

Highfield Hall Primary School

Mental Health Newsletter

May 2023

Don't forget...

We have two website pages specifically set up for supporting mental health on the school website.

<https://www.highfieldhall.derbyshire.sch.uk/supporting-childrens-mental-health/> and <https://www.highfieldhall.derbyshire.sch.uk/supporting-adults-mental-health/>

Hello and welcome to the second Mental Health Newsletter for Highfield Hall Primary School. With the mental health provision at Highfield Hall increasing, it is hoped that this newsletter will continue to keep everyone up to date with what we have been up to, future events and give thoughts and ideas for mental health at home and school

As always, please don't hesitate to get in touch with me should you need any further support or guidance about mental health. My email is webster@highfieldhall.derbyshire.sch.uk.

Mrs Webster

What has happened this term

- The whole school took part in Mental Health Awareness Week from 15th – 19th May. The week was designed to raise awareness of mental health and start conversations about how we can look after our own mental health. Photographs of what we got up to can be access on the Children's Mental Health support page on the website. A special 'thank you' to the 28 Year 3 parents who joined their children for a Mental Health celebration in the hall.
- We have an extensive number of books to support children's mental health that are available for families to loan should they think they would be useful. These books cover a range of topics and can form a good basis to be able to open conversations and discussions around mental health. If you would like to look at the books on offer, please email webster@highfieldhall.derbyshire.sch.uk
- We are very excited to be in the early stages of accessing support from Compass Changing Lives. Compass Changing Lives is a Mental Health Support Team that will work very closely with children, parents and staff at Highfield Hall Primary School. This will result in us being able to access many more support networks and targeted support much more quickly. It is all in its infancy at the moment but is a very exciting development for our mental health provision. You will begin to see Compass Changing Lives popping up at school events, as well as them working with some children in school. Keep an eye out for a date for a parent workshop during the summer term about helping children to get a better night's sleep.

Family Mental Health Check-In - Mindful looking

Mindful looking is the process of slowing down and carefully looking at an object whilst being mindful.

Take a moment to stop and purposefully look around you. Sit comfortably and start to notice your breathing. Then focus on what you can see. Try to focus on something specific such as the colours or patterns.

Do you feel that you or your child needs further support?

Please complete the Mental Health Initial Concerns form available on the school web page and school office, and either pass it on to your child's class teacher or email it back to school.

Fancy a film night, but unsure what to watch...

Why not try Inside Out? Throughout the movie Joy and Sadness often clash and are at odds with one another about how to deal with things. Joy, who is typically in charge, struggles to hand over control to Sadness. By the end of the movie, Joy learns that being sad can have its benefits and is a necessary part of life.

