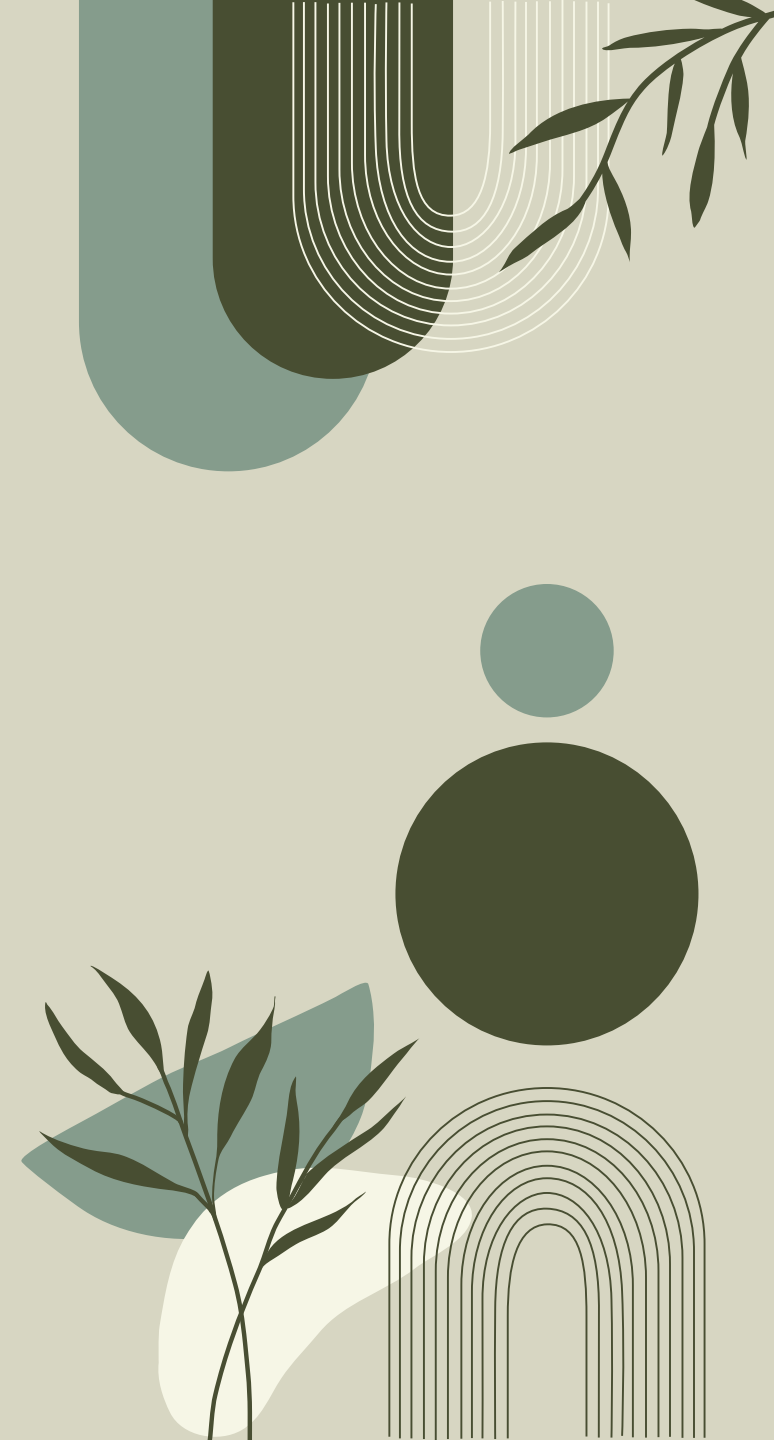


Safeguarding Newsletter 4 – Summer 24

- Who you can talk to at Heathlands
- Supporting Mental Health
- Useful contacts





If you need to talk



Safeguarding Team:

Designated Safeguarding Lead – Mrs M Cork

Deputy Designated Safeguarding Leads – Mr J Fielder, Mrs E Howells, Mrs H Brennen

Head teacher – Mr Fielder

Deputy Head/SENCO/Mental Health Lead – Mrs Cork

Assistant Head teachers responsible for Curriculum – Mrs Howells, Mrs Brennen

Phase leads – EYFS Mrs Lloyd

KS1 Mrs Harden

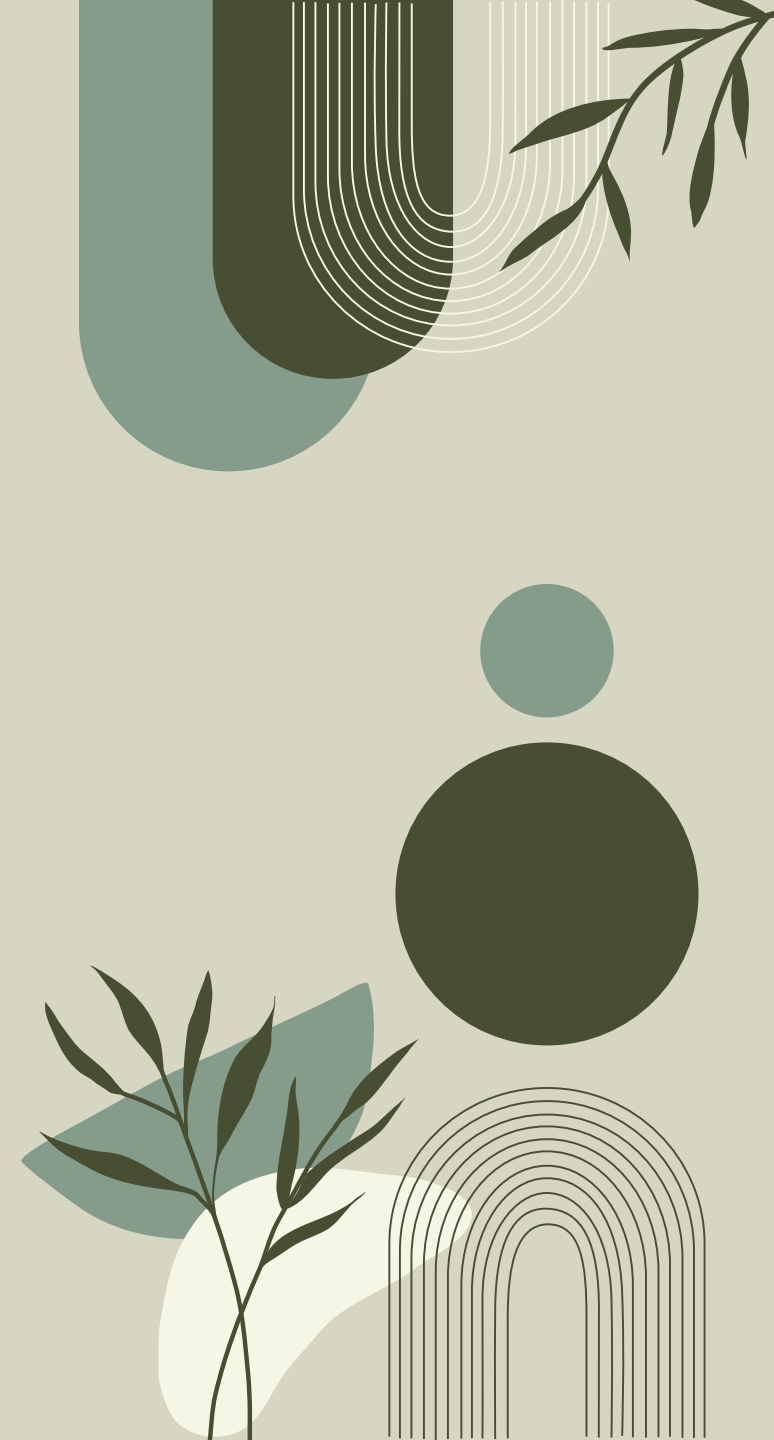
Lower KS2 Mr Turver

Upper KS2 Mr Hassard



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 important. We all have 'small' feelings every day. These are sometimes strong and overwhelming, whether happy or sad, but they go away before too long. Sometimes we experience 'big' feelings which are strong and overwhelming for a longer period of time. They stop us doing what we want to in our lives.





How can I help my child's mental health?



1. Make conversations about mental health a part of normal life. Anywhere is a good place to talk: in the car, walking the dog or cooking dinner together. Model every day talk about this for example by talking about a TV or book character's feelings.
2. Give your full attention. We all know it's horrible to be half-listened to. Keep eye contact, focus on the child and ignore distractions.
3. Check your body language. Try to keep it open and relaxed and make sure you come down to the child's level.
4. Take it seriously. Don't downplay what the child is saying or tell them they're 'just being silly'. Resist the urge to reassure them that 'everything is/will be fine'.
5. Ask open questions. These will help extend the conversation.
6. Calmly stay with the feelings that arise. It can be our automatic reaction to steer away from difficult emotions
7. Offer empathy rather than solutions. Show that you accept what they are telling you but don't try to solve every problem.
8. Remember we are all different. Respect and value the child's feelings, even though they may be different from yours.
9. Look for clues about feelings. Listen to the child's words, tone of voice and body language.
10. Some ways to start a conversation about feelings might be: "How are you feeling the moment?" "You don't seem your usual self. Do you want to talk about it?" "I'm happy to listen if you need a chat."



Supporting Mental Health – Conversation

- Would you rather go to space or the bottom of the ocean?
- Would you rather have hands for feet or feet for hands?
- If you could have any pet, what would you choose?
- Would you rather have a flying carpet or a car that can drive underwater?
- If you could have any superpower, what would it be?

**To plant a garden is to believe in tomorrow.
Audrey Hepburn**



Useful contacts

Young Minds – Mental health charity for children/ parents and young people
<https://www.youngminds.org.uk/>

The Youth Enquiry Service – counselling and mentoring -
<https://yesyouthenquiryservice.org/>

SET CAMHS – Providing specialist mental health support for young people in Essex -
<https://www.nelft.nhs.uk/set-camhs/>

SNAP – Supporting families of children with additional needs –
<https://www.snapcharity.org/>

Essex Young Carers – Support for children and young people under 18 who provide regular care to a family member –
<https://youth.essex.gov.uk/young-people/young-carers/>

NSPCC - Support with keeping children safe –
<https://www.nspcc.org.uk/keeping-children-safe/>

There For You Advisory Service – supporting individuals and families being investigated or involved with their local Authority Children's Services Department, as well as providing additional family support -
<https://there-for-you-advisory-service.com/>

Childline www.childline.org.uk

Samaritans www.samaritans.org

