

Dear Parents/Carers,

This half term has been another busy one, with visitors in school and trips out, all supporting our learning around Mental Health and Wellbeing. In the Academy, we are continuously looking for ways to enhance our pupils' personal development and assist them in their journey through Assisi and beyond.

As always, 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 and 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 or safeguarding@asfa.allsaintsmat.org and follow our socials for daily updates about life in the Academy: [Instagram](#) and [/twitter.com/ACADEMYSAFE](https://twitter.com/ACADEMYSAFE)

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



'The Assisi Way' is our approach to **Personal Development** which encompasses the journey of our pupils from Years 7-11. Check out Instagram and Twitter, as we share more about how we want to promote **PRIDE** in our Academy, how we show **RESPECT** to our school community and how we are **KIND** and show **LOVE** towards each other as we live and work in Kensington.



In February, @ConnectFutures came to the Academy to deliver BRAVE Workshops to every pupil in school, exploring how to build resilience against violence and extremism.

Watch this video to learn more:

[BRAVE | A FILM TO BUILD RESILIENCE AGAINST VIOLENCE AND EXTREMISM - ConnectFutures](#)

Our Mental Health Impact Team

We have wellbeing and mental health support for the mild to moderate needs of our young people. We offer a range of interventions and will work with families/students to determine the best action if support is needed. This includes: 1:1 therapy, group work, peer mentoring, support from PHCSE lessons, and assemblies about emotional wellbeing and training. We support young people to access services like, [YPAS](#), [KOOOTH](#) and [CAMHS](#).

You can also access support through the Safeguarding Team at school by emailing:
safeguarding@asfa.allsaintsmat.org



Parents and Carers

As a parent and carer, do you sometimes find it hard to look after your own mental health?

Check out Dr Pooky Knitsmith's Podcast which explores big questions with brilliant people each week. She covers a wide range of topics related to education and mental health. Sometimes it's deep, sometimes it's funny, but it will always make you think.

[Pooky Ponders – Big Questions with Brilliant People on Apple Podcasts](#)



Click here to listen to episodes of our Podcast, 'The Assisi Way', and listen to our pupil Mental Health Ambassadors interview pupils and industry professionals about mental health and wellbeing:

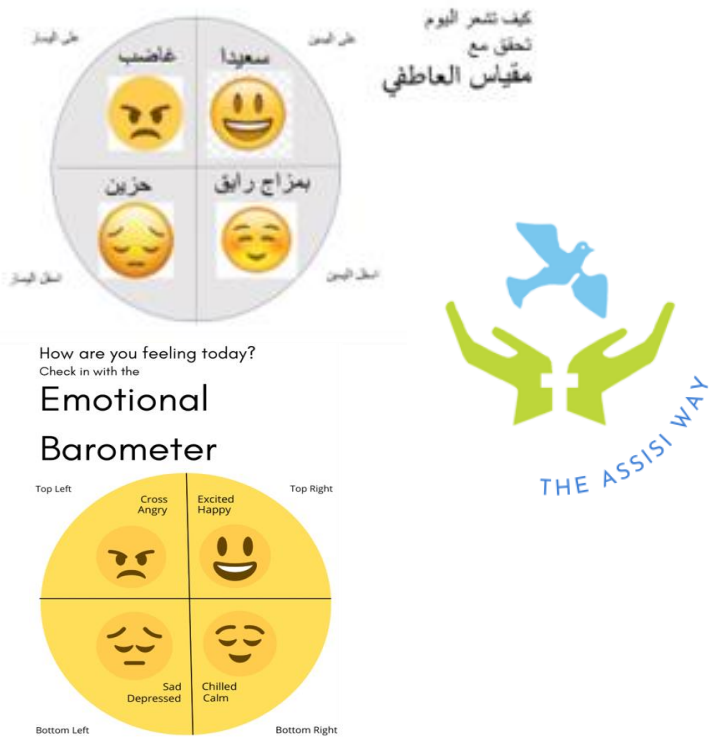
- Episode 1: [Mental Health Week](#)
- Episode 2: [First instalment of Industry Day](#)
- Episode 3: [Second Instalment of Industry Day](#)

The Emotional Barometer

This is 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.

Dania, one of our mental health and language ambassadors, has translated it from English into Arabic so our families can start using this at home and school.



Our wonderful mental health and language ambassadors have also translated our school support system into Arabic.

مسائل الصحة العقلية الخاصة بك

كلنا نتمتع بأيام جميلة وصحية اي بمعنى انك تشعر بانك جيد او انك بصحة جيدة وايضا هناك ايام سيئة التي تكون فيها بحال سيئ. ونريدك ان تشعر بالدعم كل يوم في مدرستنا سانت فرانسيس من اسيسي.

مزدهرة	نعم	يكافح بمعنى قاوم	في ازمة او في موقف
الجمعيات منهج مدى الحياة المعلمين النموذج من الوقت الصحة النفسية الموجهون القيادة الطلابية فريق الصحة النفسية سفراء أيام الاحسان الاثرء اصدقاء	شكل المعلمين الموجهين الأقران , مساعدو دعم التعلم خدمات الطالب غرفة الأرسال قائدة الطلاب جوجل كوثر اطلب هاتف إحالة من خدمات الصحة العقلية لأطفال والشباب YPAS 0151707 1025 صبيحة: اكتب "أخضر" 85558 تحدث إلى أصدقائك أرسل بريدًا إلكترونيًا إلى رأس السنة الموجهون التعلم	تحدث إلى شخص بالغ في المدرسة نتق به وسيريك فريق تأثير الصحة رئيس العام او مشرف على السنة أستاذة رابلي و السيدة او الأستاذة واريور راي لوفتوس هي مستشارة مدرسة سارة يروكين - مدربة العاطفة السيدة ديفرد ELSA خدمات الطلاب السيدة هوثويت CAMHS 01512933577 0808196 SHOUT-Text Green 3550 85558 0800 1111Childline	اطلب المساعدة من شخص بالغ اتصل بالطوارئ NHS 111GP او

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	STRUGGLING	OK	THRIVING
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



TOP TIPS FOR SUPPORTING A FRIEND

1. Listen and be non-judgemental.



2. Stay in touch - ask your friend how they are and be honest.

3. Suggest doing new things, day trips, introduce your friend to new events.

4. Suggest trying out a local support group to strengthen connections.



5. A nice surprise - bake or cook your friend's favourite food.

6. Suggest doing a physical activity, a meditation app, yoga, going to the gym or fitness class.



7. Suggest joining a group around hobbies and suggest going with your friend to the first session.

8. Explore the outdoors, pick up litter, plant trees, cut the grass that doesn't belong to anyone.



9. Go for a walk with your friend, if that doesn't work open a window and let some fresh air in.

10. Create a playlist for your friend.



11. Find a safe place your friend feels comfortable at to chat.

12. Share self-help strategies with your friend.



13. Try to give a positive vibe and outlook.

14. Offer to give your friend a hug.

15. Try to make your friend laugh.



16. Try to make your friend understand they're not alone.

17. Be kind and supportive to your friend.

18. Encourage your friend to be themselves without fear of judgement.



19. Do some creative wellbeing activities from the Youth Mental Health First Aid kit.

20. Reminisce on happy memories.



Our Pupil Mental Health Ambassadors and Mental Health Mentors have compiled helpful tips for supporting their friends based on the resources produced by Young Minds charity. Check out these other charities websites for useful hints and tips for anyone you know who might be struggling at the moment.



childline

ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111

POLICE.UK



Our mental health 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 – click on the charities above for advice and support.

