

Mental Health and Emotional Wellbeing

Our termly information sheet for parents.

November 2023

Welcome to the autumn term Mental Health and Emotional Wellbeing newsletter. You will find some information about some of the things going on in school this half term and a suggested link to some resources on the NHS 'Every Mind Matters' website.

If you would like to know more about a particular year group, please email angela.toms@tcstadmin.co.uk

If there is a topic you would like us to cover teachers would be happy to try and help with this if they can, just let Angela or the relevant tutor know.

KS2

Katie will be Juniors the pupils will be covering the topics of 'Safe relationships' and 'Respecting ourselves and others'. These subjects cover various aspects of mental wellbeing.

Year 7 & 8

Mandy has been working on personal organisation. Pupils new to the senior school can worry about having materials in school, or their homework so being confident about organisation helps them to feel confident about being ready for lessons.

PSHE

Katie has been exploring mental health and looking at some types of mental health illnesses, such as anxiety and depression as well with year 10. They have also been learning about associated coping strategies.

LIBRARY BOOKS

We now have a good selection of novels featuring characters who have to manage challenging circumstances, explore their feelings while growing up, cope with disabilities or disorders, come from different cultures or have experienced life in a war-torn country. If you think we might have a book that would be helpful for your child, please talk to Charlotte.

Revision

Mocks are coming up for years 10 and 11 so it's been a good term to consider how to manage the pressure and stress associated with revision and in considering the 'next steps' in their education.

Look on the NHS - Every Mind Matters website for some 3 minute clips aiming to offer support for young people in the six topics listed in the link on the right.

Dealing with [unhelpful thoughts / the worry tree / sleep / social media and self-care / dealing with change](#)