



MENTAL HEALTH SUPPORT TEAM



School Termly Newsletter



"Community is much more than belonging to something; it's about doing something together that makes belonging matter" *-Brian Solis*

Following on from Children's Mental Health week and the theme of belonging we wanted to explore what it means to truly belong, how we can develop a sense of belonging in school and nurture this in our relationships with children/young people.

Spring Term Successes

Mentally Healthy School Award

Suthers Academy have achieved Gold- Massive achievement and a lot of great work went into achieving this. Congratulations!

Ashfield's Mental Health Week teacher displays

NEW EYFS & KS1 WORKSHOPS!!!

What Feeling - Naming & identifying feelings, how they impact our bodies and simple calming strategies.

Calmer Chameleon - An active workshop/adventure for the hall or outdoors. Identifying how emotions affect actions and words. Practical strategies to self-regulate.

More New Workshops!!!

Little Pom Pom (KS1) A story and activities about sharing worries and being brave.

Friendship Bunny (KS1 & 2 versions) - Investigating what makes a good friend and how to navigate falling out

Spring Term Theme

Belonging

Children's Mental Health Week 2026

The theme for this year was '**BELONGING**'

Our assemblies & activities enabled children to explore what it means to belong and how this makes us feel.

We all belong to many communities such as our family, sports teams, school, friends, religions etc.

When we belong we feel safe, valued, accepted & cared for.

This starts with belonging to ourselves by being kind to ourselves, proud of who we are & celebrating our strengths.

It means being our true self by doing the things we love & being with people who make us feel that we belong.

We also explored how we can make others feel they belong through acts of kindness

You can still access the assemblies by clicking the arrow.

Click on the cone to learn more about Children's Mental Health Week

Staff Corner

BURNOUT V'S DEPRESSION

THEY MAY SHARE SOME SIMILARITIES BUT ARE NOT THE SAME

Burnout

When we experience long-term stress and constant pressure, we can reach a point of physical, mental and emotional exhaustion. This is typically in high-pressure scenarios, such as work or carer roles.

Unlike depression, **burnout is mostly focused on one or two specific areas of life.**

Burnout typically involves:

- feeling exhausted and lacking in energy
- feeling negative, cynical, or mentally distant from your job
- reduced professional performance.

If left unmanaged, it can worsen and increase your risk of long-term health issues, such as heart disease and depression.

Click for advice on managing burnout



Depression

Depression can be the result of stressors but often occurs in the absence of these triggers. It is not limited to one or two areas of life - **it feels terrible in most situations and places.**

A person experiencing depression often feels unpleasant emotions such as sadness, despair, guilt, irritability or anxiety.

Negative thoughts such as 'I'm not good enough' often accompany these emotions.

These negative thoughts are intense, automatic and often absolute.

Depression changes how a person behaves on a day-to-day basis. For example:

- Not doing as much as you used to do
- Withdrawing from the outside world
- Avoiding things
- Lack of motivation
- Not taking care of yourself (washing etc.)

It's important to get help to manage depression!

See your GP or self refer via the link



School of the Term

Ashfield Comprehensive School

On Children's Mental Health week, they received assemblies for all years and the pupils were very receptive to this and hopefully went away and thought about how important it is to 'Belong' and think about how they can help their peers to belong - especially in school. The teachers created photos of their Happy place and put these up in area's where the pupils can see them.



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Staff Workshops we offer...

- Staff Mental Health Refresher,
- Staff Wellbeing,
- SEND Anxiety for Schools
- Mindfulness Based Cognitive Behaviour Therapy

Please discuss booking in the workshops with your link worker.

Spotlight on Mentally Healthy Schools Award

What is the 'Mentally Healthy Schools Award'?

Mentally Healthy Schools Award is a programme that supports MHST schools to provide an environment and culture that helps their pupils grow up and be healthy, happy and learn. The Mentally Healthy Schools Award is open to all MHST schools in Nottinghamshire.

How can schools apply for an award?

The first step for a school applying for an award is to register with Mentally Healthy Schools Award via our website. Schools can then submit evidence per award.

Levels of award

There are three levels of award - Bronze, Silver and Gold. The tiered structure of the award is designed to help schools progressively build on their policies and practice over a period of time. In many cases, schools will automatically qualify for the Bronze award through the work they have done.

What is required for each award?

Schools can evidence their progress in a variety of ways. To the right are some example pieces of evidence for each stage reward. See our website for more evidence ideas.



Click here for the MHST website

BRONZE AWARD

- More awareness of MHST through bulletins, assemblies and posters
- Undertake a wellbeing audit
- More social space and activities such as clubs or after school activities
- Named mental health lead for the school

SILVER AWARD

- Teachers to be aware of MHSTs and signpost when required
- MHST colleagues go into classrooms to introduce themselves
- Therapeutic space for MHST interventions
- Check ins with students
- Signs and symptoms of poor mental health should be explained to both students and teachers
- Emotional/ mental health policies and procedures

GOLD AWARD

- Teachers should have mandatory mental health training to help spot the signs of mental distress
- provide daily activities to promote good mental health
- Open dialogue between school and pupils - allowing concerns to be raised in a safe and controlled environment
- Staff wellbeing policy

Youth Voice & Feedback...

Staff: The KS2 Wellbeing Workshop was really helpful. I was amazed by how well the children engaged in the session and it was especially noticeable that our neurodivergent children and those who are often quiet in class really contributed.

Parent: [MHST Parent Group] really helped with understanding my child's needs more and validated that I am doing the right thing...we are a lot calmer with her now we have a better understanding of her needs.

How the MHST can help....

Please talk to your link worker if you require support or want to book in whole school approach activities



Respond to audit results

Consultations



Whole School Approach

Mental Health Link Meetings



Find Notts Healthcare Mental Health Services online...



bit.ly/37qtfoZ



bit.ly/37xsn1P

Useful Contact Details

ChildLine: 0800 1111
Samaritans: 116 123

If you develop significant concerns about your child's safety and wellbeing, you can call these numbers for advice and support:

CAMHS Crisis Team: 0808 1963779
24 Hour All Ages Crisis Number: 0808 196 3779

Always dial 999 or visit A&E in emergencies