



Noel-Baker Academy  
A L.E.A.D. Academy



# Mental Health and Wellbeing Newsletter

Feb/March 2022

In this edition of the mental health and wellbeing newsletter, you will find:



Mental Health and Wellbeing updates



Tips for getting a good night's sleep from the Sleep Charity including a 'Teen Sleep Diary'



Contact details for local and national mental health support services.

## Mental Health and Wellbeing Updates

We have a number of wellbeing interventions that have started in 2022 run by external agencies in school. Students in years 7 and 9 have completed wellbeing questionnaires and target groups have been formed as a result.

### The Winning Minds 'Tackle It' Programme

Noel-Baker Academy is lucky enough to be working closely with Derby County Community Trust to deliver 'Winning minds' workshops as part of the 'tackle it' programme to some of our year 7 students.

Briefly, this programme aims to boost emotional health and wellbeing by providing key skill development and education around positive lifestyle choices to improve mental wellbeing and resilience.

Workshops are every Wednesday, with an afterschool 'hub' straight after school. There will be a number of groups running throughout the year and parents will be contacted for consent should your child be offered a place.

### The 'Blues Programme'

Our Mental Health Support Team (Changing Lives) are conducting workshops for our year 9 students. Over six weeks, it teaches emotional resilience, and reduces low mood and anxious thoughts. Crucially, it gets teenagers talking.

2 groups are running at the moment and workshops will be delivered to further groups throughout the year. Parents will be contacted for consent should your child be offered a place.

### The 'Bounce Back' Programme

The 'Bounce Back' programme is a programme that will also be run by the Mental Health Support Team (Changing Lives). This will be starting this term and will support students through a number of engaging workshops. The programme will focus on three key areas: understanding and empathy about mental health, coping strategies and self-care, and the importance of talking and dealing with mental health concerns. Parents will be contacted for consent should your child be offered a place.

We continue to offer support through our Academy Mental Health and Wellbeing Team as part of our whole school approach in the following ways;

- Daily/ weekly check-ins
- Referrals to the school counsellor (Monday - Tuesday)
- Referrals to the Mental Health Support Team
- Referrals to the school nurse
- Referrals to external agencies
- Signpost to appropriate information

If you are concerned about your child's mental health, please speak to their **Head of House** who will begin the referral process in school.



## Morning

### **Keep a regular sleep/wake schedule**

Keeping regular hours helps the body's sleep system stay in harmony and promotes feelings of sleepiness and drowsiness when your body is ready for sleep. Therefore, where possible, wake up at the same time each morning and go to bed at the same time every night.

### **Get out into natural light as soon as is practical in the morning, preferably around the same time every day.**

Natural light, which can still be effective on a cloudy or grey day, helps reset our internal body clock. It helps us get over feeling groggy when we have just woken up and makes us more alert.

## Daytime

### [Engage in daytime exercise](#)

Exercise promotes the quantity and quality of your sleep, making it deeper and more refreshing. However, a few studies have shown that exercising too close to bedtime can prevent sleep so we suggest leaving a window of at least 2 hours before bedtime without exercise.

### [Avoid stimulants that contain caffeine 8 hours before bedtime](#)

Although there are significant individual differences in how caffeine affects each of us, give yourself enough time between your last caffeine intake and your sleep time to make sure that it does not interfere with your ability to get off to sleep.

## Evening

### [Don't go to bed full, hungry or thirsty](#)

Eating at regular times helps strengthen our internal body clock. However, eating a heavy meal before bedtime can make it challenging to sleep at night. Drinking lots of liquid before bed will also increase the chances that we have to go to the bathroom during the night. Conversely, being hungry or thirsty at night can increase the chances of waking up. A balance should be struck between being satiated but not full up before we go to bed.

### [Reduce electronic use before bedtime and avoid electronic use in the bedroom](#)

Using electronics just before bed and in the bedroom can keep us awake for longer as the blue light from these devices has the capacity to prevent the hormones that make us sleepy from being produced. Importantly, it is not just the light that can affect our sleep but most activities that we use our devices for can keep us awake and alert which we don't want to do at bedtime.

### [Ensure the bedroom is cool, dark and quiet before bed](#)

Heat, light and noise can impact on our ability to get off to sleep and increase the chances that we wake in the night. Even if we don't realise that is the reason for us being awake. Making sure

the bedroom is cool, dark and quiet can improve the quality of our sleep as can sleeping on a comfortable, supportive bed.

### Ensure that bedroom clocks are not visible

It is common to watch the clock when we are awake at night. For some of us, this can increase our anxiety levels and further prevent us from being able to fall asleep. It is not necessary to remove the clock, as, for example, some people rely upon their alarm clocks to get them up in the morning, but having the clock face out of sight will help reduce any sleep anxiety.

## Teen Sleep Diary

A sleep diary may help you to identify patterns with your sleep. Try keeping it for two weeks and see if you can notice roughly what time you fall asleep. This will give you an idea of where your circadian rhythm is right now.

You can also use the information to work out how much sleep you are getting each night. Remember, we are all different and need varying amounts of sleep to function well. On average teenagers need around 9 to 10 hours sleep per night. Naps can reduce your sleep drive if you have them too late and for too long in the day, meaning you will feel even less tired by bedtime. A short, early afternoon nap may however be helpful and it is much better than having a lengthy lie-in for supporting your circadian rhythm. You can record any naps that you have on the sleep diary;

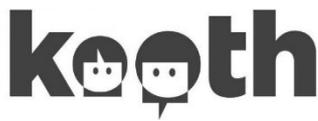


# TEEN SLEEP DIARY

NAME \_\_\_\_\_  
 AGE \_\_\_\_\_

START DATE: _____	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
What time did you begin to relax before going to bed?							
What time did you get into bed?							
What time did you fall asleep?							
What did you do in between getting into bed and falling asleep?							
Did you wake up in the night? If so, what time(s)?							
What did you do while you were awake?							
What time did you fall back to sleep?							
What time did you wake up in the morning?							
Total number of hours sleep							

## Local and national mental health support services



Kooth is a free, online, counselling, support and advice service for young people aged between 11-19 years old.

Website: [www.kooth.com](http://www.kooth.com)



Papyrus is a national charity, dedicated to the prevention of young suicide. They provide a confidential support service for young people who are with thoughts of suicide, or for anyone worried about a young person.

Website: [papyrus-uk.org](http://papyrus-uk.org) Phone: 0800 068 41 41



Childline is a free, private and confidential national service available online and over the phone for anyone under the age of 19 years old. They have a wide range of resources and services that cater to anything a person under the age of 19 might face.

Website: [www.childline.org.uk](http://www.childline.org.uk) Telephone: 0800 11 11



Young minds work closely with young people and their families to campaign on issues which impact young people's mental health. They operate a range of services, including a helpline offering free advice and support to any adult who is worried about the behaviour or mental health of a young person.

Website: [youngminds.org.uk](http://youngminds.org.uk) Telephone: 0808 802 5544 from 9:30am - 4pm, Monday - Friday.

The logo for Samaritans, featuring the word 'SAMARITANS' in a bold, uppercase font. The text is white and set against a solid green rectangular background.

SAMARITANS

Samaritans is a registered charity aimed at providing emotional support to anyone in emotional distress, struggling to cope, or at risk of suicide throughout Great Britain and Ireland, often through their telephone helpline.

Website: [www.samaritans.org](http://www.samaritans.org) Telephone: 116 123



First Steps is a Derbyshire eating disorder charity. They support people all over Derbyshire who are affected by eating disorders and difficulties; this includes parents, partners and families.

Website: [firststepsed.co.uk](http://firststepsed.co.uk) Telephone: 01332 367571

The logo for Teenage Helpline, featuring the words 'TEENAGE HELPLINE' in a bold, uppercase font. The text is white and set against a dark blue rectangular background. To the right of the text is a small white icon of a smartphone with a heart and a speech bubble.

TEENAGE HELPLINE

Teenage Helpline is a charitable organisation that provides services to young people across the UK. Their primary service involves putting young people in contact with peers, as well as providing peer-to-peer mentoring and other support that is required.

Website: [teenagehelpline.org.uk](http://teenagehelpline.org.uk)

Email: [support@teenagehelpline.org.uk](mailto:support@teenagehelpline.org.uk)

Please visit our **Academy Website** for a full list of support services for adults, children and young people. <https://www.noelbakeracademy.co.uk/mental-health-and-wellbeing/>