

All Individuals Matter

Health and Wellbeing Newsletter

Children's Mental Health Week is due to take place nationally during the week beginning February 3rd. In school we are going to have some activities throughout the week to support



this, many of these will be around the Inside Out theme. On February 5th we are going to join in with Place2be's theme of 'Know Yourself' and children (and staff!) are invited to wear things that express themselves - this could be as little or as big as you would like.



Some children may want to wear something that reflects their passions, their hobbies or a way to show a part of their personality. [Children's Mental Health Week - Place2Be](#)

Our school offer

As a school we have begun to work with a lot of specialists to support our children. On Fridays we have forest school where the children are learning some fantastic skills and showing some real strengths. We also have an art therapist, grief and loss counsellor and some colour therapy sessions which children are referred for. We also have a weekly session with a behavioural specialist. Recently we have also been working with the Mental Health Support Team who have been supporting our whole school since the loss of Mrs Parsons.

[Grief & Loss | Parents Guide To Support | YoungMinds](#)

Tips for talking about grief and loss

<p>1 Explain what's happened and what it means</p> <p>When someone has died, tell them about this clearly using age-appropriate language. You can get advice to help you find the right words on the Winston's Wish website.</p>	<p>2 Use clear language</p> <p>Even though it can feel difficult, use direct words such as 'died' or 'dead'. Avoid expressions such as 'gone to sleep' or 'passed on', as these can be confusing.</p>	<p>3 Give space for them to ask questions</p> <p>Some children and young people might want to talk about what happens after we die. It's okay to be curious about what they think, and to say you don't have all the answers. You and your family might have your own religious and cultural beliefs about this, and you might want to talk about these together.</p>
<p>4 Focus on listening and empathising</p> <p>Be curious and non-judgmental about how they're feeling. Avoid trying to 'fix' things. You won't be able to make it all better, but being there to listen makes a huge difference.</p>	<p>5 Let them express whatever they're feeling</p> <p>Remind them that there's no right or wrong way to grieve. It's completely understandable to feel however they do. If they are worried about feeling nothing or numb, reassure them that this is a normal reaction. It can be our body's way of protecting us until we are ready to start processing what's happened.</p>	<p>6 Make sure they know it isn't their fault</p> <p>Your child or young person might tell you they are blaming themselves, or you might be worried about this. Be very clear that while it's normal to worry about this, it is absolutely not their fault or responsibility. No one is ever responsible for someone dying or getting ill.</p>

How to help your child or young person when they feel panicky

In a very anxious moment, your child or young person may feel frightened or worried about having a panic attack. If this happens, focus on helping them to calm down and feel safe. The strategies below can help.

- Use breathing and grounding techniques
- Sit with them and offer calm reassurance
- Ask them to think of a safe place or person
- Encourage them to do an activity they like

If you have concerns about your child's mental health and would like support please contact your child's class teacher in the first instance and they will pass me your details. Or, you can call the school office or email via enquires, Mrs Justine Dunham. 01526832060

enquiries@winchelsea.lincs.sch.uk

Alternatively, you can access online training and workshops by following the link below. These are extremely useful and cover supporting children with anxiety, worry, anger and more. <https://www.lpft.nhs.uk/young-people/online-workshops>