

Your Mental Health Support Team (MHST) would like to wish education staff, pupils, and families a very warm welcome in the new academic year

Your MHST team hopes the summer holidays gave you time to rest and recharge. As we start the new academic year, remember that it's okay to feel a mix of emotions—excitement, nerves, or anything in between. Your MHST are here to listen, offer guidance, and help students navigate any challenges they face, ensuring they feel safe, supported, and ready to succeed at school or college.

In this newsletter you will find information about getting back into a routine, support for if you are having difficulties with friendships, and information about our new "MHST menu" and Student Wellbeing Champions involvement project.

ANNUAL 'WHOLE SCHOOL APPROACH' QUESTIONNAIRE

Each year, we're required to complete a WSA questionnaire with our education settings. The questionnaire helps us gain a clearer understanding of the emotional wellbeing support that is already in place for students. By doing so, we can work together to identify key areas for further development and create an action plan tailored to each setting's specific needs. If you are a school/college Mental Health Lead and have any questions about completing the questionnaire, please discuss with your link MHST practitioner. If you already have Student Wellbeing Champions in place within your setting, we would also welcome feedback from the student voice to inform this review!

These questionnaires will be a key focus of the upcoming MHST Network meeting in October 2024, which our school/college Mental Health Leads have been invited to. During this meeting, we'll discuss the benefits of completing these questionnaires and action plans, and innovative ideas that have arisen from the reviews.

EXAMPLES OF "WHOLE SCHOOL APPROACH" SUPPORT

- Staff, Student, and Parent drop-ins and advice sessions
- Assemblies
- Workshops
- Coffee Mornings
- Student wellbeing champions (see page 5)
- Staff training
- Staff consultations



The aims and benefits of the 'Whole School Approach' to mental health include;

- Making mental health and emotional wellbeing a priority within the school curriculum and pastoral support.
- Proactive engagement of the school community
- Working in partnership with external agencies

GETTING BACK TO ROUTINE



Getting back into the school routine after a long break can be tough, but with a few helpful habits, you can make the transition smoother. Here are some tips to help you with this.

GRADUALLY ADJUST YOUR SLEEP SCHEDULE

- **Start Early:** A week or two before school starts, begin going to bed and waking up earlier. This helps reset your internal clock so you're not exhausted on the first day back.
- **Create a Bedtime Routine:** Wind down with relaxing activities like reading or listening to calming music to help you fall asleep easier.

ORGANISE YOUR SPACE

- **Tidy Up:** Clean and organize your study area so it's ready for homework and studying.
- **Set Up Supplies:** Make sure you have all the school supplies you need, like notebooks, pens, and a backpack, so you're prepared from day one.

PLAN YOUR MORNINGS

- **Prep the Night Before:** Lay out your clothes, pack your bag, and prepare your lunch the night before to make mornings less rushed.
- **Have a Morning Routine:** Create a consistent morning routine that includes time for breakfast and getting ready without stress.



SET GOALS FOR THE NEW SCHOOL YEAR

- **Think About What You Want to Achieve:** Set academic or personal goals for the upcoming school year, like improving in a particular subject or joining a new club.
- **Break It Down:** Create a plan to achieve these goals, like setting aside time each week for extra study or practice.

STAY ACTIVE

- **Exercise:** Physical activity can help reduce stress and improve your mood, making the return to school easier.
- **Join a School Sport or Club:** Consider joining a sports team or club to stay active and meet new people.

RECONNECT WITH FRIENDS

- **Hang Out Before School Starts:** Meet up with friends before the first day back to catch up and ease any nerves about returning.
- **Stay Social:** Plan after-school hangouts or study sessions to keep the momentum going.

STAY POSITIVE

- **Focus on the Good Things:** Think about what you're looking forward to in the new school year, like seeing friends, learning new things, or participating in activities.
- **Stay Open-Minded:** Approach the new school year with a positive attitude and be open to new experiences and opportunities.

FRIENDSHIPS



Struggling with friendships is something everyone goes through. Whether you're arguing, drifting apart, or losing touch with friends, it's a common experience. Here's why you might be having trouble and what you can do about it...

WHY YOU MIGHT BE STRUGGLING:

- **Distance:** If your friend moved away, it can be hard to stay connected.
- **New Friends:** Your friend might have new friends who you don't feel comfortable around.
- **Feeling Left Out:** You might feel like you're not part of the group anymore.
- **Less Time Together:** Meeting new friends could mean you're spending less time with your old friend.
- **Mental Health:** If either of you is dealing with mental health issues, it might affect how much you stay in touch.
- **Understanding Each Other:** Sometimes friends don't understand what you're going through, which can make talking difficult.
- **One-Sided Effort:** If you're putting in more effort to stay connected but they aren't, it can be frustrating.
- **Advice Overload:** If your friend is always asking for advice, it might feel overwhelming.

WHAT YOU COULD DO:

- **Talk It Out:** Share how you're feeling and listen to your friend's side. Open communication can clear up misunderstandings.
- **Understand Each Other:** Make an effort to understand what your friend is going through, and let them know what you're dealing with too.
- **Make Time:** If you're both busy, try to find small ways to stay connected or plan regular catch-ups.
- **Set Boundaries:** If you're feeling overwhelmed by being asked for advice, it's okay to let your friend know.
- **Be Open-Minded:** Friendships can have ups and downs. Be willing to work through issues and adapt as things change.
- **Seek Help:** If you're finding it hard to handle things on your own, talking to someone you trust can help.

FOR MORE INFORMATION ON FRIENDSHIPS AND MENTAL HEALTH

CLICK HERE



PODCAST



With the start of a fresh school year we wanted to take a moment to share some of our podcast resources that might help with some of the new term jitters as we settle into the term.



For those who have recently joined a new school in year 7 we have a '[School Transition](#)' Podcast, our staff discuss their own experiences, consider typical challenges and problem solving skills.

We also wanted to share a podcast on '[Maintaining Friendships](#)' as we know that friendships can change when we move to different schools or classes. We explore why it's helpful to have friendships and how we can connect with our friends (even if they are not at our school) or how to find your crowd.

Finally, we wanted to share our '[Mindfulness Series](#)' where we have recorded a range of relaxation activities that you can use on your own, with family or in a classroom. We have a range of different types of activities including Batman Breathing, Square Breathing, Progressive Muscle Relaxation and a 5 senses grounding technique.

ALL OF OUR PODCASTS CAN BE FOUND ON OUR [WEBSITE](#), AS WELL AS POPULAR PODCAST SERVICES INCLUDING SPOTIFY AND APPLE PODCASTS

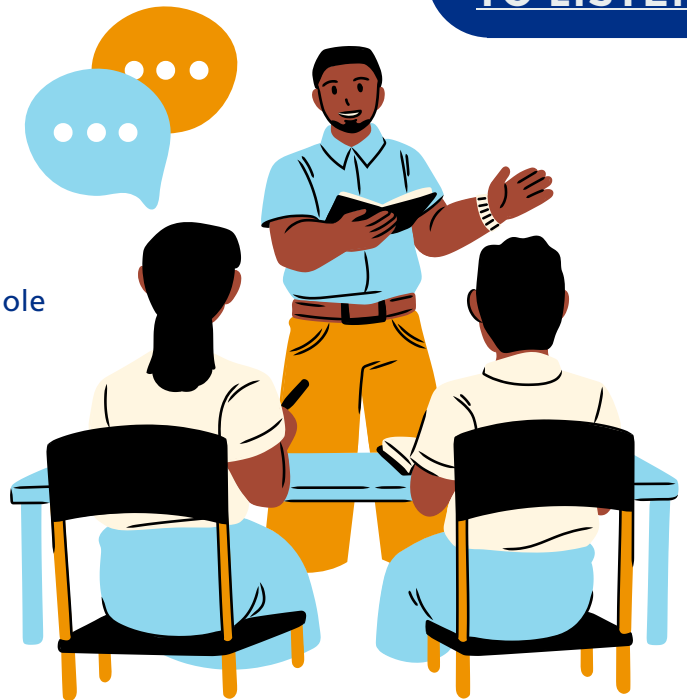
[CLICK HERE TO LISTEN](#)

TRAINING MENU FOR EDUCATION STAFF



A large part of our role is to work with education settings on supporting their implementation of a Whole School Approach to Mental Health and Wellbeing. One of the ways we do this is to share resources, assemblies, workshops and training sessions for staff. We are proud to release our revised Whole School Approach Menu for the 2024-25 academic year.

Speak to us in consultation to discuss your setting's specific needs!



NURTURING THE WELLBEING OF CHILDREN & YOUNG PEOPLE TRAINING

This full day discussion-based session aims to increase awareness and provide support to identify emotional wellbeing concerns in children and young people; to ensure those with pre-existing or emerging difficulties have access the right support. This training provides an understanding of how to build resilience and work in a trauma informed way.

Places are free and bookable via the below link. We have a range of dates and venues across the year, find the one that suits you.

[Nurturing the Wellbeing of Children & Young People | Eventbrite](#)

LPFT: FOLLOW US ON



MHST : [CLICK HERE FOR WEBSITE](#)

CHILDREN AND YOUNG PEOPLES PARTICIPATION...



STUDENT WELLBEING CHAMPIONS

Having student Wellbeing Champions in your school can make a big difference in creating a positive and supportive environment.

These champions are regular students just like you, who are passionate about making sure everyone feels seen, heard, and supported.

Student Wellbeing Champions might act as a buddy for new students, participate in delivering workshops or assemblies on wellbeing, or create wellbeing information boards like this great one!



One of the coolest things about wellbeing champions is that they can work to make your school or college a better place for everyone. They might get involved to organize events, workshops, and campaigns that raise awareness about mental health, promote self-care, and encourage healthy lifestyles. By leading these activities, they help break down the stigma around mental health and make it easier for everyone to talk openly about how they're feeling.

Plus, wellbeing champions can represent the student voice to the school's staff team. If there's an idea on how to improve the school community's wellbeing, they can promote it. Wellbeing Champions can also provide feedback to MHST on how we can best support your school or college community.

Your MHST can provide guidance and train wellbeing champions by offering resources, and ensuring champions are equipped to support peers effectively and know how to signpost to further help when this is needed.

Speak to your MHST link worker for more information.