




Welcome back to the start of a new school year!

Starting back in September can be a really tricky time for some children. New classrooms, new teachers and new routines can sometimes be overwhelming. It is important that children understand that worries are normal. You might like to try asking questions to explore what your child is worrying about.

Remember, the mental health support team works alongside the school to support parents, teachers and young people. We:

- ✓ Provide 1-to-1 support to parents of children who experience common mental health difficulties.
- ✓ Increase awareness of mental health and develop the whole school's approach towards mental health.
- ✓ Support school staff with information about where to get the best support for children and young people.



All our referrals come directly from school. If you are concerned about your child, please contact school staff.

Upcoming mental health awareness dates

19th Sept – Youth Mental Health day

10th October – World mental health day

[Click here to visit the YoungMinds website and make a 'self-soothe box'.](#)

2nd November – National stress awareness day

14th November – Odd Sock Day

14th - 18th November – Anti-bullying week

A Mindful Moment

It's important to take time during our busy days to relax our minds. Have you tried...

"Hot Chocolate Breath"



Useful links

- <https://www.kooth.com/> - An online counselling and emotional wellbeing platform.
- <https://www.youngminds.org.uk/> - Information and advice about mental health.
- <https://www.annafreud.org/on-my-mind/> - Empowering young people to make informed choices about their mental health and wellbeing.