



Inclusion Newsletter



22nd March 2024

Welcome to the Inclusion Newsletter for Term 4. This term, my focus is on emotional wellbeing and mental health.

We all have 'mental health' – it refers to our emotional and psychological wellbeing. Mental health affects how you feel, think and act. It can change on a daily basis and over time, and can be affected by a range of factors. It's important to look after your mental health, as your state of wellbeing affects how you cope with stress, relate to others and make choices.

When children and young people have good levels of wellbeing, it helps them to engage positively with the world around them. Tackling anxieties and building resilience, self-esteem and confidence will help children learn to manage their emotions, feel calm, and engage positively with their education, potentially improving their academic attainment. It will support them to form and maintain good relationships with others, and increase their ability to cope with change, setbacks and uncertainty.

Children suffering with anxiety or poor mental health might display changes in behaviour, including with their eating or sleeping habits. They may withdraw from social situations or stop wanting to do things they usually like, and may even begin to harm themselves.

Ways to help:

Be there to listen – regularly ask your child how they are doing. Talk to them about any worries they have, reassure them and show them you take it seriously. There is some great advice here: <https://www.youngminds.org.uk/parent/how-to-talk-to-your-child-about-mental-health/>

Look for solutions – as well as talking to your child about their worries, it's important to help them find solutions. For example, if your child is worried about going to a sleepover, it may seem best to tell them not to go. However, this could teach your child that their anxiety will stop them from doing things. It's better to recognise their worries and suggest solutions to help them, so they can go to the sleepover with a plan in place. If your child is struggling due to a distressing event, such as a bereavement or parental separation, look for books or films that will help them to understand the situation and their emotions. Try to have open discussions so that they know they can share how they are feeling.

Encourage their interests – being active or creative, learning new things and being a part of a team helps connect us with others and boosts our mental wellbeing.

Build positive routines – try to have structure around regular routines, especially around healthy eating and exercise. A good night's sleep is also important, so have a fixed time for going to bed and getting up. Relaxation strategies will help with this – find some good tips here: <https://thesleepcharity.org.uk/information-support/children/relaxation-tips/>

Seek advice – don't face it alone. Reach out to school and other services for support. There is more good advice here: <https://maudsleycharity.org/familiesunderpressure/> and overleaf is some information on a service offered through NELFT.

Your child's class teacher is always the best person to speak to first if you have any questions or concerns about your child, but we are lucky to also have Mrs Wood, our Home School Support Worker, and Mrs Barber, our Wellbeing Coach, who can offer a wealth of advice on these particular needs. You can contact them via Class Dojo or by calling the school office. As always, if you have any concerns or queries related to Inclusion and SEND, please don't hesitate to contact me at the school.

Mrs Z Huggett
Inclusion Manager



Online Support
and Intervention
for Child Anxiety



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OSI - ONLINE SUPPORT FOR PARENTS AROUND CHILDHOOD ANXIETY

Being away from caregivers → General worries → School worries

DOES YOUR CHILD HAVE PROBLEMS WITH ANXIETY?

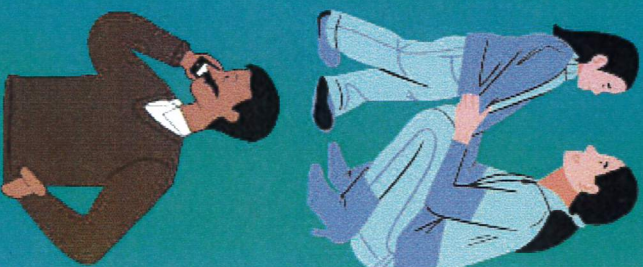
Bedtime fears → Social worries → Phobias (e.g. spiders, dogs, injections) & more

OSI (Online Support and Intervention) is an online platform designed to help parents to learn tools and techniques to help their child (aged 5 to 12 years old) to overcome difficulties with anxiety.

Parents work through weekly online modules that contain videos, quizzes, and interactive worksheets. Parents are also supported by a weekly telephone/videocall appointment with a practitioner.

You can access OSI at a convenient time for you using any electronic device!

Best care by the best people



Online Support
and Intervention
for Child Anxiety



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OSI - ONLINE SUPPORT FOR PARENTS AROUND CHILDHOOD ANXIETY

FEEDBACK FROM PARENTS/CARERS

"My son's anxiety has noticeably declined, and I feel much more confident...we worked together on a specific goal and I have to say it was life changing. I even used it for my daughter about a fear she had and again, I can say that it worked for her too."

"It has been tremendously worthwhile for us, and I have a happier child now as a result."

GET IN TOUCH:

Scan the QR code for more
information on OSI.

If your child attends one of our schools, and you are interested in learning more about OSI and whether this is the right support for you, please email our team at:

EWTanDeSTenquiries@nelft.nhs.uk



Best care by the best people