

# Highfield Hall Primary School

## Mental Health Newsletter February 2023

### Did you know...?

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 first Mental Health Newsletter for Highfield Hall Primary School. With the mental health provision at Highfield Hall increasing, it is hoped that this newsletter will help 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. Future editions will be sent out electronically, every term.

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](mailto:webster@highfieldhall.derbyshire.sch.uk).

Mrs Webster

### What has happened this term

- Our first Parent Support Sessions have taken place, focussing on supporting children with anxiety. The three sessions were split in to 'What is anxiety?', 'What does anxiety look like?' and 'How do I support my anxious child?'. These sessions were a first important step in accessing the invaluable support of Liz Stephens (CAMHS Specialist Community Advisor) and welcoming parents in to school to talk about mental health. There are plans to run more sessions (about a range of mental health topics) throughout the year so please look out for the dates of these.
- The children at Highfield Hall took part in a range of activities during Children's Mental Health Week including art work, singing songs, storytelling, team games and a visit from a local artist. Examples of some of the things that we got up to can be viewed here: <https://www.highfieldhall.derbyshire.sch.uk/childrens-mental-health-week/>
- A lending library of books to support mental health is being curated to give families access to high quality texts about mental health. Parents are welcome to borrow the books, on a first come first served basis. If you would like to look at the books on offer, please email [webster@highfieldhall.derbyshire.sch.uk](mailto:webster@highfieldhall.derbyshire.sch.uk)
- We have purchased access to a fantastic bank of mental health resources for all ages and needs. If you would like to have a look at the resources with a specific need in mind, please contact your child's class teacher.

### Family Mental Health Check-In - Mindful listening

Take a moment to find somewhere comfortable, calm and quiet. Take a few deep breaths and slowly begin to focus on the noises around you. After a few minutes, focus on the sounds inside of you. How does it feel being so still that you can hear all of these sounds? Listening carefully takes practise, but is a very valuable tool.

### 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.

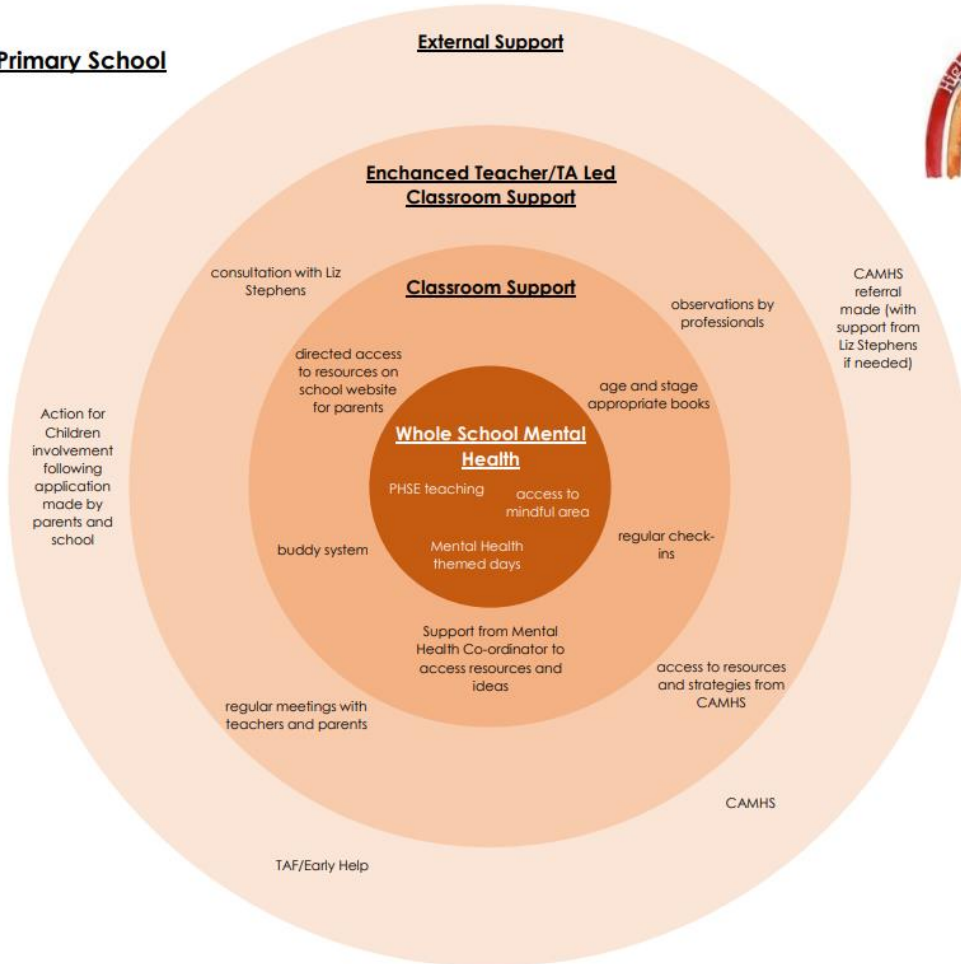
### A message from Dan Carroll, our Mental Health Governor

As a society we are recognising how poor mental health can affect everyone and how difficult it can be to access support services. I'm excited to be helping see mental health education implemented in the school.

If you have any worries about your child's emotional behaviour or wellbeing, then please let school know. There will be things that we can do to help and support you.

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

**Highfield Hall Primary School**



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

