



Winchelsea



All Individuals Matter

Health and Wellbeing Newsletter

HAPPY NEW YEAR

Mental Health Week

Children's Mental Health Week is due to take place nationally during the week beginning February 9th. In school we are going to have some activities throughout the week to support this, many of these will be around the theme of 'This is my place.' [Place2Be's Children's Mental Health Week - Official site](#)



Our school offer

As a school we are now working closely 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 a grief and loss counsellor and some colour therapy sessions which children are referred for. We also have weekly sessions with a team of behavioural specialists. We also have access to the Mental Health Support Team. [Mental Health Support Teams \(MHST\) :: Lincolnshire Young Minds](#)

Lumi Nova

Lincolnshire County Council and Lincolnshire Partnership NHS Foundation Trust have partnered with BFB Labs to offer free access to Lumi Nova for children aged 7-12 facing mild to moderate difficulties with fears, worries or anxiety.

Lumi Nova supports children and young people to build confidence and learn lifelong skills to manage their worries through an intergalactic adventure game.

Lumi Nova combines Cognitive Behavioural Therapy (CBT) with responsible, age-appropriate mobile gaming to provide early intervention, therapeutic support for childhood anxiety.



- Instantly accessible via tablet or mobile device
- Designed for children aged 7-12 years
- Suitable for mild to moderate anxiety
- Provides Exposure Therapy and Psychoeducation (CBT)
- Safe and Secure
- Recommended by the National Institute of Health and Care Excellence (NICE).

www.luminova.app/lincolnshire

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>