

Mental Health and Well Being Awareness Newsletter

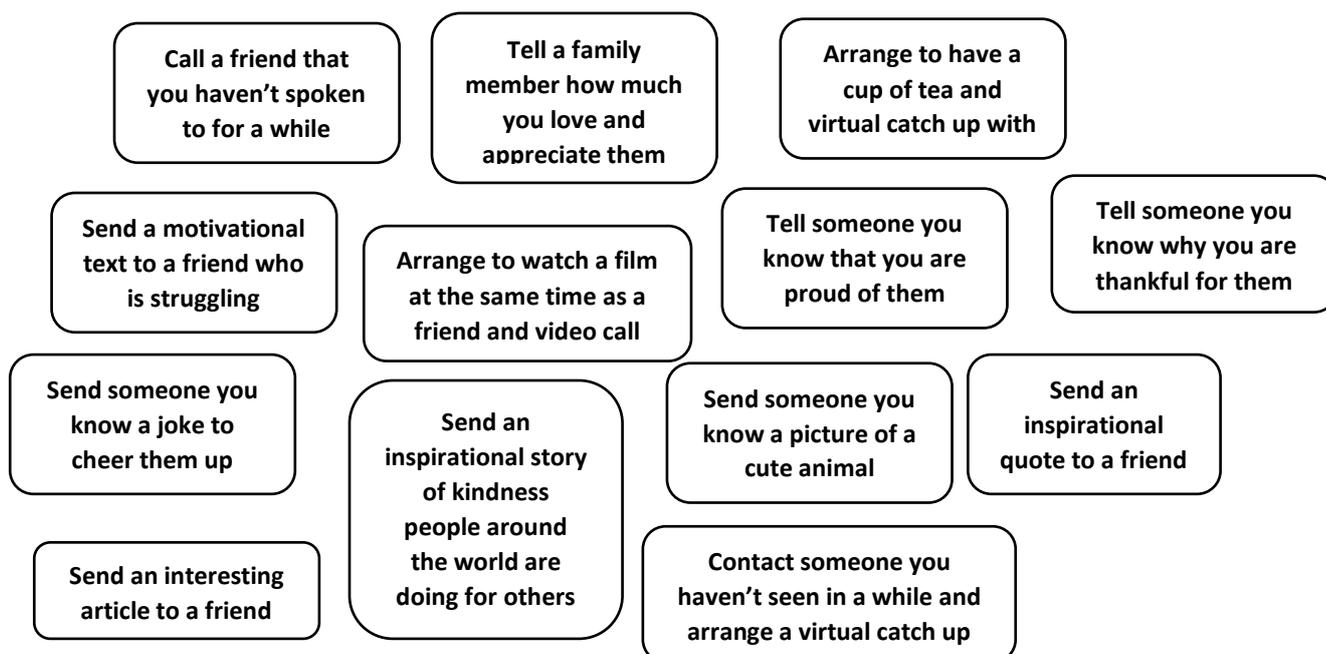
Dear parents and carers,

Mental health problems can affect anyone at any time. During these very difficult times, I wish to draw your attention to Mental Health Awareness Week May 18th to May 24th. This year the awareness week is focussing on kindness - **#KindnessMatters**

Kindness is an antidote to isolation and creates a sense of belonging. It helps reduce stress, brings a fresh perspective and deepens friendships. Kindness to ourselves can prevent shame from corroding our sense of identity and help boost our self-esteem. Kindness can even improve feelings of confidence and optimism.



Below are ways which we can show some kindness. Encourage your son/daughter to join in with some small acts of kindness.



'Thrive'

Along with keeping students on track with their learning, we recognise that social and emotional development is really important so that young people do not feel overwhelmed. Miss Thompson has put together a series of alternative activities, which has been shared with all students (see example below). This is not compulsory but provides a creative break from the normal curriculum. Encourage your son or daughter to have a go and get creative. Send in photos of anything they have done to Miss Thompson or their Head of Year.

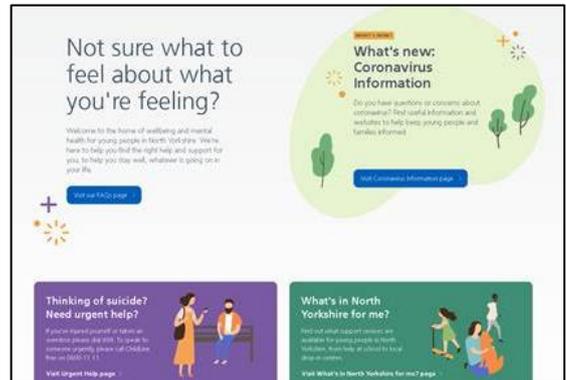
MONDAY	Create a motivational item for your neighbour or a family member – maybe a painted rock with a picture, quote or word for inspiration.
TUESDAY	Create a small wildlife haven either in an old egg box on a windowsill or in your garden.
WEDNESDAY	With your family members make a time capsule, go out for a walk and bury it somewhere OR bury it in your garden... it will be found in many years to come.
THURSDAY	As a family all share the things you are grateful for.
FRIDAY	Create a family blog – “Our life in Lockdown”

'The Go To' Website

We are delighted to announce that a new website for children, young people, parents/carers and professionals has been launched! 'The Go-To' website is a portal or 'single point of information' for the wide range of mental health support services offered by different agencies in North Yorkshire. This new website will signpost young people to the most appropriate support and has lots of useful tips and information to help young people cope with stress or anxiety.

The Go-To has been developed by clinical commissioning groups in North Yorkshire – and York and North Yorkshire County Council and will promote services within the existing North Yorkshire County Council boundary.

www.thegoto.org.uk



Mental Health and Well Being – Sources of Support

Switchboard – is an LGBT+ helpline – a place for calm words when you need them most.

They are there to help you with whatever you want to talk about. Nothing is off limits, and they understand how anxious you might feel before you pick up the phone.

Switchboard LGBT+ helpline
Offering calm words when you need them most.
Helpline: 0300 330 0630
10am – 10pm
• www.switchboard.lgbt
• Instant Messaging
• chris@switchboard.lgbt
Registered Charity Number: 296533

Compass BUZZ offers a confidential text messaging service. Text the service on **07520 631168**

<https://www.compass-uk.org/services/north-yorkshire-compass-buzz/>

ChildLine 0800 1111

ChildLine is a charity that offers support for children with issues or problems. It is online or you can ring them on 0800 1111. www.childline.org.uk

kooth

On Kooth you can
• Chat to a friendly counsellor
• Read articles
• Get support from the community
• Write in a private journal

Kooth is an online and confidential service that can give you help and advice to support your mental and emotional health. www.kooth.com

mind for better mental health

Mind is a charity specialising in Mental Health. Its website has links to support, information and advice. www.mind.org.uk

If you feel that your child needs some support from the Pastoral Team then please do not hesitate to get in touch with the school by e-mailing: enquiries@northallertonschool.org.uk

Alternatively you can email your child's Head of Year or the Designated Safeguarding Lead.

Keep safe

Sarah Bell
Assistant Headteacher
DSL