

Highfield Hall Primary School

Mental Health Newsletter October 2023

Wow! What a term it has been. The introduction of myHappyMind across school has had a real impact on all children and we are so proud to be offering this mental health education to every child.

We still recognise that we have a long way to go, but the provision we are now offering supersedes anything that has been in place previously.

As always, please get in touch if you need anything. My email address is webster@highfieldhall.derbyshire.sch.uk.

Mrs Webster

Did you know...?

The school website contains a lot of mental health support and information. The mental health pages can be accessed here:

<https://www.highfieldhall.derbyshire.sch.uk/web/myhappy-mind/664832>

Please download the mrHappyMind app by scanning this QR code:



What has happened this term

- The whole school has begun its mental health education, delivered through myHappyMind. There are lots of buzz words around school including the children talking about **neural pathways**, **neuroplasticity**, the three parts of the brain (**hippocampus**, **amygdala**, **prefrontal cortex**) and **happy breathing**.
- The other side of the myHappyMind programme is that every parent has access to the myHappyMind parent resources. This is an invaluable resource that perfectly matches with the curriculum we are delivering in school. You will need the access code:112667 when you create your login.
- Our parent session on Friday 20th October was really well attended and opened some very interesting discussions at home about mental health and challenging behaviours. The slides are on the school website for everyone to access. There are plans for future sessions to be held on different days/times throughout the school year.
- After half term, each class will be choosing a happiness ambassador to create a core group of children who are the voice of the school population. Their role will be to form the link between pupils and school staff. We are really excited to be offering this to our children and know that they will be proud to take up their roles.
- Referrals for support through Compass Changing Lives are still being submitted. They have informed me that they have a large wave of referrals at the moment which is leading to a 2-3 month waiting list. There are extenuating circumstances, so please come and speak to me if I can help. There are other things we can do in the interim, to bridge the gap between the referral and the support being given.

Family Mental Health Check-In – Happy Breathing

Did you know, when you feel scared, angry or worried, your brain sends oxygen to your limbs to protect itself and prepare for fight, flight or freeze? This means that although the amygdala stays awake, the other (more rational and reasonable) parts of the brain fall asleep. By regulating your breathing, you allow the hippocampus and prefrontal cortex to wake up and begin to regulate you again.

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.

A note from Mrs Shelbourne

Often the mornings can be particularly tricky with children who struggle with anxiety or mental health needs. Please don't be shy to contact me to talk this through, so we can work together to help your child to get to school. If it is too difficult to speak over the phone then feel free to email me instead and I will be in touch. My email address is dshelbourne1@highfieldhall.derbyshire.sch.uk. I am able to put you in touch with the right people and direct support if it is needed.

Please take the time to look at the next page which shows the school's phased mental health provision and the child centred approach that runs through school.



Highfield Hall Primary School – Pathway of Mental Health Support for Children

Phase 1 – Initial Need

A child is identified as in need of Mental Health Support.
Parents are referred to the school website page for initial support ([Supporting Children's Mental Health | Highfield Hall Primary School](#)).
Details are recorded and passed on to Laura Webster.
If appropriate, children are placed in a small group with Compass Changing Lives

Phase 2 – Developing Need

A child is identified as needing additional support.
Teachers are put in contact with Compass Changing Lives for 1:1 support (via a parent referral) or Liz Stephens (CAMHS Specialist Community Advisor). It may be appropriate for a meeting to be arranged to talk through current provision and next steps. Parents are encouraged to attend meetings and take an active role.

Phase 3 – Defined Need

A child is identified as needing support beyond that provided in school.
The teacher and parents work to make a referral to CAMHS (with support from Liz Stephens. Liz is able to assist with deciding if the need meets the CAMHS criteria and can assist with completing the referral paperwork).

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The Mental Health provision provided by Highfield Hall Primary School is provided on four levels, depending on the type of need and age and stage of the child.

This visual provides an overview of how children's mental health is supported at each stage and how mental health education is taught in school.

