

# Wellbeing News

Written by Mr Turnbull

DEAR  
PARENTS/CARERS,

As we gear up for another exciting school year, it's important to remember that academic success is just one part of the journey. Your mental health and wellbeing are equally essential for you to thrive, both in and out of the classroom.

Remember – All staff at Parkside are available to speak to if any students, parents or carers need support!

## WHAT'S IN THIS MONTH'S ISSUE:

- Focus: Recognizing & Supporting children's mental health
- Tips & Resources to prioritise self care



## Our New Wellbeing Statement

**'A therapeutic, safe learning environment, where the holistic development of every individual is nurtured to protect and support emotional wellbeing and mental health'**

# FOCUS: RECOGNISING & SUPPORTING CHILDREN'S MENTAL HEALTH



## COMMON WARNING SIGNS OF MENTAL HEALTH ISSUES INCLUDE:

1. Sudden mood and behaviour changes
2. Unexplained physical changes, such as weight loss or gain
3. Sudden poor academic behaviour or performance
4. Sleeping problems Changes in social habits, such as withdrawal or avoidance of friends and family.

## TIPS TO SUPPORT A YOUNG PERSON'S MENTAL HEALTH.

1. Be there for them and listen
2. Let your children know that it's ok to talk about their feelings and nurture the idea of being open.
3. Validate their feelings by taking what they say seriously.
4. Support them through difficulties while encouraging them to stay open.
5. Build positive routines with structure, plenty of sleep, healthy eating habits, regular outdoor time and physical activities

**YOUR VOICE MATTERS**

# TIPS AND RESOURCES TO HELP YOU PRIORITISE SELF-CARE AS YOU SETTLE BACK INTO SCHOOL LIFE:

## CREATE A BALANCED ROUTINE

Balancing schoolwork, extracurricular activities, and personal time is key. Make sure to schedule breaks throughout your day to recharge. Short walks, quick mindfulness exercises, or even stretching can go a long way in reducing stress.

## REACH OUT FOR SUPPORT

It's normal to feel overwhelmed at times. Don't hesitate to reach out to friends, family, or school staff if you need to talk. Our staff are available and ready to help you navigate any challenges you might face this year.

## GET ENOUGH SLEEP

Sleep is crucial for your brain to function at its best. Aim for 7-9 hours of sleep each night and try to maintain a consistent sleep schedule. Lack of sleep can lead to increased stress and difficulty focusing in class.

## MAINTAIN HEALTHY SOCIAL CONNECTIONS

Staying connected with friends and loved ones is important for your emotional wellbeing. Whether it's meeting up or staying in touch through messages, positive relationships can provide a support system during tough times.

## PHYSICAL ACTIVITY IS KEY

Exercise not only boosts your physical health but also improves mood and reduces anxiety. Even just 20-30 minutes of physical activity a day, like walking or stretching, can make a huge difference.

## WATCH OUT FOR SIGNS OF BURNOUT

If you find yourself constantly tired, irritable, or feeling detached from school, you may be experiencing burnout. It's important to address these signs early by lightening your workload, taking more breaks, and talking to someone about how you're feeling.

## BE KIND TO YOURSELF

Remember, no one is perfect. It's okay to make mistakes and to ask for help when you need it. Be kind and compassionate toward yourself as you navigate this new school year. By making small, intentional steps, you can build resilience and find balance, allowing you to make the most of your school experience.

CBBC has some excellent tips, advice, videos and activities for young people going back to school

<https://www.bbc.co.uk/cbbc/findoutmore/going-back-to-school-tips>  
<https://www.bbc.co.uk/cbbc/curations/back-to-school>



# Parenting Smart



We all want the best for our children, but parenting can be really tough sometimes. We've all been there.

Place2Be's Parenting Smart is a new site for parents and carers of 4-11 year olds, offering practical advice on supporting your child and managing behaviour.



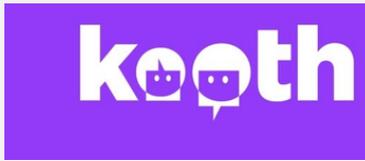
All of our content is created by Place2Be's parenting experts. It's based on evidence and their experiences working with children, young people and their families

Designed with busy parents in mind, the site has short videos and articles on topics from meltdowns to bullying, from sleeping difficulties to encouraging self-confidence.



Learn more at  
[place2be.org.uk/  
parentingsmart](https://place2be.org.uk/parentingsmart)

# WE HOPE YOU FIND THE FOLLOWING LINKS USEFUL FOR SUPPORT SHOULD YOU OR YOUR CHILD EVER NEED IT.



Free online support for young people. Kooth counsellors are online Monday-Friday, 12 noon till 10pm and weekends, 6pm till 10pm. [www.kooth.com](http://www.kooth.com)

## Honest information about drugs | FRANK

Find out everything you need to know about drugs, their effects and the law. Talk to Frank for facts, support and advice on drugs and alcohol today. | FRANK

[talktofrank.com](http://talktofrank.com)

Project created to inspire hope for young people facing harassment. A place where young people who are lesbian, gay, bi, or trans can see clips of other people's coming out stories. [www.talktofrank.com](http://www.talktofrank.com)

## Childline | Childline

Get help and advice about a wide range of issues, call us on 0800 1111, talk to a counsellor online, send Childline an email or post on the message boards.

[childline.org.uk](http://childline.org.uk)

Childline is the UK's free helpline for children and young people. It provides a confidential telephone counselling service for any child or young person with a problem. It comforts, advises and protects. So, if you are worried about anything, big or small – don't bottle it up. It can really help if you talk to someone. If there is something on your mind, ChildLine is there for you. You can visit the Childline Explore section for advice and information on a range of topics. Also, you can get support on the online message boards. 'Everyone helps each other out and is going through the same things as me – it's a really welcoming place' Freephone 0800 1111 (24 hours and the call won't show on your phone bill) [www.childline.org.uk](http://www.childline.org.uk)



## Mental Health Charity For Children And Young People

YoungMinds are a mental health charity for children, young people and their parents, making sure all young people can get the mental health support they need.

[YoungMinds](http://YoungMinds)

YoungMinds is the UK's leading charity committed to improving the emotional wellbeing and mental health of children and young people. Just as people's bodies can become unwell, people's minds can become unwell too.

Mental health problems are more common than you might think – three children in every classroom have a mental health problem. Young Minds offer information to young people and children about mental health and emotional wellbeing. If you need to talk, they can let you know about organisations that listen, plus they offer online support and info. [www.youngminds.org.uk](http://www.youngminds.org.uk)

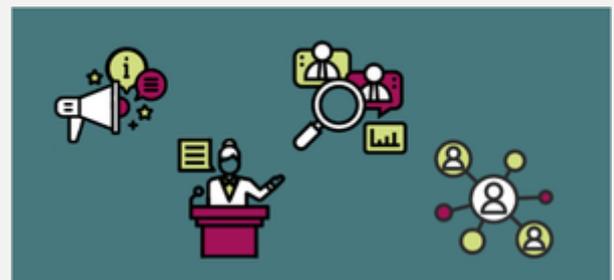


Good mental health for all

Good mental health for all. Dedicated to finding and addressing the sources of mental health problems.

[Mental Health Foundation](http://Mental Health Foundation)

Support for parents/carers:



## Explore mental health

Explore our content and resources designed to give you more information about mental health, how to look after your mental health and help prevent mental ill health from developing in the first place.

[Mental Health Foundation](http://Mental Health Foundation)

Factors that affect mental health:

Finally, this term we will be running a 'wellbeing club' on a Thursday after school where the students are welcome to come along and relax as we discuss our mental health, play games, watch a film and enjoy some snacks. It would be fantastic to see as many students as possible attend.

We wish you all the best this school year!

Many thanks,

Parkside House School Wellbeing Team