

Mindtalk

TIBBERTON & St LAWRENCE CE PRIMARY SCHOOLS

Be Kind To Your Mind



Spring Edition -

Children's Mental Health Week 3rd-9th February 2025

This annual event was set up by children's mental health charity Place2Be and shines a spotlight on the importance of children and young people's mental health.

Within schools this week, the children have been learning about mental health and through this year's theme was 'Know Yourself, Grow Yourself' have been learning about things that help improve your mental health and help you when times are tricky. The children took part in a live assembly with hundreds of other schools around the UK on Tuesday, wore 'clothes that make you happy' and donated cakes for a cake sale to raise money for

Place2be. Thank you for all taking part!



Tips for families

1 Encourage journaling

Just like Riley, encourage your older children and young people to express their emotions and thoughts through journaling. It can be less confronting than speaking out loud and is a helpful way to process what is going on.

2 Make space for reflection

When children and young people reflect on their different emotions, it can help them better understand themselves and what they need. Go for a walk, drive, or try some mindful colouring or baking together.

3 Be visual

Use imagery, such as emojis or flashcards to help children and young people recognise and label their feelings.



4 Practice mindfulness

Try mindful activities, and quiet family time, to enjoy being in the present moment. This can help children and young people be aware of their thoughts and emotions and learn a useful new coping technique.

5 Communicate

Feedback is crucial for helping us see our blind spots and gain greater insight. Children and young people are no different. Creating safe and supportive ways to share your own experience with your child can help them understand themselves and their impact on the world around them.



What is mental health?

We all have mental health. It affects how we think, feel and act, and how we cope with life's stresses and realise our potential.

Ways to look after your mental health

- Sleep
- A healthy diet
- Keep active
- Spend time with friends, family and people you trust
- Develop new skills and set realistic goals and challenges
- Relax and enjoy hobbies
- Recognise and talk about your feelings

What is ELSA?



What is ELSA intervention?

An ELSA in a school is an **Emotional Literacy Support Assistant**. There is a recognised training course aimed specifically at Teaching Assistants or other specialist school roles. ELSAs are trained and regularly supervised by Educational Psychologists.

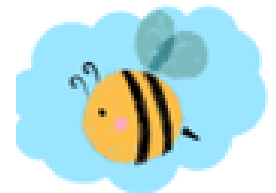
They can support the children and young person's emotional development and help them cope with life's challenges. ELSAs will also help children and young people to find solutions to problems they might have.

Who can I speak to if I have concerns?

Any member of staff. Mrs Osborne is our Senior Mental Health Lead and qualified Mental Health First Aider

ELSAs can help with

- Loss and bereavement
- Emotional literacy
- Self esteem
- Social skills
- Friendship issues
- Relationships
- Managing strong feelings
- Anxiety
- Bullying
- Conflict
- Emotional regulation
- Growth mindset
- Social stories



Our ELSA – Mrs Carmen