



Issue 1 | Spring 2, 2023

# BROAD SQUARE PRIMARY

# MENTAL HEALTH AND WELLBEING NEWSLETTER

These newsletters will be issued every half term, helping you to keep up to date with top tips on how you and your family can lead a happy, healthy, lifestyle.



## Children's Mental Health Week

Place2Be launched the first-ever Children's Mental Health Week in 2015 to shine a spotlight on the importance of children and young people's mental health. From 6-12 February 2023, schools, families and communities across the UK took part in Children's Mental Health Week, with this year's theme being Let's Connect. Let's Connect is about making meaningful connections for all, during Children's Mental Health Week – and beyond. People thrive in communities, and this connection is vital for our wellbeing. When we have healthy connections – to family, friends and others – this can support our mental health and our sense of wellbeing. And when our need for rewarding social connections is not met, we can sometimes feel isolated and lonely – which can have a negative impact on our mental health. During Mental Health Week we encouraged people to connect with others in healthy, rewarding and meaningful ways. Place2Be is a children's mental health charity that provides counselling and mental health support and training in UK schools, and beyond. Their belief is that children should not have to face mental health problems alone. They offer a Parenting Smart website which provides a search function for practical tips for parents, carers and families on how to support children's wellbeing.

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



Improving children's mental health

## MORE SLEEP NEEDED?

We all need to sleep well to help our bodies recover from the day.

Top Tips for better sleep:

- Establish a regular, relaxing bedtime routine that lets you unwind and sends a signal to your brain that it's time to sleep.
- Create a restful environment: bedrooms that are dark, cool and quiet are generally easier to fall asleep and stay asleep in.
- Try to go to sleep and wake up at the same time each day.
- Exercise regularly but avoid vigorous exercise near bedtime if it affects your sleep.
- Avoid caffeine before bed. This can stop you falling asleep and prevent deep sleep.
- Avoid using screens in the evening, including on smartphones and tablets. The light from the screen can have a negative effect on sleep, and social media, news and games can all stimulate your brain and keep you awake.
- Write down your worries if you lie awake worrying about tomorrow. This can help put your mind at rest.
- Try listening to some relaxing music or reading to help you sleep.

**CALM DOWN**  
*tools*

- 1) TAKE 3 DEEP BREATHS AND COUNT TO 10
- 2) PUT ON MUSIC OR SING A SONG
- 3) PUT MY HANDS IN MY POCKETS
- 4) ASK FOR A HUG
- 5) SEE HOW HIGH I CAN COUNT
- 6) BLOW INTO MY HANDS
- 7) CLOSE MY EYES & THINK OF A CALM PLACE
- 8) DRAW A PICTURE OF MY FEELINGS
- 9) REPEAT A MANTRA
- 10) WRITE A STORY ABOUT MY FEELINGS

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### GYRO

**GYRO ARE AWARD-WINNING LGBTQ+ GROUPS FOR YOUNG PEOPLE AGED 12-25 WHO IDENTIFY AS LESBIAN, GAY, BISEXUAL, TRANSGENDER OR ARE QUESTIONING THEIR SEXUALITY OR GENDER IDENTITY. 1 TO 1 APPOINTMENTS ARE AVAILABLE WITH A WORKER WITH AN LGBTQ+ SPECIALISM FOR CONFIDENTIAL SUPPORT IF YOU FEEL GROUPS AREN'T RIGHT FOR YOU.**

