



# Schools Pathway Newsletter



## Welcome



@mhstbedford



@mhstbeds\_elft

Welcome to our Spring Newsletter for primary and secondary school staff!



We are continuing to support our schools with sessions, group work and consultations. We are looking to build more workshops with parents and staff training into this academic term. Please speak to your link worker for further information.

This newsletter will be focusing on resources for World Sleep Day, Children's Mental Health Week and Staff Wellbeing

## Groups

This term our team have been running a number of groups to support small groups of students with their Mental Health & Wellbeing.

We have found that allowing students an opportunity to explore emotions and feelings with peers has enabled them to realise they are not alone as well as build up new skills around supporting one another.

Our Year 2 Emotion and Social Skills Group produced some amazing pictures of their bodies when experiencing different emotions. Allowing them to develop skills in recognising signs of different emotions and understanding behind our bodies responses.

The team are always looking at developing more resources for group work on top of a range of groups that we have already run. If you feel your school would benefit from one of the groups below or have an idea for a group, speak to your link worker

Emotional Wellbeing  
Exam Stress  
Worries and Social Skills  
Transition



## MHST Steering Group

Thanks to those staff who attended our latest steering group on Tuesday 8<sup>th</sup> Feb. It was great to feedback about what our team have been up to, share data as well as receive feedback and make plans for the next term.

Our next meeting will be on **26<sup>th</sup> April at 2:30pm** and we would love to see you there. Let your link worker know if you haven't received your teams invite.

Thank you so much for the recent feedback through the MHST survey completed and have shared some feedback gathered below:

*"I have formed a really positive working relationship with the two of our practitioners. I always felt comfortable to ask any question, no matter how silly. I was provided with great resources."*

*"The team are friendly and approachable. Senior managers were very supportive when I approached them for help with moving things forward."*

*Liasion between the team and our parents was highly positive and the feedback given to staff was useful, timely and in some cases instrumental in leading to further involvement from other agencies. Page 1*

## Signposting

### ☺ [Bedford Local Offer](#)

What services are available for young people & families in Bedford Borough



### ☺ [CAMHS Talk Podcasts](#)

Podcast created by young people who have accessed CAMHS. Covering a range of Mental Health Topics



### ☺ [LGBTQI Mental Health Resources](#)

New resource to support LGBTQI students with their Mental Health & Wellbeing



**Children's Mental Health Week took place on 7<sup>th</sup>- 13<sup>th</sup> February 2022**  
**There are a range of resources, assembly ideas and information that you can access**

**We all Have Mental Health Animation:**  
Aimed at secondary school pupils

**You're Never Too Young-** A toolkit of resources schools can share with children, young people and parent/carers.



**Primary and Secondary School Activities-** Including posters, group work ideas and resources on the theme of Growing Together

**Take CARE Animation-** Aimed at staff animation about supporting mental health discussion in schools

Find out more at: [Children's Mental Health Week](#)

## World Sleep Day: Friday 18<sup>th</sup> March

This year's theme is '**quality sleep, sound mind, happy world.**' And is designed to raise awareness about the importance of healthy sleeping patterns.



When it comes to managing our Mental Health poor sleep can affect our ability to think clearly, manage our emotions and can increase worry.

**Primary School Children**  
**generally need 10-11 hours of**  
**sleep a night.**

**Teenagers generally need 8-10**  
**hours of sleep a night. They tend**  
**to stay awake longer and sleep in**  
**later.**

### Top Basic guidance for good sleep hygiene include:

Have a regular time and night-time routine to go to sleep and wake up

Supporting children and young people to develop positive coping strategies.

Feelings of worry or stress

Making sure children and young people get enough exercise during the day

Low self-esteem

Lack of sleep

Turning off computer screens and other devices for at least an hour before bedtime

Difficulty coping with daily life

Tiredness

Find out more about how schools and parent/carers can support their children/young people with their sleep from a range of resources below:

[Mentally Healthy Schools](#)

[Mind](#)

[The Teen Sleep Hub](#)

[The Sleep charity](#)