

Mental Health & Wellbeing at D.P.S.

Information for Parents and Carers



Aims:

- To understand what can affect children's mental health.
- To recognise some signs of possible MH concerns in children.
- To know what we can do to support positive mental health in our children both at home and in school.



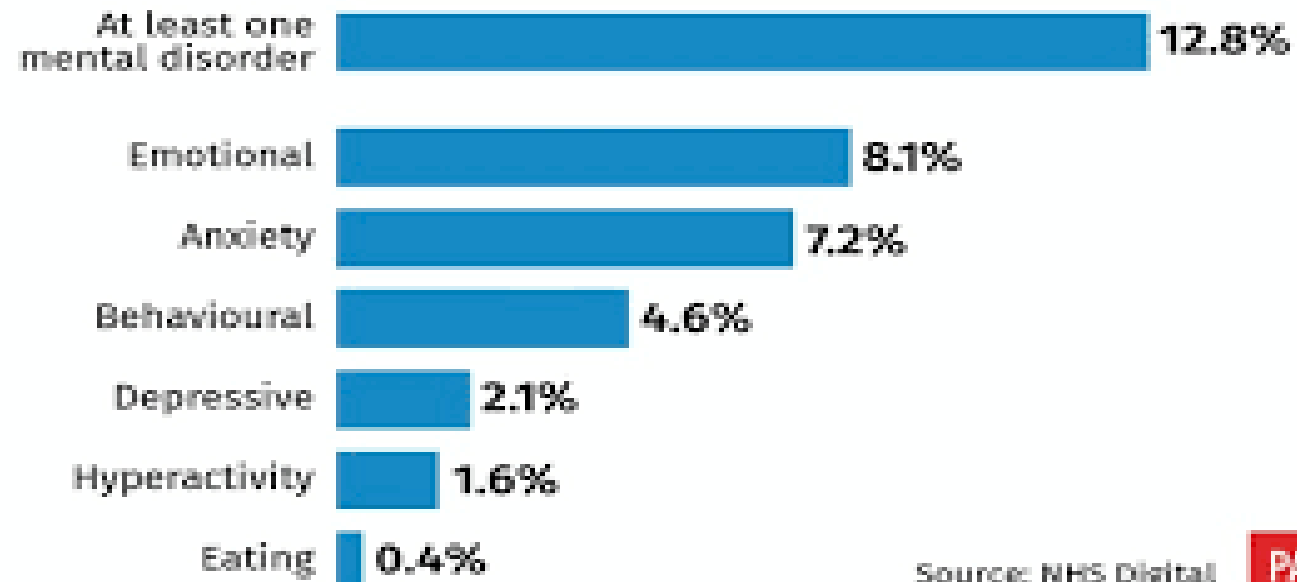
What is Mental Health?

- **We all have Mental Health.** Mental health is about our feelings, our thinking, our emotions and our moods. Looking after our mental health is very important.
- **We all have** small feelings everyday: These sometimes feel strong and overwhelming, whether happy or sad, but they usually go away before too long.
- **Sometimes we experience** big feelings: these feel strong and overwhelming for a long time. They stop us doing what we want to do in our lives.



Why is it so important?

Mental disorders among 5-19 year-olds in 2017



Source: NHS Digital

PA



Why?

CHILDREN'S MENTAL HEALTH - KEY FIGURES

11%

of children's mental health needs met by NHS (2.52m have needs; service capacity is 230k)



14x

The NHS spends 14 times more on adult mental health than on children and young people



50%

of mental health problems are developed by age 14



10 years

Average time a child lives with mental health needs before starting treatment



Sources: DfE; NHS England; The King's Fund; Peterborough; Centre for Mental Health



Please remember!

- We are not trained medical health practitioners...
- But we can work together to promote and support positive mental health and well-being in our children.



What can impact on children's mental health?

Sometimes the smallest things can make a difference as well as the big things!

- Moving house
- Changing school
- New teacher
- Friendship issues
- Illness
- Bereavement/loss
- Struggling at school
- Internet/social media
- Puberty
- Issues on the News
- Family difficulties
- Finances
- Self image
- SEND and disability



What can it look like?

Remember: these are not only linked to Mental Health! There could be many reasons for these behaviours.

- Sudden change in behaviour
- Bed wetting
- Withdrawal
- Change in sleep patterns
- Tummy aches
- School refusal
- Change in appetite
- Self harming

Low self-esteem

Not wanting to socialise/playout



What do we do at school to support positive mental health?

- **GENERAL APPROACHES – ETHOS**
- Positive, nurturing relationships
- Values based curriculum – our 4 Core Values
- Curriculum – PSHE (Jigsaw Scheme)
- Circle Time
- Zones of Regulation
- Themed days and week – e.g. Children’s Mental Health Week ‘ Express Yourself’
- Broad and Balanced Curriculum
- Wider opportunities – e.g. Forest Schools, school trips, clubs, residential



Daily Check in...

- The children say how they feel as soon as they step into the classroom. This links to our work on Zones of Regulation.



Targeted Approaches

- **Group support**
 - Nurture Groups
 - Circle Time
 - Anxiety Gremlins
 - Play Therapy
 - Fabulous Fridays
 - Forest School groups
 - Sports Clubs (lunchtimes)



Targeted Approaches

▪ Individual Support –

Mrs Sanderson Pastoral Lead

- Play Therapy
- Individual counselling
- Drawing & talking sessions
- Self-esteem & confidence
- Daily/weekly check ins
- Responsive to needs



Listening Room/Nurture Room



What can you do at home to support positive mental health?

- Talk about it - understanding of feelings and emotions
- Good routines – sleep
- Time to relax
- Build resilience
- Build self-esteem
- Be a good role model – take care of your own MH
- Monitor internet/social media use



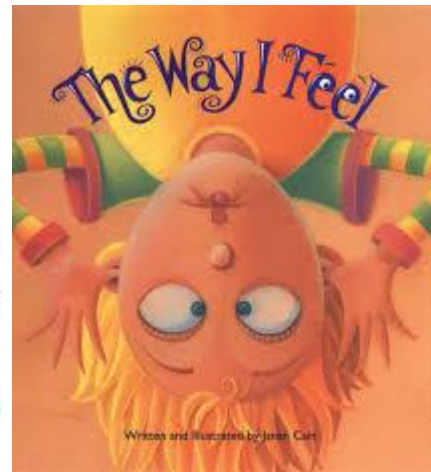
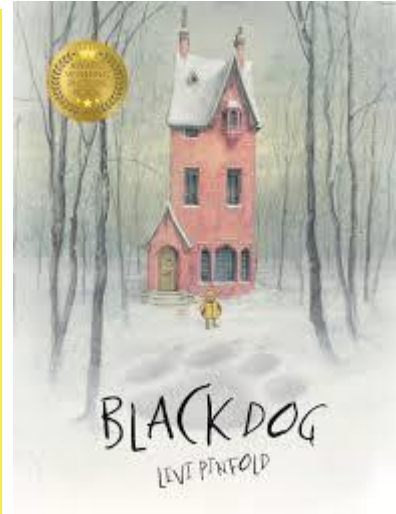
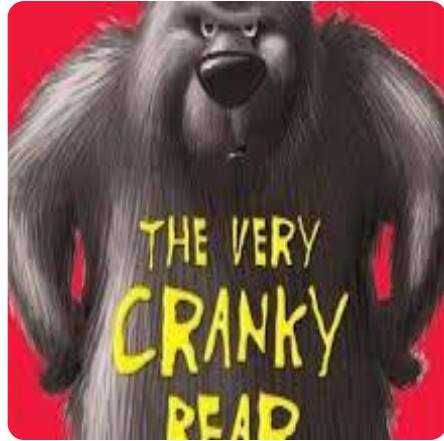
5 Ways to Well-being...



Practical Activities

- **Mindfulness – slowing down, relaxing:**
- Focused activities – models, puzzles
- Colouring
- Arts and crafts
- Relaxation/meditation
- Sports and exercise
- Getting outdoors/appreciating nature
- Share a movie/story (no distractions)





Ways In...



Useful websites and links:

- <https://www.place2be.org.uk/>
- <https://youngminds.org.uk/>
- <https://www.camhs-resources.co.uk/websites>
- <https://www.minded.org.uk/>
- <https://www.headstogether.org.uk/>

