



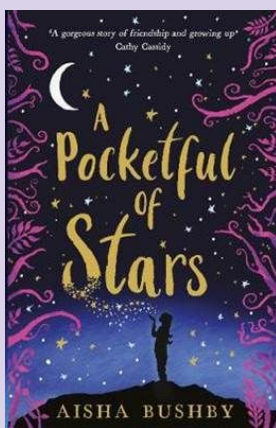
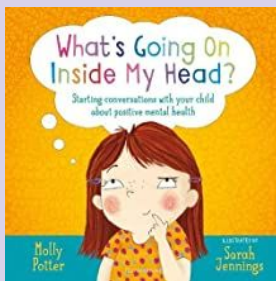
Same but Different

Wellbeing and Inclusion Bulletin for Biggin Hill Primary School

6th December 2022 | Issue:22/23 1

STORYBOOKS ABOUT Mental Health

Here are some examples of books you could read to your child to develop their understanding of mental health.



There are a number of short videos on YouTube explaining mental health for children:

<https://www.youtube.com/watch?v=nCrjex3-Js>

<https://www.youtube.com/watch?v=DxIDKZH3-E>

Why not take a look?

A MESSAGE FROM MRS SARGEANT

Dear Parents and Carers,

Welcome to our first publication of 'Same but Different' for this academic year. For families that joined us in September or for any new families to school, this bulletin comes around 3 to 4 times per year directly from the Inclusion team.

In this issue I want to provide you with some tips on talking to your child about mental health and what they can do to get support in school.

Our wellbeing is something that we all have to be aware of and having the confidence to talk about our worries and ask for help can be extremely difficult for any of us.

Talking to your child honestly about how they are feeling can reduce fear and confusion and may help them to understand their actions and behaviours. It is scientifically proven that mentally healthy children are more likely to have a positive quality of life, functioning well and fulfilling their potential.

As part of our school's role in supporting your children with their mental health, I am launching "BHPS Wellbeing Warriors." This involves a number of the staff team committing to being available during free time in the school day for a child who may need to talk about a worry, concern or are feeling low. Our "Warriors" will do what they can to support a child by providing advice or strategies to maintain positive wellbeing and an acceptance that it is OK not to feel OK sometimes.

There will be posters put up around the school identifying who these "Warriors" are to reassure children that they are not alone and that BHPS is a "safe and supportive place" to talk about mental health.

On page 2 I have provided a number of tips for parents and carers to support you in talking to your children about mental health and the signs to look out for that may indicate something is not quite right.

I hope you find this information useful and if you would like any further advice please do not hesitate to contact me.

Best wishes,



Kathryn Sargeant

Family Liaison, Mental Health Lead and Deputy Designated Safeguarding Lead
k.sargeant@bigginhillps.com

Tips for parents when talking about *mental health with their child*

Positive conversations with your child about mental health have the power to change their lives for the better by creating a safe and supportive environment. This will in turn increase your child's understanding about their mental health, that it is ok not to feel ok sometimes and empower them to seek help if they need it.

Here are my *top tips* about starting those important conversations:

- Be there to listen - regularly ask how they are doing so they get used to talking about their feelings and know there is always someone to listen if they want it
- Take what they say seriously - listening and NOT judging what they say will make a child feel that what they have said is valued. This can give your child the space to express how they are feeling if they are experiencing any difficulties
- Ask questions and listen - this can give your child the space to express how they are feeling and if they are experiencing any difficulties. It will also increase your understanding of their wellbeing
- Try to ask questions that are open and not leading, like "how does that feel?" and "what could we try to help you with?"
- Ensure you have enough time to spend with your child - when opening up emotionally you must have the time to spend supporting your child creating a safe and reassuring space. Frequently a child may raise something at an inappropriate moment, if this happens do not disregard this - explain to them that you have heard them, understand that this is something they are struggling with and that you will readdress it as soon as you can. Do not forget!
- Think about how you could make it easier for your child to speak openly to you - sit side by side rather than face to face, do an activity colouring/lego or even cooking to reduce any feelings of pressure
- Be patient - if your child is not ready to open up, reassure them and let them know you are there when they are ready

Please follow the links for further advice and guidance on starting conversations about mental health:

<https://www.youngminds.org.uk/parent/how-to-talk-to-your-child-about-mental-health/>

https://mindedforfamilies.org.uk/Content/talking_to_my_child/#/id/5e30a7850d59e61ac2738e57

Signs something may be wrong

Around 1 in 8 children experience emotional problems while growing up, and for most these will resolve with time whilst others may require professional support. It can be difficult to know if something is wrong but the signs below are something to look out for:

- significant changes in behaviour
- ongoing difficulty sleeping
- withdrawal from social situations
- not wanting to do things they usually enjoy
- Self neglect or harm

You know your child better than anyone else, so if these changes last for a long time or are significantly affecting them - seek advice from myself, your GP or other professional services.

Please find two very useful websites: <https://bromley-y.org/> and <https://www.youngminds.org.uk/>

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OUTREACH SESSIONS 2022 - 2023

Mrs Sargeant, Miss Knott and I are pleased to announce our Outreach Programme for this academic year.

Session 1 - What are Education, Health and Care Plans (EHCPs)?

Date: TUESDAY 17th JANUARY 9AM KS2 HALL & WEDNESDAY 18th JANUARY 6pm VIA ZOOM

This session will look into Education, Health and Care Plans (EHCPs), Pupil Resource Agreements (PRAs) and how these can support our children, including the time frames, application criteria and how we make the applications. We will also share an insight into how we work with external agencies, time frames for accessing these services and how we make referrals.

Session 2 - Emotional Based School Avoidance (EBSA)

Date: TUESDAY 7th MARCH 9AM & WEDNESDAY 8th MARCH 6pm VIA ZOOM

EBSA can be very stressful for both parents and children. This session will provide suggestions on how to start to identify why EBSA is happening and how we can support both you and your children with this. We will discuss what support is available in school as well as from the Local Authority.

Session 3 - Speech Sounds, Expressive and Receptive Language

Date: TUESDAY 25th APRIL 9AM & WEDNESDAY 26th APRIL 6pm VIA ZOOM

A session tailored to understanding speech sounds and how our children use and process language. We will discuss the support available and what you can do at home to support your children.

Session 4 - Positive Behaviour Strategies

Date: TUESDAY 20th JUNE 9AM & WEDNESDAY 21st JUNE 6pm VIA ZOOM

In this session we will discuss behaviour strategies to support both at home and when in different environments. The skills and suggested strategies can be easily transferred and create an ethos of positive behaviour management to benefit both yourself and your child.

We hope to see you there!

Best wishes,

Mrs Lawrence

Mrs Lawrence
Deputy Headteacher & SENCo
k.lawrence@bigginhillps.com



Coffee Catch-ups.....!

At times, parents of children who have additional needs can feel isolated, frustrated, exhausted and as though they are the only ones advocating for their children. Sometimes, it is nice to be able to share your experiences with others who may be facing similar challenges to you.

Mrs Sargeant is going to be running a very informal group where we can share experiences and offer a listening ear. There will be tea/coffee/hot chocolate/cold drinks as well as some yummy treats!

It often helps just to know that you are not alone in the challenges you may be facing.

If you would like to be part of this, please contact Mrs Sargeant on k.sargeant@bigginhillps.com or myself of k.lawrence@bigginhillps.com so that we can gather numbers and organise a fixed date.



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