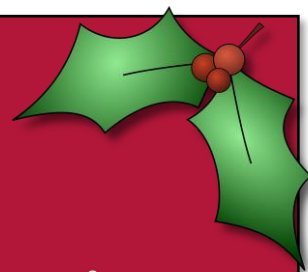


Mindfulness Monthly



Issue 01: December 2023

Welcome to the first edition of 'Mindfulness Monthly'. Every month we will produce a newsletter highlighting exciting developments in school which will support your children. We will also signpost support services that can be accessed should you have any questions or concerns regarding your child and their mental health and well-being. This first edition will focus on the different areas where support can be found.

Support for students and families outside of school

For parents and carers that were able to attend the Parent Partnership evenings nearer the start of term, you would have heard Mr Todd speak about the various organisations that can support young people and their families when it comes to mental health. Whilst there are numerous organisations available, those shown below tend to be the most commonly used. These sites contain a wealth of useful resources, information and strategies that may be useful (if you are viewing this document electronically, the logos and links are hyperlinked so you will be able to view the sites by clicking on them).



www.mind.org.uk



www.youngminds.org.uk

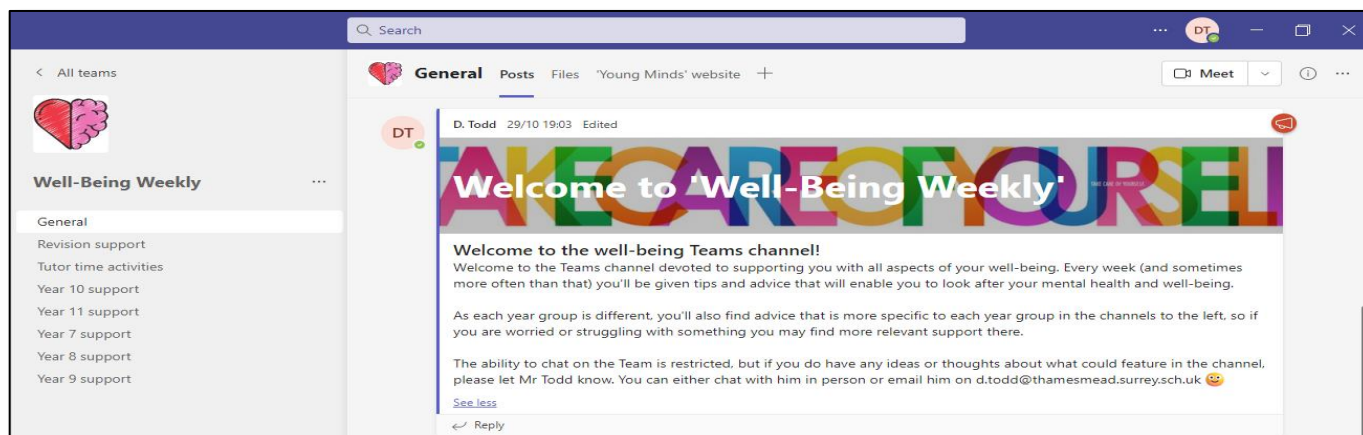


www.childline.org.uk

'Well-Being Weekly' Teams channel

In order to promote World Mental Health Day, Thamesmead supported ITV's 'Britain Get Talking' campaign and encouraged students to speak with parents and carers about issues that may be on their mind. Students were given information during registration about the campaign, and the message was reinforced with follow-up assemblies.

As mental health is such an important issue, we make sure that we don't only speak about once a year and instead normalise the conversation and discuss it regularly. With this in mind, a Teams channel has been set up for students. The Team features general information about managing mental health and well-being for students, and it has dedicated channels specific to each year group. New information will be added to the Team on a weekly basis. Please could we ask that you encourage your children to look at this Team.



Support over the Christmas holidays

We are aware that Christmas can be a tricky time for some families, particularly when young people have a break away from the routine and familiarity of school. There are a number of services available during the two week Christmas holiday period, with one being shown below (<https://www.stopbreathethink.org.uk>). Other organisations that can offer support during this time are also shown below;



Support for young people:

www.mind.org.uk

www.youngminds.org.uk

www.childline.org.uk

Support for families:

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

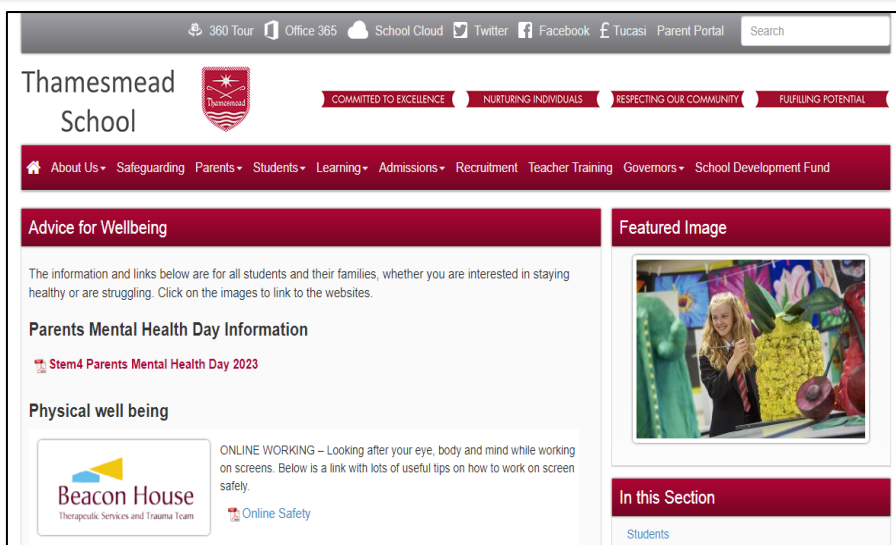
<https://www.nhs.uk/nhs-services/mental-health-services/>

<https://mentalhealth-uk.org/>

Support for students and families outside of school

There are a number of support services that are available for parents/carers, as well as students. Most of these support services have websites and phone numbers that are accessible out of school hours and during school holidays.

The 'Advice for Wellbeing' section of the school website features a range of information and links relating to these services. Additional information will be added to this area throughout the year.



Auditing our support

Every year our colleagues in the Mental Health Support Team (MHST) put together a survey in order to audit the support that is put in place in the schools that they work in. The information provided in this audit is then shared with schools in order to determine how the support given can be further developed. The MHST gain feedback from students and school staff, but also ask for responses from parents and carers. As a result, please could we trouble you to scan the QR code opposite and then complete survey, or use the link featured below;

https://forms.office.com/Pages/ResponsePage.aspx?id=rHaAI2a2rUCyOnQH18EtTmKBmDnhwRBt8XBVwN_A9UNFA2TVFJV0E2S0JUOFITSDc5TFNRvJNEOS4u



Well-Being Quote:

"There comes a point where we need to stop just pulling people out of the river. We need to go upstream and find out why they are falling in."

Desmond Tutu