

OPANG MENTAL @OPA_Newstead

HEALTH & WELL-BEING

NEWSLETTER 2022



At OPANG, we believe Mental Health and Wellbeing is how we feel, think and act. It determines how we handle stress, manage relationships and make choices. It is important to all of us, at every stage of our lives from childhood through to adulthood.

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 can sometimes feel strong and overwhelming, whether happy or sad, but they 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 in our lives.



Our Mental Health Champions are here to listen, help and support the children in our school community.

Talking to your child about Mental Health

Spend 20 minutes having a conversation about mental health with your child. Here are some

What things are you looking forward to?

Is there anything you want to talk about?

When was the last time you were very happy?

What makes you feel calm?

What things would you like to do in the future?

What difficulties are you facing now?

What can I do to help?

Where is a place you feel safe?

How can you keep in touch with friends and family at the moment? e.g. Facetime, Whatsapp

What are you worried about when you lie in bed and can't sleep?

Would it be helpful if we planned each day together?

Do you have any worries about the coronavirus?

Where in our home do you feel like you can have your own space?

What have you enjoyed about today?

Can you think of anything fun that we can do at home?

How do you feel about things changing?

How do you feel about staying at home?



Mindfulness

These are some of the activities we do in class to get the children to focus on their thoughts. They work really well as calming activities too. Try some of these ideas:

- ★ **Squeeze Muscles:** Starting at your toes, pick one muscle and squeeze it tight. Count to five. Release, and notice how your body changes. Repeat exercise moving up your body.
- ★ **Belly Breathing:** Put one hand on your stomach and one hand on your chest. Slowly breathe in from your stomach (expand like a balloon) and slowly breathe out (deflate).
- ★ **Meditation:** Sit in a relaxed, comfortable position. Pick something to focus on, like your breath. When your mind wanders, bring your attention back to your breath.
- ★ **Blowing Bubbles:** Notice their shapes, textures and colours.
- ★ **Colouring:** Colour something. Focus on the colours and designs.
- ★ **Listening to Music:** Focus on the whole song, or listen specifically to the voice or an instrument. Why not try some at home!



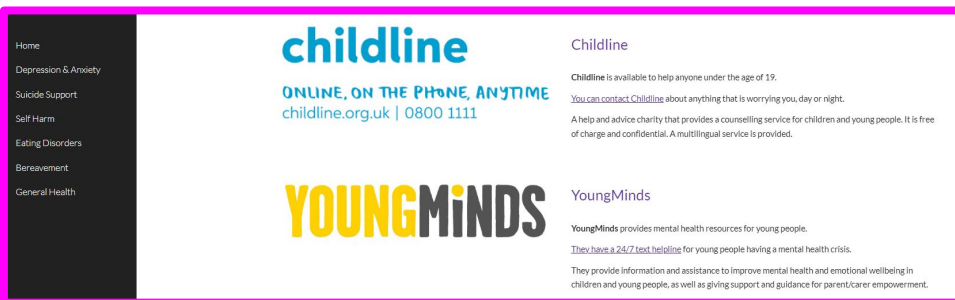


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Time 2 is our weekly timetabled sessions, where we consider and learn about our mental health and well-being. We also use these opportunities to fully embrace national events such as Children's Mental Health Week or Mental Health Awareness Week.

Each year group has its own programme of study and will visit areas such as: spreading kindness, self respect, reducing worry, developing resilience, controlling emotions, being a good listener, supporting others, ideas for relaxing and resting - and many more!



Visit our Mental Wellbeing Website to find out what services and support are available.

Places to go for Help & Support

There are many different places you can go to for support with your mental health. Also, take a look on our school website where you can click on the 'Mental Wellbeing' button and this will take you to our Mental Well-Being website where you can find a full range resources for support.

<https://mentalwellbeing.outwood.com/>





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**OPA ASSEMBLY
MENTAL
WELL-BEING**

Aim: To understand that isolation and loneliness can affect children and adults. It is important we discuss our feelings.

Outwood Assemblies

Who can you talk to?

All adults in school are there to help you and your friends

Our assembly programme supports pupils' with their personal development. We have assemblies on expressing yourself, controlling emotions, how to seek support, isolation and loneliness, benefits of sleep, developing resilience and many more!

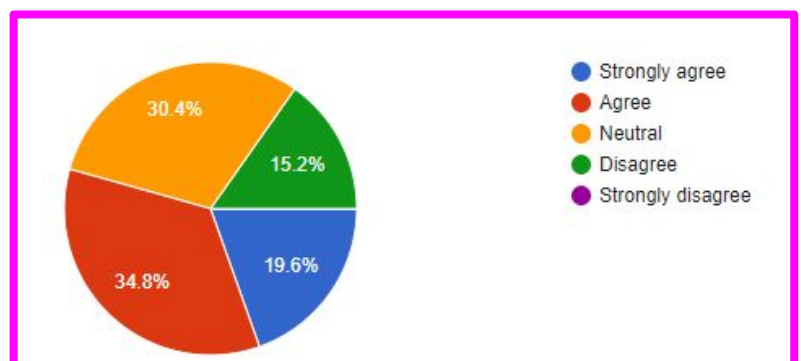


We have been working closely with adult educators in order to provide learning opportunities on courses such as, 'Understanding Children and Young people's Mental Health.'

In collaboration with Wakefield Families Together we are able to offer advice and support with anxiety, anger, low mood, poor sleep, grief, depression, loneliness and isolation

Working with the Health Improvement Team, we have recently been recognised for our commitment to mental health and well-being within school and the local community

Thank you to those people who managed to complete our parent survey. We are using this information to support us in improving our mental health and well-being provision.





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Mental Wellbeing Strategy

#HappyHealthySafe

Vision

As a Trust, we are committed to:

- adopting a whole-trust approach to mental wellbeing;
- helping children and young people to flourish, learn and succeed by providing opportunities for them, and the adults around them, to develop the strengths and coping skills that underpin resilience;
- creating communities who understand that mental wellbeing is everyone's priority;
- providing comprehensive education, training and support to raise awareness and equip both young people and adults with the knowledge to support mental wellbeing; and
- supporting every member in our family of schools to lead a life that is happy, healthy and safe.

Mental Wellbeing Strands

Openness & Awareness

Our aim is to create a culture of mental wellbeing that is non-judgemental and where it is OK to talk about how we feel. It is important to be able to identify the early signs and symptoms of mental illness and signpost and support accordingly. We will promote positive and health lifestyles across our Trust.

Student Curriculum

The Trust's rich and diverse curriculum and enrichment offer will teach children and young people how to develop their character to build resilience, increase confidence and foster independence in order to lead mentally and physically healthy lives. We will work with our children and young people to understand the most relevant areas affecting their wellbeing.

Staff Training & Development

We will offer a comprehensive staff training and development programme drawing on expertise from within OQAT and beyond. This will be available to all staff within the Trust to empower them to support children, young people and colleagues.

Inclusion & Diversity

We recognise that some groups are more prone to mental health issues than others. We will focus on and are committed to supporting these groups to lead happy and healthy lives.

Suicide Safer Communities

Suicide is the leading cause of death among young people. We all have a responsibility to protect life and therefore we will ensure that suicide awareness is a shared responsibility and priority across the Trust.

Culture

The strands above build on the foundation of a culture that is consistent in its approach to mental wellbeing. "This should involve providing a structured school environment with clear expectations of behaviour, well communicated social norms and routines, which are reinforced with highly consistent consequence systems. This should be paired with an individualised graduated response when the behavioural issues might be a result of educational, mental health, other needs or vulnerabilities." [DfE Mental Health and Behaviour In Schools, November 2018]

Be Safe. Be Respectful. Be Responsible.

Please visit our website to learn more about our Mental Wellbeing Strategy

Your Mental Wellbeing



Mental Wellbeing Lead
Mr Barr



Mental Wellbeing Ambassador
Mrs Corbett



Mental Wellbeing Ambassador
Mrs Carter



Mental Wellbeing Ambassador
Mr Gregory

Do you need to talk?



We are always here for you

We have a number of adults in school, who support the children with their mental health and well-being. Some adults are trained in Mental Health First Aid (MHFA), Emotional Literacy Support (ELSA), whilst we adopt a whole school ethos of emotional coaching.

Children also know where they can go with their worries.

