



Mental Health and Wellbeing Newsletter November 2022



Welcome to the first St Marys Catholic Primary School wellbeing newsletter ! Keeping you up to date and informed about mental health and wellbeing and what we are doing within school to support your children.

Wellbeing Team

I am delighted to share with you all that St Mary's wellbeing team is up and running !

2 children from years 2-6 make up our wellbeing team and will be championing wellbeing within their classes and across the school supported by Mrs Cox and their teachers.



Some of our amazing wellbeing team



Wellbeing Tip: Spend time in Nature!

Why not make the most of what autumn has to offer?

Colours, smells, sounds... everything changes at autumn time! The golds, reds, purples, russets and oranges that provide a burst of joy before the winter months are particularly vivid this year.

Spending time in nature outdoors can help improve your mood and reduce feelings of stress and anger.



Try to pay attention to your surroundings and find things to see, hear, taste, smell and touch.

You can even bring nature indoors! You could buy flowers, potted plants or seeds for growing on your window sill. Or you could collect natural materials from outdoors, such as leaves, flowers, feathers, and use them to decorate your living space.

Suggestions?

The next wellbeing news letter will be out in December. If you have any comments or suggestions about what you would like to see in it, please let Mrs Cox know, via DoJo

Download this image onto your phone for **when you might need help**



Samaritans: 5th
Emotional support to anyone in distress, struggling to cope, or at risk of suicide.
☎ **116 123**

Shout: 5th
Text service, free on all major networks, for anyone in crisis anytime, anywhere.
-If you're over 18, text the word **SHOUT**
-Under 18s, text **YM**
☎ **Text: 85258**

Cornwall's 24/7 NHS mental health support 5th
Call for free, any time day or night if you are worried about your own or someone else's mental health. The team behind the 24/7 open access telephone service will listen to you and determine how best to help.
☎ **0800 038 5300**

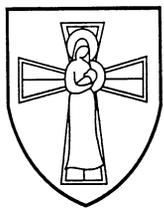
If you, or someone else, is in immediate danger call **999**



www.cornwall.gov.uk/mentalhealth

If you're finding things more difficult than usual and are struggling with your mental health, there's support available. Please do get in touch and we will do our best to help.





The ZONES of Regulation®

Have you been asked what Zone you are in ?

We have also introduced the Zones of Regulation. The Zones of Regulation is an intervention which helps children to manage difficult emotions, known as ‘self-regulation’.

From time to time, all of us (including adults) find it hard to manage strong feelings such as worry, anger, restlessness, fear or tiredness, and this stops us from getting on with our day effectively. Children who feel these emotions often find it hard to learn and concentrate in school. The Zones of Regulation aims to teach children strategies to help them cope with these feelings so they can get back to feeling calm and ready to learn. These coping strategies are called ‘self-regulation’.

We have begun a daily check in, using the zones of regulation, where children can let the teacher know how they are feeling. When the children come into school they put their leaf on the zone they are feeling. This then enables the teacher to offer support and help.

Your child may start telling you about the zones so below is what each zone is and the feelings linked to this zone. Maybe ask your child which zone they put their leaf in today !

What are the different Zones?

Blue Zone:

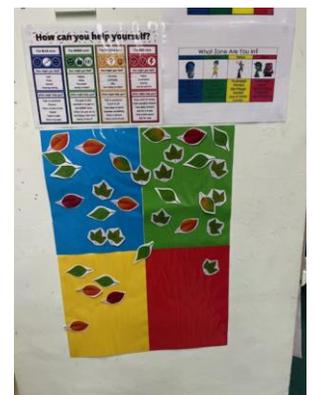
low level of arousal; not ready to learn; feels sad, sick, tired, bored, moving slowly.

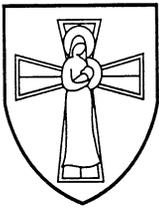
Green Zone: calm state of alertness; optimal level to learn; feels happy, calm, feeling okay, focused.

Yellow Zone:

heightened state of alertness; elevated emotions; has some control; feels frustrated, worried, silly/wiggly, excited, loss of some control.

Red Zone: heightened state of alertness and intense emotions; not an optimal level for learning; out of control; feels mad/angry, terrified, yelling/hitting, elated, out of control.





Support for Mental Health And Wellbeing links



CAMHS

CAMHS is used as a term for all services that work with children and young people who have difficulties with their emotional or behavioural wellbeing. Children and young people may need help with a wide range of issues at different points in their lives. Parents and carers may also need help and advice to deal with behavioural or other problems their child is experiencing. Parents, carers and young people can receive direct support through CAMHS.

Telephone: 01872 322277

<http://www.cornwallft.nhs.uk/services/childrens-services/camhs/>

Cornwall Partnership NHS Foundation Trust

Cornwall Partnership NHS Foundation Trust provides a range of mental health and physical health services across Cornwall and the Isles of Scilly.

email:<http://www.cornwallft.nhs.uk/>

Daytime Mental Health Services

Integrated Cornwall Community Mental Health Teams (ICMHTs) are available Monday to Friday from 8.45am – 5.15pm for advice and signposting. A referral to these teams can be made by: Tel: 0845 207 7711 (calls cost 2p plus your phone company's access charge) or e-mail cft.westreferralteam@nhs.net Out-of-Hours Mental Health Act Assessments

The **Home Treatment Team** are the team who will consider if out of hours mental health assessments are indicated. The Home Treatment Team also provides care and support to people on their caseload. Call: 0845 230 39001 or 0845 230 3902. Calls to these numbers cost 7p per minute plus your phone company's access charge.

Out-of-Hours GP Service

Use the normal telephone number for the person's GP practice. This will either re-direct you automatically to the out-of-hours GP service or give you another number to call. The out-of-hours GP service operates from 6.30pm to 8.00am, Monday to Friday and 24 hours a day at weekends and Bank Holidays.

Outlook:) SOUTH WEST

Psychological therapy services for people aged 16 and above in Cornwall and the Isles of Scilly. If you are registered with a GP practice in Cornwall, you can access the NHS-funded therapies for mild-to-moderate anxiety and depression.

outlook:) SOUTH WEST can help with difficulties such as: stress, low mood, worry, anger, panic attacks, obsessive compulsive disorder (OCD), phobias, post-traumatic stress disorder (PTSD).

Telephone: 01208 871414

E-mail: enq@outlooksw.co.uk

<http://www.outlooksw.co.uk/>

Young Minds

Young Minds is charity committed to improving the emotional wellbeing and mental health of children and young people. They undertake campaigns and research, make resources available to professionals (including teachers) and run a helpline for adults worried about the emotional problems, behaviour or mental health of anyone up to the age of 25.

Parents Helpline – 0808 802 5544

<http://www.youngminds.org.uk/>

ChildLine

A confidential service, provided by the NSPCC, offering free support for children and young people up to the age of nineteen on a wide variety of problems.

Helpline: 0800 1111

<https://www.childline.org.uk/>