

A Whole Organisation Approach to Emotional Health and Wellbeing

Sharing good practice: Waveney Secondary Schools



January 2021 Issue 06

If you would like to share good practice or have any questions please contact: anna.sims@norfolk.gov.uk

Self Care and Support for Young People

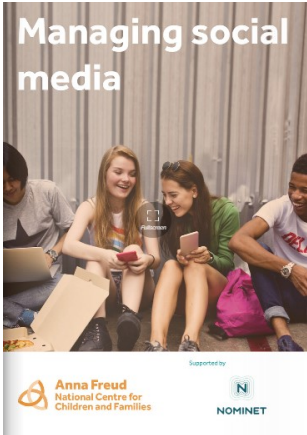
We Are Individed

We Are Individed are here to help teachers and families understand and support the wellbeing and mental health of young people. If you would like to learn about how this platform works, get more information about the portal visit www.weareindivided.com. This new platform is accessible for families, schools or alternative educators and is fully funded for young people in Reception to year 12 in Norfolk and Waveney. Families and educators can register individual children but for whole schools [email them here](#)



Managing social media

Since the coronavirus shutdowns, our lives have been disrupted greatly and usual routines have changed for most of us. Whilst social media can be an effective tool for staying connected to friends and family, it can also be a place where negative language and imagery is regularly shared which can have a negative impact on your mental health and wellbeing. The Anna Freud managing social media booklet aims to highlight some key social media issues and offers advice and guidance on how to minimise the impact of social media on your mental health.



Kooth
Sessions for students
To arrange a Kooth information session for your students please contact [Lauren Treadwell](#)



Chat Health is an easy way for parents, carers, and young people to confidentially ask for help about a range of issues, or make an appointment with a school nurse. They can also find out how to access other local services 07507 333 356

The theme of the 2021 [Children's Mental Health Week](#) is **Express Yourself**. Expressing yourself is about finding ways to share feelings, thoughts, or ideas, through creativity. This could be through art, music, writing and poetry, dance and drama, photography and film, and doing activities that make you feel good. From assembly guides and class activities, to top tips for pupils and parents, to the new fundraiser Dress to Express, Free resources from **Place2be** will help children and young people to explore what it means to **Express Yourself**.



MONDAY "Happiness is when what you think, what you say, and what you do are in harmony" - Gandhi

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

ACTION FOR HAPPINESS

www.actionforhappiness.org

Happier · Kinder · Together


Supporting your child's mental health

6 ways to support children's mental health this winter from Place 2be

6 ways to support children's mental health this winter

14 December 2020

In a piece originally published on [Heapsfit!](#), Julia Curran, one of Place2be's Principal Educational Psychologists, shares some tips to help you promote good mental health for your children over the holiday season.



Self care for families



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Staff wellbeing

STAFF WELLBEING planning pack

Teachers are our heroes. During lockdown, they have adapted to teaching children remotely, worked tirelessly to support the children they teach, and have prepared for a sensitive transition back to school to reduce stress and anxiety for the children.

It is important to remember that Covid-19 and the lockdown will also have had an effect on the mental health and wellbeing of all members of the school staff. Similar measures should be put into place to support them as well as the children.

To help and support others, we need to start with ourselves. This document includes ideas, links to resources and activities to support staff wellbeing.

REFRAMING THOUGHTS for staff

We all have negative thoughts and may get into patterns of negative thinking.

In times of distress, these may occur more frequently and it is easy to be self-critical and focus on the negative thoughts. Sometimes we might construe a situation, making it seem worse than it really is, or we might blame ourselves for things out of our control.

Recognising these thoughts and reframing them is a way of training your brain reduce anxiety and over-thinking.

This simple **template** can be used by anyone to identify unhelpful or negative thoughts, and try to reframe them in order to reduce their feelings of distress or anxiety.

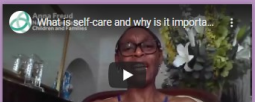
Staff wellbeing resources from Anna Freud (attachments)

Self-care for parents and carers

Why self-care?

For many parents and carers, finding time for yourself can be a challenge as you juggle family and relationships with your home and work life. This can be especially true if you are supporting a child or young person with their mental health.

With the practicalities of day-to-day life, it can be easy to forget to look after your own wellbeing needs, as



BBC Bitesize 6 self-care tips for parents

- Looking after my body
- Time away from screens
- The value of routine
- Finding a balance
- Stay connected
- Looking ahead

Secondary parents' support survival guide

NHS Mental wellbeing audio guides

Anna Freud Self care for parents and carers