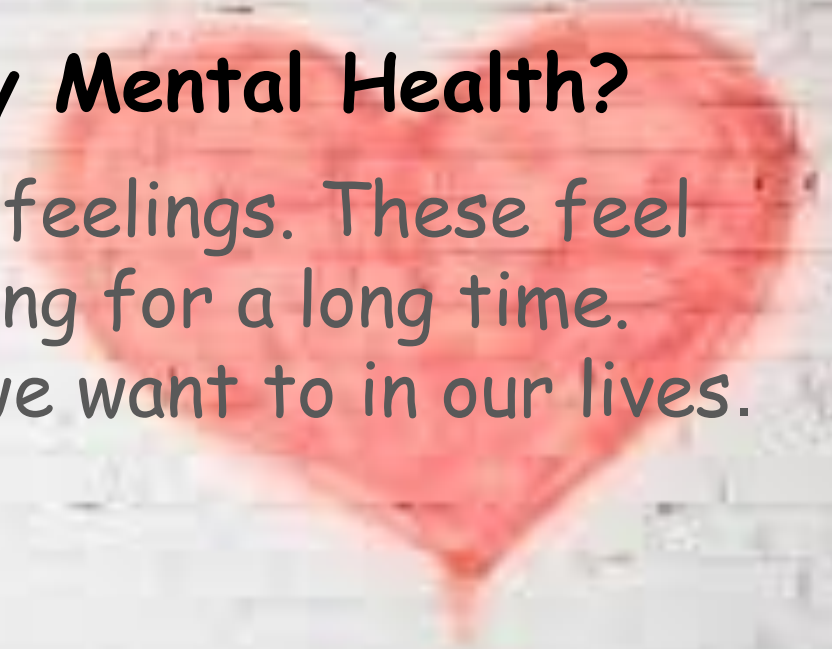
# What do we mean by Mental Health?

We all have mental health- mental health is about our feelings, our thinking, our emotions and our moods. Looking after our mental health is important.

We all have feelings every day. These sometimes feel strong and overwhelming, whether happy or sad, but they usually go away before too long.

# What do we mean by Mental Health?

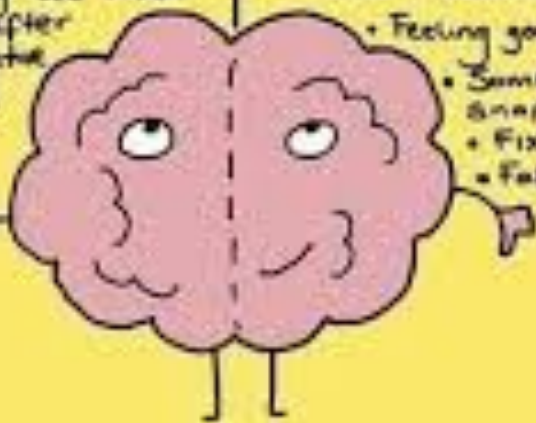
Sometimes we feel BIG feelings. These feel strong and overwhelming for a long time. They stop us doing what we want to in our lives.



# MENTAL HEALTH

## IS...

- Important
- Something everyone has
- Inherently linked to (+ probably inseparable from) physical health
- On a continuum
- Worth making time for
- Part of being human
- Something we need to look after
- Positive + Negative
- Changeable
- Complex
- Real



## ISN'T...

- A sign of weakness
- Shameful
- All in your mind
- Always something negative
- Something you decide to have
- Something to think about only when it feels broken
- An interchangeable term with mental illness
- Feeling good all the time
- Something you can snap out of
- Fixed
- Fake news



# Why?

**NHS**  
Digital



**12.8%** of five  
to 19-year-olds had  
a mental disorder  
in 2017

[#ChildrensMentalHealthWeek](#)

# Why?

## CHILDREN'S MENTAL HEALTH - KEY FIGURES

**11%**

of children's mental health needs met by NHS (2.52m have needs; service capacity is 230k)



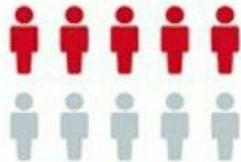
**14x**



The NHS spends 14 times more on adult mental health than on children and young people

**50%**

of mental health problems are developed by age 14



**10 years**

Average time a child lives with mental health needs before starting treatment



## Why?

Over half of all parents state that their children's mental wellbeing has been one of their biggest worries during COVID.

Research shows that COVID has caused an increase in anxiety in young people, and a third of children report being more worried, sad and stressed than before lock down.

# Why?

We understand that across the country, services are stretched to the limit. We find that the referrals we make to agencies such as CAMHS, have growing waiting lists, currently an approximately 2 year wait.

We feel passionate about helping to make a difference in the lives of our children and families. We may not have all the answers but we can work together to promote and support positive mental health and wellbeing.





# Mental Health at Spring Gardens

We have become part of a pilot project that focusses on improving mental health and wellbeing. Mrs Wankowicz, Mrs Royle and Mrs Chambers are qualified Mental Health First Aiders. In the year ahead, all staff will have training to develop their understanding of mental health and wellbeing and will become Mental Health Champions, By having a better understanding we will be able to support you and your children more effectively.

# Mental Health at Spring Gardens

We have conducted baseline surveys and questionnaires with staff, children and parents/carers. We are unpicking key areas for development and are creating an action to help us to prioritise the significant factors that we hope to address in the weeks and months ahead.

# What can impact on children's mental health?

Sometimes the smallest thing can make a difference as well as the big things.

Moving house

Changing school

New teacher

Friendship issues

Illness

Bereavement /loss

Struggling at school

Internet/social media

Puberty

Issues on the news

Family difficulties

Finances

Self image

SEN/Disability

## What can it look like?

Remember that these are not only linked to mental health. There could be numerous reasons for these behaviours.

Sudden change in behaviour

Bed wetting

Withdrawn

Changes in sleep patterns

Not wanting to socialise or play

Change in appetite

Self harming

Low self-esteem

School refusal

Tummy ache

# Talking Mental Health

TALKING  
MENTAL  
HEALTH

# What do we do at school to support positive mental health?

Our ethos

Positive, nurturing relationships

Curriculum-PSHE/SRE

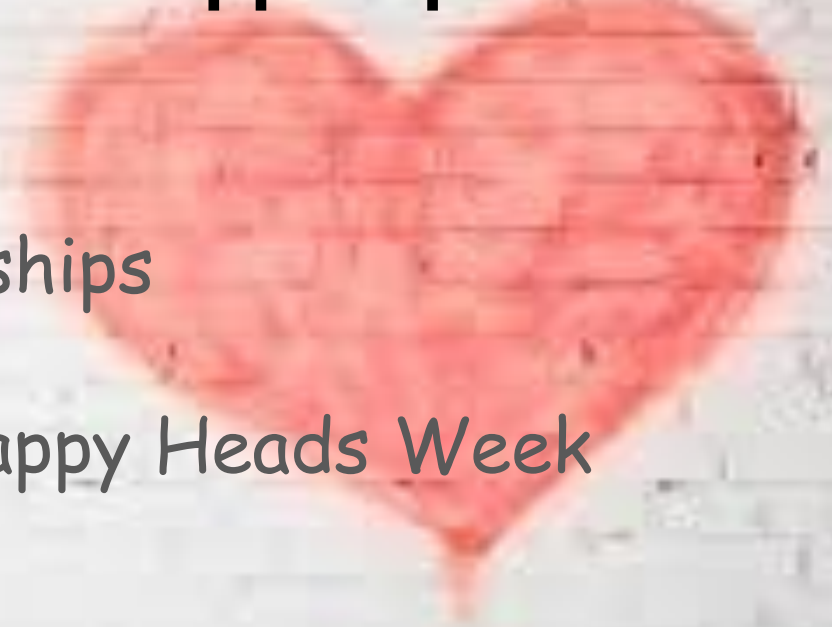
Themed days/weeks e.g. Happy Heads Week

Buddies

School Council

Friendship Friday-Kindness Award

Reward systems



# What do we do at school to support positive mental health?

Areas to go/staff who can help

The Calm Room

Happy Head Hub

Mrs Royle-Care, Support and Guidance Lead

**Staff approach-**

**A-**Assess the situation

**L-**Listen non judgmentally

**G-**Give support and information

**E-**Encourage appropriate help from professionals

**E-**Encourage self help and other support strategies



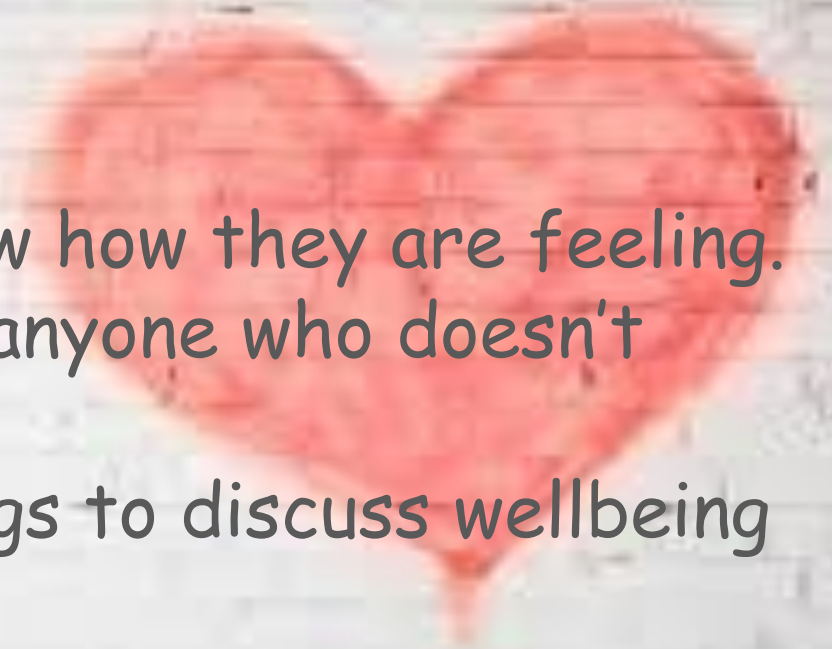


## Daily Check ins...

The children let staff know how they are feeling.  
Staff keep a close eye on anyone who doesn't seem themselves

Staff have regular meetings to discuss wellbeing concerns.

Parents/carers inform staff of any worries and concerns.



## Targeted Support

- Time with Mrs Royle- Working together 1:1 or in small group to resolve problems, develop social and emotional skills and resilience.
- WRAP Plans-Wellbeing Recovery Action Plans
- Friendship and social group sessions
- Other small group or individual sessions
- Thrive Approach-Coming soon

# thrive Thrive Approach

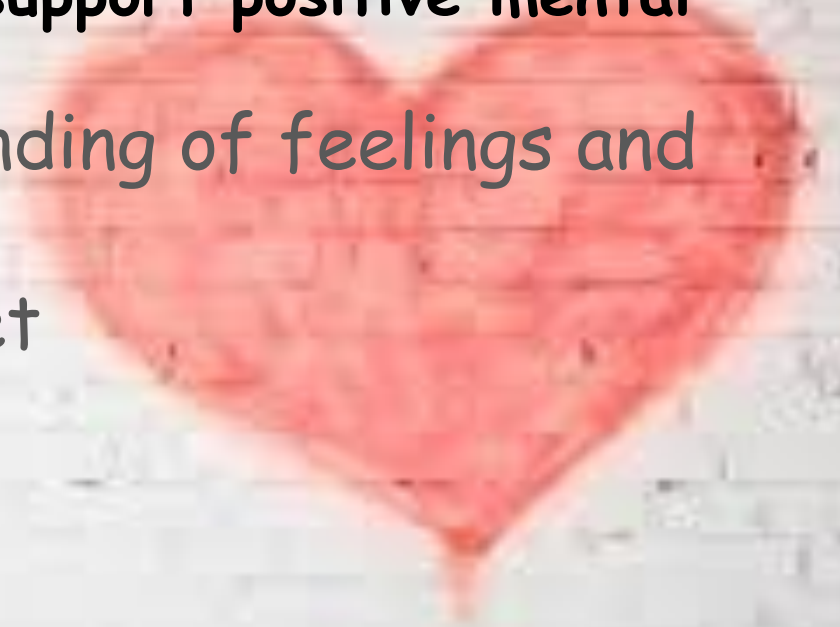
The Thrive Approach has evolved over the last 25 years, providing those who work with children and young people with the knowledge, skills and tools to optimise social and emotional development, focusing on the relationship with the child or young person.

Thrive not only benefits the children and young people, but those working with them and the wider community.

At Spring Gardens we are beginning our Thrive training in January. This will then begin to be shared across the school and embedded into our practice.

## What can you do at home to support positive mental health?

- Talk about it- understanding of feelings and emotions
- Good routines-sleep, diet
- Time to relax
- Build resilience
- Build self-esteem
- Be a good role model-take care of your own well-being
- Monitor internet/social media use/TV choices



# 5 ways to wellbeing...



TALK & LISTEN,  
BE THERE,  
FEEL CONNECTED



DO WHAT YOU CAN,  
ENJOY WHAT YOU DO,  
MOVE YOUR MOOD



REMEMBER  
THE SIMPLE  
THINGS THAT  
GIVE YOU JOY



EMBRACE NEW  
EXPERIENCES,  
SEE OPPORTUNITIES,  
SURPRISE YOURSELF



Your time,  
your words,  
your presence

## Practical activities...

- Mindfulness-slowing down, relaxing
- Focused activities-models, puzzles
- Colouring
- Arts and crafts
- Relaxation/meditation/yoga
- Sports and exercise
- Outdoor-nature activities
- Share a movie/story (no distractions)
- Talk to each other and really listen



# Useful websites and links

<https://www.annafreud.org/schools-and-colleges/5-steps-to-mental-health-and-wellbeing/>

<https://www.annafreud.org/schools-and-colleges/resources/advice-for-parents-and-carers-talking-mental-health-with-young-people-at-primary-school/>

<https://www.annafreud.org/schools-and-colleges/resources/>

<https://www.actionforchildren.org.uk/our-work-and-impact/children-and-families/good-mental-health/>

<https://youngminds.org.uk/>

<https://www.camhs-resources.co.uk/websites>

<https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/>