

EDUCATION NEWSLETTER

Welcome to the final edition of the MHST newsletter for this academic year! We hope you are enjoying your last few months before a well deserved summer break.



This edition of the newsletter will consider how transitions may affect mental health, how we can support families with young people's mental health over the summer break and how we can celebrate upcoming key dates.

Action Planning

As we are heading towards the end of the academic year, now is a great time to review any goals set at the start of the year. Hopefully you have actioned tasks set alongside your MHST link and are moving forwards to meeting these goals. It might be a good time to consider any planning for the next academic year too!



Did you know?

If a child struggles with a transition, it can have a negative impact on their wellbeing and academic achievement. During any transition period, it's important that children and young people are able to talk about their concerns and are supported to cope with any readjustments.

You can access the Anna Freud Mentally Healthy Schools Transitions resource here. Click the link below or scan the QR code with your phone camera.

<https://www.mentallyhealthyschools.org.uk/factors-that-impact-mental-health/school-based-risk-factors/transitions/>



Say hello to...



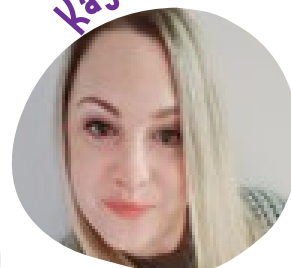
Anita

South Locality High Intensity Cognitive Behaviour Therapist



Emily

Central Locality High Intensity Cognitive Behaviour Therapist



Kayleigh

North Locality High Intensity Cognitive Behaviour Therapist



Della

North Locality High Intensity Cognitive Behaviour Therapist

Summer Holidays Workshops!

MHST will be hosting workshops throughout the summer holidays for young people and parents/carers. The workshops will be held at local family hubs and will last for around an hour. Topics include: managing worries, low mood, supporting your child with worries, big emotions, wellbeing and more! Please see the attached leaflet to share with families to book their place.

Transitions

As we head towards the end of the academic year, we know that transitions from one year group to another, or even one school setting to another, can bring with it many uncertainties and worries for our young people. MHST offer transition assemblies for Year 2 and 6 to identify some of the challenges that can arise and talk about where to get support if needed.

Hopefully, students will come away feeling better prepared for their transition.

Please speak to your MHST link to get this booked in!

"Thank you for facilitating an amazing session. It was well organised and very valuable for parents to spend the morning doing an activity with their children and making very useful items for their calm kits."
PPV

"Thank you so much for your help with the workshop, it really was a success and lots of the parents have thanked us for putting it on."
St John's Primary School

What have we been up to?

Calm kits can be used when we feel upset, anxious or having tricky thoughts, to help young people calm down and start to feel a bit better. Parent Pupil Voice (PPV) and MHST attended a workshop at St John's Catholic Primary School for young people and parents/carers to work together to create different activities to be included in a calm kit. These included making pencil fidgets, painting calm pebbles, scented mini cushions, flour buddies (stress balls), distraction technique flip cards, and photo frames for images of loved ones.

Dates for your calendar

June

1st-30th: **International Men's Health Month**

#MensHealthMonth

10th-16th: **Men's Health Week**

#MensHealthWeek

17th: **Learning Disability Week**

#LDAW23 and #LDWeek22

21st: **Father's Mental Health Awareness Day**

#FathersMentalHealthAwareness

27th: **National P.T.S.D. Awareness Day**

July

24th: **Samaritans Awareness Day**

#SamaritansAwarenessDay

30th: **International Friendship Day**

#DayofFriendship

