

Hello Yellow Day ( 10.10.24)

Each year, to raise awareness of mental health in children and young people, we take part in the Hello Yellow Day hosted by Young Minds. It was so lovely to see so many adults and staff wearing yellow to support such an important cause. As part of our nurturing approach as a school, the children learn valuable coping mechanisms across their time in primary education, but special awareness days such as this one provide us with further opportunities to open important conversations with our pupils. To link in with our PSHE objectives, each class completed an activity focused on 'Friendship', identifying what makes a good friend, attitudes towards friendship and how to support our friends.

During lunchtime, our wellbeing ambassadors were busy in our outdoor shelters. They supported Mrs. Allen to set up calm areas with lots of activities including mindfulness colouring and crafts.

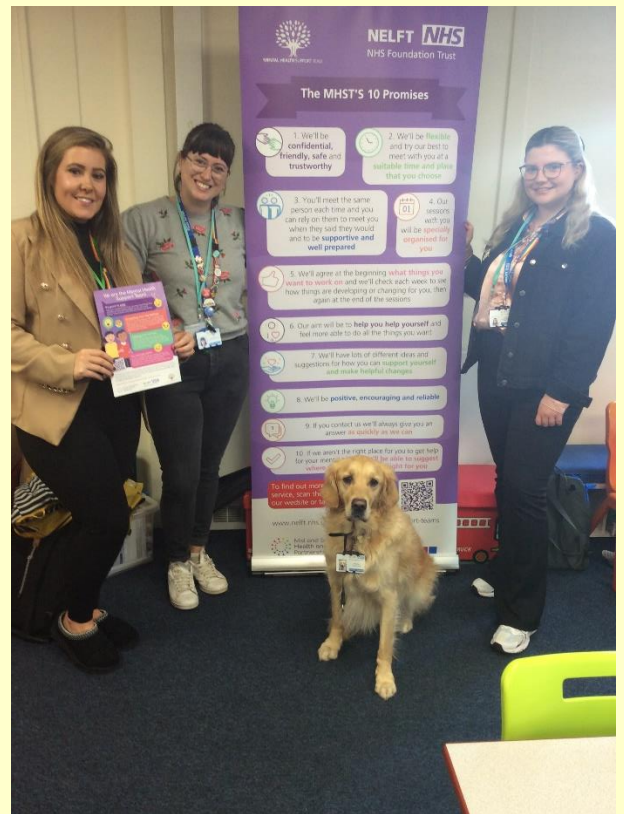


## The Mental Health Support Team (NHS)

Our school works in partnership with The Mental Health Support team. They work with parents whose child/children may be struggling with anxiety and/or struggling with challenging behaviours. If you are interested in accessing this service, please speak to either Mrs. Allen or Miss. Mills so that a referral can be put in place.

### MHST Coffee Morning (08.10.24)

On Tuesday, we were joined by the Mental Health Support team and our special guest... Peaches the therapy dog. The purpose of the session was for the team to introduce themselves and to provide parents/carers with a non-judgemental space to express any concerns or worries. It was so lovely to see so many of you accessing our hub for the coffee morning and we can't wait to host the next one. Our next coffee morning will be run in collaboration with the charity 'SNAP'. Keep an eye on the Facebook page as we will be confirming the date shortly.



Scan the QR code above for more information about the team.

# How are you?

Sad? Stressed? Anxious?

Worried? Tearful? Overwhelmed?

## Want help?



Your mental health first aiders are: Miss. Mills and Mr. Rumble

There are plenty of different types of support out there, and a Mental Health First Aider can help you access the support you need to feel better. Mental Health First Aiders are a point of contact if you, or someone you are concerned about, are experiencing a Mental Health issue or emotional distress. They are not therapists or psychiatrists but they can give you initial support and signpost you to appropriate help if required. To arrange a meeting, please contact us via the school office.

Need support right now?

No matter what you're going through, we're here for you. If you need support, talk to us.



0300 123 3393  
(Open 9am–6pm weekdays)  
mind.org.uk



0808 801 0525  
(Open 9.30am–4pm weekdays)  
rethink.org

SAMARITANS

116 123 (free to call)  
(Open 24/7)  
samaritans.org



Text SHOUT to 85258  
(Free and open 24/7)  
giveushout.org



0808 808 4994  
(Open 4pm–11pm)  
themix.org.uk



Call our Parents Helpline  
0808 802 5544  
(Open 9.30am–4pm weekdays)  
youngminds.org.uk

