

Mental Health Champions

Newsletter

Welcome to our Spring Newsletter 2023!

We wanted to share with you all of the great work that is happening in school and strategies we are developing to help everyone be safe and happy with positive emotional well-being. Our latest new project is to develop the nurture room at lunchtimes... watch this space!

We wanted to take this opportunity to introduce ourselves to our family and friends and academy community...

Meet our 2022-23cMH&WB Champions team



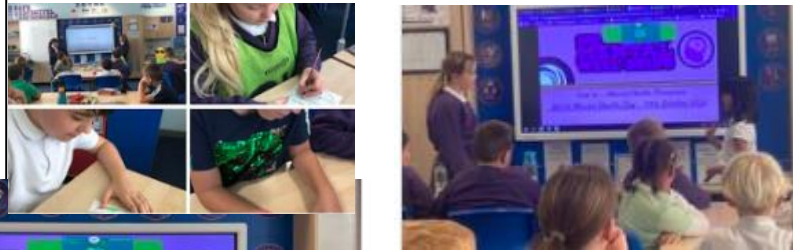
What is the role of a Mental Health Champion?

Each class has their own pupil Mental Health Champion who is there to help by listening, smiling and spreading positivity! We are extremely proud of our team and how dedicated they are to supporting others.

We meet with our Mental Health Ambassadors, Miss Power, Miss White and Mrs Smith every week to check in and learn new techniques and skills to help in supporting others. We have been developing our understanding of a range of breathing techniques that we can then teach our classes so that they know how to calm themselves provide a 're-set' and then improve their focus and concentration each day after lunch.

#World Mental Health Day! Monday 10th October 2022

This year we wanted to promote positive mental health and wellbeing as a global concern to make everyone aware that 'It's ok not to be ok!'. We participated in a range of activities throughout the day to share messages of positivity and make wishes for our future by expressing our thoughts and feelings. We wore green on the day to spread the global message!



Mrs Raspin and Mrs Wood @OJAB_3HRJW · 20h
Drake, our mental health champion has been doing an amazingly job delivering our daily mindfulness after lunch times every day #mindfulness #emotionalwellbeing



Brumby @OJA_Brumby · 9h
Our assembly today we revisited some of the key messages from World Mental Health day on Monday and learnt some new breathing techniques to try with self regulation #MentalHealthMatters





Miss Smith @OJAB_GMS · Jan 24

GMS have started sharing their "Pass the Praise" post it notes with each other and adding them to our display so we can all see a bit of positivity throughout the school day 🥰🌟



Self-Regulation and sensory breaks

As part of our academy trust ethos of 'Emotion coaching' we have worked hard to embed the new systems that we introduced last year to promote self-regulation.

Building on the achievements of last year, we have successfully introduced 'Self-Regulation stations', a sensory corridor and sensory hotspots around the academy, as part of our academy ethos to promote mental health and well-being following the principles of 'emotion coaching'. A range of activities and equipment have been provided to provide a much-needed break to reset themselves and be able to re-engage independently. Stations have mindful colouring activities, examples of breathing techniques, physical stretching activities called 'Power-up' along with sensory objects and items to touch and hold to alleviate stress and anxieties.

We continue with our communication support systems through the amazing work of our Mental Health Champions, including our 'Class Well Wishes boxes', 'Chat Spots'.

Introducing 'Pass the Praise' charts

We understand the importance of sharing positive thoughts and showing appreciation for the kind acts that others do to make someone else's day a little brighter. Therefore, our Mental Health Champions have introduced 'Pass the Praise' charts into every classroom – we love this idea! Spread the thanks, spread the joy!

We are delighted to welcome a new service to our Mental Health team... 'With Me in Mind' who provide support and advice to parents and pupils aged 11+



Sign up to our FREE app and get direct contact with a With Me in Mind worker. Discuss any mental health related issues using instant messaging on your mobile or tablet.

If you would like information or support on Children's mental health please contact our team and consider other support available from a range of dedicated charities and organisations available.

YOUNGMINDS
The voice for young people's mental health and wellbeing

www.youngminds.org.uk

Parent email: parents@youngminds.org.uk



Improving children's mental health

<https://www.place2be.org.uk/>



<https://www.annafreud.org/>



<https://www.bestbeginnings.org.uk/>

