

Dear Parents/Carers,

Welcome to our Safeguarding, Mental Health & Wellbeing newsletter. This half term we took part in Children's Mental Health Awareness Week, and we want to remind families in our community that we are here to support the emotional wellbeing and mental health of all our pupils.

We have a range of mental health support available for your child via our Mental Health Impact Team (MHIT), please see below for more details. Use the clickable links to access further information.

If you have any feedback about the newsletter, please let us know by emailing Ms Huthwaite: huthwaitea@asfa.allsaintsmat.org and follow our socials for daily updates about life in the Academy: [Instagram](#) and [/twitter.com/ACADEMYSFA](https://twitter.com/ACADEMYSFA)

Thank you for your continued support,
The Mental Health Impact Team

Assisi's Mental Health Impact Team

Our Mental Health Impact Team (MHIT) is made up of qualified practitioners, including Mental Health First Aiders, ELSAs (Emotional Literacy Support Assistant), our Emotion Coach, Sarah Brooks and School Counsellor, Ray Loftus.

We all have experience of emotional wellbeing and mental health for mild to moderate needs in children and young people. We work directly within the school offering a range of interventions and will work with you and your child to determine the best course of action if they need some support.

This might include: 1:1 support and interventions, group work and sessions, peer mentors, supporting PHCSE lessons, assemblies on emotional wellbeing and training for teachers.

The MHIT team can also support children and young people to access other services in the city if they feel it would be more appropriate, such as YPAS, KOOH and CAMHS.

You can also access support through the Safeguarding Team at school.



YOUNGmINDS



time to change

let's end mental health discrimination



Anna Freud
National Centre for
Children and Families

Top tips to support children and young people

Be there to listen

Regularly ask how they're doing so they get used to talking about their feelings and know there's always someone to listen if they want it. Find out how to create a space where they will open up.

[How to start a conversation with your child](#)



Support them through difficulties

Pay attention to their emotions and behaviour, and try to help them work through difficulties. It's not always easy when faced with challenging behaviour, but try to help them understand what they're feeling and why.

[Help with difficult behaviour and emotions](#)



Stay involved in their life

Show interest in their life and the things important to them. It not only helps them value who they are but also makes it easier for you to spot problems and support them.



Encourage their interests

Being active or creative, learning new things and being a part of a team help connect us with others and are important ways we can all help our mental health. Support and encourage them to explore their interests, whatever they are.



Take what they say seriously

Listening to and valuing what they say, without judging their feelings, in turn makes them feel valued. Consider how to help them process and work through their emotions in a more constructive way.

[The Anna Freud Centre support guide](#)



Build positive routines

We know it still may not be easy, but try to reintroduce structure around regular routines, healthy eating and exercise. A good night's sleep is also really important – try to get them back into routines that fit with school or college.

[Sleep tips for children](#)



We all have good mental health days and poor mental health days. At different points in our life, we'll move up and down the mental health continuum, from thriving to in crisis and everywhere in between. This poster is designed to help you seek appropriate support, whatever day you're having.

YOUR MENTAL HEALTH MATTERS

WE ALL HAVE GOOD MENTAL HEALTH DAYS AND POOR MENTAL HEALTH DAYS
WE WANT YOU TO FEEL SUPPORTED EVERYDAY AT ST FRANCIS OF ASSISI,

IN CRISIS

Ask an adult for help or call
Papyrus Helpline
0800 068 41 41
07860 039967

CAMHS ReACH Team
01977 735865

GP
NHS call 111

YPAS 0151 707 1025

Childline 0800 1111

Kooth Online
Google Talk Liverpool

Speak to an adult at school you trust
They will refer you to our
Mental Health Impact Team

Head of Year
SENCO Mrs Riley & Ms Warrior
Ray Loftus - School Counsellor
Sarah Brooks - Emotion Coach
Mrs Defferd - ELSA
Student Services
Ms Huthwaite

NSPCC 0808 800 5000
Samaritans 116 123
CAMHS Crisis 01512933577
0808 196 3550
SHOUT - Text Green 85558
Childline 0800 1111

Form tutors
Peer Mentors
Learning Support Assisitants
Student Services
SEND Room
Student Leaders
Google Kooth
Ask for a CAMHS referral
Phone YPAS 0151 707 1025
Shout: Text 'Green' 85558
Talk to your Friends
Email your Head of Year
Learning Mentors

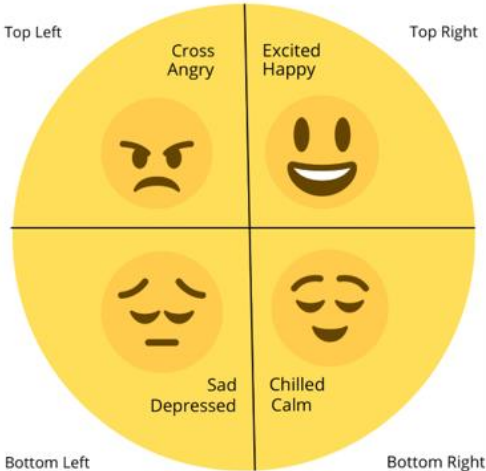
Assemblies
Curriculum for Life
Form Tutors
Form time
Mental Health
Mentors
Student Leadership
Team
Mental Health
Ambassadors
Charity Days
Enrichment
Friends

This is the Emotional Barometer.
It's a quick and easy way to
regulate your emotions by
recognising which zone you are
in.

When you become aware of
your feelings, by naming them,
you can quickly move into a
more focused state, that helps
you feel positive and make
better connections.

How are you feeling today?
Check in with the

Emotional
Barometer



Our Pupil Mental Health Ambassadors and Mental Health Mentors are trained at school to deliver assemblies and podcasts, and 1:1 peer support.

This February we launched our first Podcast, The Assisi Way. Click [HERE](#) to listen.



Their basic message is simple:

1. We all have mental health
2. Mental health is about our feelings, our thinking, our emotions and our moods.
3. Mental health is just as important as physical health. Take care of it. Look out for each other. Stay safe.
4. Seek help if needed. Eg. Kooth is open to young people aged 10+.



Where else can I get support?

Get urgent support from a crisis service

If you need urgent support, you can contact any of these services.

Childline

childline
ONLINE, ON THE PHONE, ANYTIME

Childline is a free, private and confidential service that you can access online and on the phone. They can provide help and support for people up to their 19th birthday.

Samaritans

SAMARITANS

You can access confidential emotional support at any time from Samaritans either by calling 116 123

shout
for support in a crisis

Shout

24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help. Text 85258.

POLICE.UK

Police

If you or somebody else is in danger, or it feels like a situation might get dangerous and you need support right away, click here to find out how to contact the police.

NHS

NHS Choices

Mental health services are free on the NHS.

- To get urgent medical help, use the NHS 111 online service, or call 111 if you're unable to get help online
- For life-threatening emergencies, call 999 for an ambulance



Report abuse

CEOP help children stay safe online. If anybody acts inappropriately towards you or another child or young person online (such as sexual chat or being asked to do something that makes you feel uncomfortable); you can report it here.