



Emotionally Healthy Schools

Spring Term, March 2020



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[@DerbyEHS](https://twitter.com/DerbyEHS)

If you're not already part of our forum, and are from a Derby City school, then please do sign up here: emotionallyhealthyschools.org

Our Network is moving online

These last few days have thrown up some extraordinary challenges for everyone. Inevitably, this means that the role of the Emotionally Healthy Schools Project will need to adapt along with everything else. Arguably, the project has become all the more important.

Whilst the networks are not yet cancelled, we are looking at ways to deliver the work virtually and I will keep in touch about the next event on 30 April.

In the meantime, we will be increasing the frequency of these newsletters and are developing a new support page on the [community](#) area of the website with specific information relating to supporting your school and community mental health at this time.

Schools in Focus:

Please see the Opportunity Area blog post [here](#) for news about what **Asterdale Primary School** and **Allestree Woodlands School** have managed to achieve with the award.

REMEMBER: [Qwell](#) (for parents) and **[Kooth](#)** (for ages 11-18) provide free online Mental Health and wellbeing support for families in Derby

Derby SEND Health Minds Network [leaflets](#) for families



EMOTIONAL & MENTAL HEALTH

What is emotional & mental health?
Emotional and mental health is all about how we feel. This means the things that happen in our lives and how we react to them. It's about how we think and how we feel about ourselves and others. It's about how we cope with stress and how we deal with problems. It's about how we get on with ourselves and with other people. It's about how we feel about our lives and how we want to live them.

Why is it important to look after your emotional & mental health?

It's important to look after your emotional and mental health because it affects how you feel, how you think, and how you behave. It affects how you get on with yourself and with other people. It affects how you cope with stress and how you deal with problems. It affects how you feel about your lives and how you want to live them.

What can I do to look after my emotional & mental health?

There are many things you can do to look after your emotional and mental health. You can talk to someone about how you feel. You can do things that make you feel good. You can take care of yourself. You can be kind to yourself and to other people. You can try to solve problems. You can try to get on with your life. You can try to be happy.

What can I do if I'm worried about my emotional & mental health?

If you're worried about your emotional and mental health, you should talk to someone. You should talk to your teacher, your parent, or your GP. You should talk to someone who can help you. You should talk to someone who can listen to you. You should talk to someone who can help you feel better.

What can I do if I'm worried about my child's emotional & mental health?

If you're worried about your child's emotional and mental health, you should talk to someone. You should talk to your teacher, your GP, or a mental health professional. You should talk to someone who can help you. You should talk to someone who can listen to you. You should talk to someone who can help you feel better.

What can I do if I'm worried about my friend's emotional & mental health?

If you're worried about your friend's emotional and mental health, you should talk to someone. You should talk to your teacher, your parent, or your GP. You should talk to someone who can help you. You should talk to someone who can listen to you. You should talk to someone who can help you feel better.

What can I do if I'm worried about my classmate's emotional & mental health?

If you're worried about your classmate's emotional and mental health, you should talk to someone. You should talk to your teacher, your parent, or your GP. You should talk to someone who can help you. You should talk to someone who can listen to you. You should talk to someone who can help you feel better.

What can I do if I'm worried about my neighbour's emotional & mental health?

If you're worried about your neighbour's emotional and mental health, you should talk to someone. You should talk to your teacher, your parent, or your GP. You should talk to someone who can help you. You should talk to someone who can listen to you. You should talk to someone who can help you feel better.

What can I do if I'm worried about my friend's classmate's emotional & mental health?

If you're worried about your friend's classmate's emotional and mental health, you should talk to someone. You should talk to your teacher, your parent, or your GP. You should talk to someone who can help you. You should talk to someone who can listen to you. You should talk to someone who can help you feel better.

What can I do if I'm worried about my friend's neighbour's emotional & mental health?

If you're worried about your friend's neighbour's emotional and mental health, you should talk to someone. You should talk to your teacher, your parent, or your GP. You should talk to someone who can help you. You should talk to someone who can listen to you. You should talk to someone who can help you feel better.

What can I do if I'm worried about my friend's classmate's neighbour's emotional & mental health?

If you're worried about your friend's classmate's neighbour's emotional and mental health, you should talk to someone. You should talk to your teacher, your parent, or your GP. You should talk to someone who can help you. You should talk to someone who can listen to you. You should talk to someone who can help you feel better.

What can I do if I'm worried about my friend's neighbour's classmate's emotional & mental health?

If you're worried about your friend's neighbour's classmate's emotional and mental health, you should talk to someone. You should talk to your teacher, your parent, or your GP. You should talk to someone who can help you. You should talk to someone who can listen to you. You should talk to someone who can help you feel better.

What can I do if I'm worried about my friend's neighbour's classmate's neighbour's emotional & mental health?

If you're worried about your friend's neighbour's classmate's neighbour's emotional and mental health, you should talk to someone. You should talk to your teacher, your parent, or your GP. You should talk to someone who can help you. You should talk to someone who can listen to you. You should talk to someone who can help you feel better.

Don't forget to print off copies of the leaflets that are available on the website [here](#) and are designed to be used with parents and families of children with SEND who are experiencing difficulties with their emotional and mental health. For more information, contact Wendy at wconrad@standrews.derby.sch.uk

Please help us to understand how the website works/ doesn't work for you so we can improve

If you have any time to spare or, like me, you're in self-isolation and looking for a distraction or 'different' task to distract you from caring duties, please, please could you complete this [online survey monkey](#).

It should take you between 5 and 20 minutes, depending on how much detail you can add to it and it would really help us to ensure the website is doing what we need it to do. We need this website to work for your needs now more than ever.

If you have anything that might be helpful to share with other schools here, on the website, or via our new blog, please contact me:

Ingrid Sanfey on 07956 308857 or email ingrid.sanfey@redwood.derby.sch.uk

Some news items I've found helpful this week:

- [BBC: Mental Health Advice for Self Isolation](#)
- [BBC: Five Ways to Keep your Kids Learning at Home](#)
- [The Guardian: how to cope with anxiety and self-isolation – video explainer](#)
- [Every Mind Matters](#)

Attached to this newsletter are:

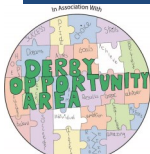
- Helping Children Cope with Stress During the COVID-19 outbreak
- WHO Mental Health Considerations in COVID-19
- Relax Kids [Calm Pack](#) Letter

Dates for the diary:

3 Apr: Cohort 3 and 4 Action Plan deadline for grant 3

30 Apr: DSLMH Network event, 9am—12pm at Pride Park or online

6 Jul: Final Celebration Event, all day at Pride Park or online



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Minds Ahead

