

OPAPH MENTAL



March 2022
@OPA_ParkHill

HEALTH & WELL-BEING NEWSLETTER



At OPAPH, 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.

Children's Mental Health & Well-Being Week

Earlier this year, we took part in children's mental health & well-being week. We did lots of activities across school to support this including a 'Dress To Express' day and assemblies on personal growth.



Talking to your child about Mental Health

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

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?

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

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?

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

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?

What have you enjoyed about today?



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!





Mental Wellbeing



Team



YOUNG MINDS



Mental Wellbeing
Ambassador
Mrs Malone

Mental Wellbeing Lead

Mr McNamara

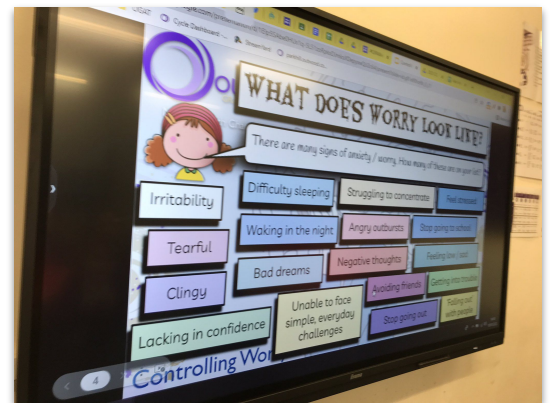
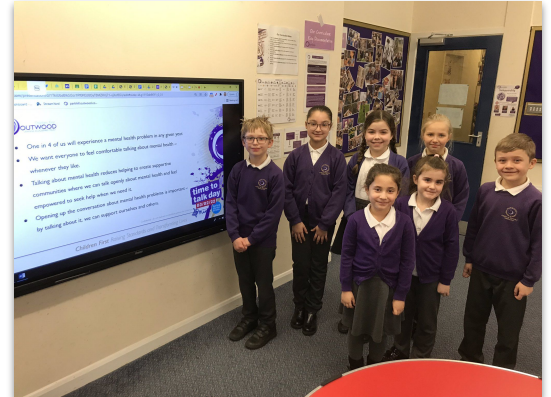
*If you need
to talk, we
are always
here for you*



Mental Wellbeing
Ambassador
Mrs Bhaiyat



Staff Mental Wellbeing
Champion
Mrs Thomas



Places to go for Help & Support

There are many different places you can go to for support with your mental health. You can talk to any member of staff at school but we do have some designated Mental Well-Being Champions.

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/>

