

St Peter's CE Primary Academy Wellbeing Newsletter

Supporting the Emotional Wellbeing & Mental Health of our
School Community – September 2024

Welcome to our first Mental Health and Wellbeing newsletter for 2024-2025. At St Peter's, we are committed to supporting children, staff and parents in their wellbeing and mental health. We know that wellbeing, physical and mental health are all vital to successful learning. If you have any worries or concerns about your child's emotional behaviour or wellbeing, then please let school know. There will be things we can do to help further and support.

Introducing the Wellbeing Team



Wellbeing Team

Left to right

Becky Hallett (LSA), Charlotte Scott (KS1 teacher), Natalie Perrett (Deputy), Jess Ryan (LSA), Jennie Henry (LSA), Becky England (LSA) and Lisa Cavendish (SENDCo).

Struggling with mental health and need help?

If you or someone you know is struggling, or you want to talk about mental health, please reach out. You're not alone and support is available.

Mental health support:

Hinckley & Bosworth
Borough Council

- **Childline** - Call 0800 1111 (24/7)
- **The Mix** - Call 0808 808 4994 or text THEMIX to 85258 (24/7)
- **Papyrus** - Contact HOPELINE247 - Call 0800 068 4141 or text 0786 003 9967 (24/7)
- **SHOUT** - Text SHOUT to 85258 (crisis 24/7)
- **NHS Central Access Point** - Call 0808 800 3302 (24/7) for urgent but not life threatening situations
- **Samaritans** - Call 116 123 (24/7)
- **LGBT Foundation** - Call 0345 3 30 30 30 for advice, support and information for LGBTQ+ individuals
- **Beat Eating Disorders** - support for anyone with or anyone supporting someone with an eating disorder **Beat Services in England** - [beat\(eatingdisorders.org.uk\)](http://beat(eatingdisorders.org.uk))
- **Local GP** - Find a GP - NHS www.nhs.uk/service-search/find-a-gp

Mindfulness activity: Hand breathing



Mental health information:

- Kooth - www.kooth.com
- Mind - www.mind.org.uk
- Rethink Mental Illness - www.rethink.org
- The Mix - www.themix.org.uk
- YoungMinds - www.youngminds.org.uk
- Sane - www.sane.org.uk

Apps:

- **Samaritans self help** - get recommendations for things you can do to help yourself cope, feel better and stay safe in a crisis
- **Headspace** - learn meditation and mindfulness skills
- **Daylio Journal** - Focus on your sleep, food, health and create new goals
- **Student Health App** - reduce your worries, feel more confident and get the health information you need as a student



What is mental health?

- ★ **We all have mental health.** Mental health is about our feelings, our thinking, our emotions and our moods. Looking after our mental health is important.
- ★ **We all have small feelings every day:** These sometimes feel strong and overwhelming, whether happy or sad, but they go away before too long.
- ★ **Sometimes we experience big feelings:** These feel strong and overwhelming for a long time. They stop us doing what we want to in our lives.