

Mental Health and Emotional Wellbeing

Our termly information sheet for parents.

February 2023

Hello,

This week shared 'Mental Health Week' and 'Safer Internet Day'. As part of these national initiatives we looked at some important topics such as the stigma surrounding mental health and discussed ideas for how to make the internet a safer place for young people.

At the bottom of this page you will find links to some useful resources for parents.

If you would like more information or there is a topic you would like us to cover, teachers would be happy to help with this if they can, let Sue know on sue@tcstadmin.co.uk



Mental Health Week 2023

A fresh noticeboard gave the seniors some food for thought as a prompt at the start of the week. Charlotte has been working with the upper seniors to look at some of the stigma around mental health illness. Topics include eating disorders, self-harm, depression and online bullying. Together, pupils are creating a noticeboard packed with information about the truth behind these problems as well as some positive messages about the strength qualities that can result from some of the hardest of situations to be facing.

Lower seniors are writing a journal where they can think about their own mental wellbeing and how things are for them. Senior tutors can use these activities as starting points for discussion in tutor times after half term.

Safer Internet Day 2023

Junior pupils have been asked about how they use the internet, what they like most and what they might want to change.

Senior pupils have had a chance to think about what the benefits of the internet are as well as some possible dangers. This latter question is designed to prompt some thoughts and discussion about how the internet might be made safer for young people.

Charlotte will be gathering the responses for her own information as well as sharing them with Emlyn and Jon to help inform IT lessons.



Library Books

Earlier this term we had the joy of receiving another box of books for our library. We have a growing collection of books which, through some engaging stories, normalise and educate us all on some of the difficult issues or recognised conditions which many children experience or live with.

Take a look at the poster in Reception to see the new graphic novels added to the shelves. Parents are welcome to see whether there are books that they might like to borrow to have at home for a few days. Please talk to Linda.



ACTION for CHILDREN

The Action for Children website has a library of resources for parents to support their child with mental wellbeing here: [Mental health and wellbeing - Support for Parents from Action For Children](#).



This week the featured topic is 'online safety' and you will find some ideas for parents of teenage children: [How can I help my teenager stay safe online? - Support for Parents from Action For Children](#)