

# Noel-Baker Academy Mental Health and Wellbeing Newsletter

Spring Term 2020

## ***Supporting the Emotional Wellbeing and Mental Health of Our School Community***

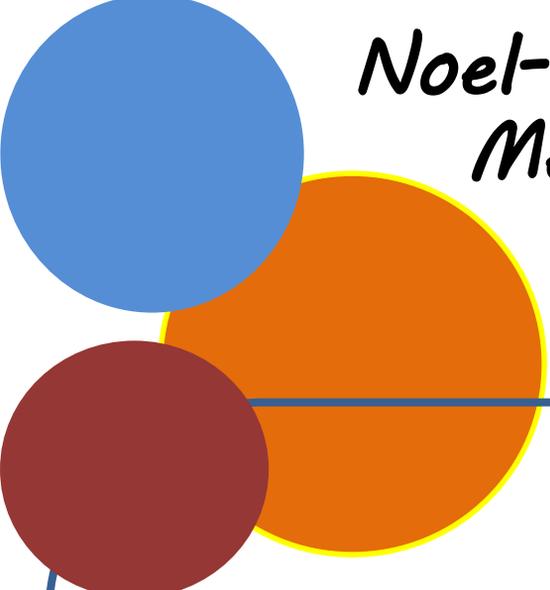
At Noel-Baker Academy, we aim to promote positive mental health and wellbeing for our whole school community (children, staff, parents and carers), and recognise how important mental health and emotional wellbeing is to our lives in just the same way as physical health.

We take mental health and wellbeing very seriously and we are dedicated to improving the provision and support on offer across the Academy. As part of this vision we are currently working towards a Carnegie Centre of Excellence award for Mental Health.

Our Academy has developed a range of strategies and approaches that support positive mental health. One of these strategies is to support campaigns to raise awareness of mental health. During Children's Mental Health Week on the 3<sup>rd</sup> February, we supported Place2Be which is a children's mental health charity. The focus of the sessions was 'Find your Brave'. Students discussed times when they had found something challenging, but succeeded, how this had felt and strategies to use in situations like these.

Kind Regards

Mental Health and Well-being Team



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Students created an acrostic poem to encourage people to 'Find Their Brave' for Children's Mental Health Week, 3-9 February 2020.

Examples of these are shown below:

BE A **B**OLD

**R**ESILIENT|

**A**MAZING

**V**ALIAN

**E**XTRAORDINARY

**R**EMARKABLE VERSION OF

**Y**OU

# Mental Health

## Taking care of our Mental Health

Our mental health is as important as our physical health. This relates to how we feel about ourselves, family, friends and others we interact with. Every child, young person and adults mental health is different to each other.

By being mentally health, we feel more able to cope with day to day challenges, believe in ourselves and the decisions we make.

### Key Facts

Did you know that...

- Anxiety Disorders affect more girls than boys.
- 1.25 million people are estimated to have a diagnosed eating disorder in the UK. 11% of those affected are male. The average age where anorexia nervosa may start is 16-17 years.
- Over half of all mental ill-health starts by the age of 14 and three quarters by the age of 18.

## Useful Websites

- Young Minds ([www.youngminds.org.uk](http://www.youngminds.org.uk))
- Mind ([www.mind.org.uk](http://www.mind.org.uk))
- Minded ([www.minded.org.uk](http://www.minded.org.uk)) - e-learning opportunities
- SelfHarm ([www.selfharm.co.uk](http://www.selfharm.co.uk))
- National Self-Harm Network ([www.nshn.co.uk](http://www.nshn.co.uk))
- Depression Alliance ([www.depressionalliance.org/information](http://www.depressionalliance.org/information))
- Anxiety UK ([www.anxietyuk.org.uk](http://www.anxietyuk.org.uk))
- Prevention of young suicide UK—PAPYRUS ([www.papyrus-uk.org](http://www.papyrus-uk.org))
- Beat—The eating disorders charity ([www.b-eat.co.uk/about-eating-disorders](http://www.b-eat.co.uk/about-eating-disorders))

# Self Harm

Self-harm is when you hurt yourself as a way of dealing with difficult feelings, painful memories or overwhelming situations experiences.

Self-harming may feel a short-term sense of release, but the cause of your distress is unlikely to have gone away. Self-harm can also bring up very difficult emotions and could make you feel worse.

## **Finding out my child is self harming**

Whether your child tells you directly, or you suspect that your child is hurting themselves, it can be difficult to know what to say and how best to approach the situation.

You might feel shocked, angry, helpless, responsible or any number of other difficult emotions.

Try not to panic or overreact. The way you respond to your child or family member will have an impact on how much they open up to you and other people about their self-harm in the future.

Remember that self-harm is usually someone's way of managing very hard feelings or experiences, and that in the majority of cases it is different to suicidal feelings.

## **Support available**

[YoungMinds Parents Helpline](#) Call us for free 0808 802 5544 (Mon-Fri 9:30 - 16:00).

<https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-self-harm/>

## **Calm Harm app**

A free app providing support and strategies to help you resist or manage the urge to self-harm download from Google Play or App Store.

# How to make a difference

There are lots of things you can do to make a difference to someone you know who self-harms. Your attitude and how you relate to them is one of the key things that can help them feel supported.

Here are some things to keep in mind:

- Try to be non-judgemental.
- Let the person know that you are there for them.
- Relate to them as a whole person, not just their self-harm.
- Try to have empathy and understanding about what they are doing.
- Let them be in control of their decisions.
- Offer to help them find support .
- Remind them of their positive qualities and things they do well.
- Try to have honest communication, where you take responsibility for any fears you have.

**Sometimes, even with the best will in the world, attempts to support someone can backfire.**

*Here are some potential pitfalls to watch out for:*

- Trying to force change.
- Acting or communicating in a way that threatens to take control away from your loved one.
- Either ignoring their injuries or overly focusing on them.
- Labelling self-harm as 'attention seeking'.

**Although it often isn't, self-harm can sometimes be a person's way of asking for attention. If so, it is important to remember that there is nothing wrong with wanting attention, and that deep distress can get in the way of someone's ability to be direct about what they need.**

# How to make a difference

## Looking after yourself

Supporting someone who is self-harming can be a long process with many ups and downs. Taking care of yourself will enable you to stay involved for longer and to keep well

## Local Self Harm Organisation Harmless

Harmless is a user led organisation that provides a range of services about self harm and suicide prevention including support, information, training and consultancy to people who self harm, their friends and families and professionals and those at risk of suicide.

Harmless was set up by people who understand these issues and at the heart of our service is a real sense of hope.

Visit <http://www.harmless.org.uk/>

## Exam Support

Exams are stressful. Students become anxious about workload and performance or fearful about the future.

To support, here are some strategies:

### Before Exam

Be organised, Pace yourself, Talk, Recharge, Rest and Socialise

### After Exam

Reflect, Explore options, Ask for support and Care for yourself

## Support Available to support with students mental health...

If you are concerned about your child's mental health, then please contact school. This can be through tutors and Heads of Year. We now have a full time school counsellor who your child can be referred to through the Head of Year. As an Academy we want to support students, so please do let us know if your child is finding things difficult.

This is a local Derby organisation called Bridge the Gap which support parents and children with mental health.

They offer a range of services and support such as:

Free drop in clinics around Derby. They also offer a free initial 20 minute conversation with parents.

1 to 1 support for both parents and children

Parent workshops on topics such as: How to help children to grieve, how to support an anxious child.



If you would like any further information please look on the website [www.jwbridgethegap](http://www.jwbridgethegap)

First Steps is a East Midlands Charity which offers individual sessions for anyone affected by eating disorders. Daytime and evening appointments are available for a series of up to 12 sessions. They also offer different workshops such as on body image.

<https://firststepsed.co.uk/>



How to contact

Phone: 01332 367571

Or you can make a referral on the website

## Support Available to support with students mental health...



Papyrus is a suicide prevention charity. You can contact them on their **HOPELINE on 0800 0684141**. It is a confidential support and advice service for children and Young people under the age of 35 who are experiencing thoughts of suicide, or for anyone concerned that a young person could be thinking of suicide. There is lots of information also on their website <https://papyrus-uk.org/>



Kooth is a free online support service for young people. It is open Monday- Friday 10am-12pm and Saturday – Sunday 6pm-10pm.



Harmless is a user led organisation which has a range of services about self harm and suicide prevention. Harmless was set up by people who understand these issues and at the heart of our service is a real sense of hope. <http://www.harmless.org.uk/> [info@harmless.org.uk](mailto:info@harmless.org.uk)



The Samaritans are open 365 days a year, day or night. You can **call free on 116123**.



Improving children's mental health

Young minds has a crisis messenger service for young people which can help with urgent issues such as:

- Suicidal thoughts
- Abuse or assault
- Self-harm
- Bullying
- Relationship issues

## YOUNGMINDS

**Where can I get help?**

The **Parents helpline** is **0808-802-5544**

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

Experts say physical activity allows children to have a better outlook on life by building confidence, managing anxiety and depression, and increasing self-esteem and cognitive skills.

There are lots of activities that students can get involved with at school that can help to make them feel great about themselves.

Noel-Baker Academy offers an extensive co-curricular programme.

All sports clubs run until 4.15pm and activities for the next half term are as follows;

## **Monday**

Rounders

Rugby

Fitness

## **Tuesday**

No clubs due

to staff training

## **Wednesday**

Handball

## **Thursday**

Netball

Upbeat Dance (£2)

## **Friday**

Badminton

Table tennis

In addition to sports clubs, Noel-Baker Academy will be offering the following that students can access after school that can positively affect their mental health and wellbeing;

- Arabic club – Friday
- Chess club – Wednesday
- Craft Club, Jewellery making – Thursday
- Duke of Edinburgh Award (invitation only)– Wednesday
- Further maths – Thursday
- Royal Institute Lectures (Maths and Computer Science) – Saturday

**Noel-Baker Academy invites you to**

**Parents Mental Wellbeing coffee evening**

**Tuesday 24<sup>th</sup> March 2020**

**5.30 – 6.30 pm**

Jen Wyman from Bridge the Gap will be doing a session on  
Parenting an Anxious Child

Also an opportunity for a coffee and a chat, to meet our Academy  
counsellor and members of the team to discuss Mental Health.

**Please indicate below if you are able to attend and return to  
Reception.**

Other dates for the diary:

Tuesday the 28<sup>th</sup> April – Session on self harm for parents and carers.

21<sup>st</sup> April at year 11 Parents evening there will be a Mental Health  
Wellbeing stand.

19<sup>th</sup> May – Mental Health and focus on SEND coffee morning.

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**Reply slip – NBA Coffee Evening (Please return to Reception)**

**Name of parent:**

**Name and form of student:**

I/We can attend the Coffee Evening on Tuesday 24<sup>th</sup> March 2020.

(delete as appropriate)

Signed: \_\_\_\_\_ Date: \_\_\_\_\_