

### OUR WELLBEING NEWSLETTER | OCTOBER 10<sup>TH</sup>

MENTAL HEALTH AND WELLBEING LEAD: MRS J CHILTON [JCHILTON@BOTELER.ORG.UK](mailto:JCHILTON@BOTELER.ORG.UK)

SEMH LEAD: MISS V GIEBKA [VGIEBKA@BOTELER.ORG.UK](mailto:VGIEBKA@BOTELER.ORG.UK)



On Thursday 10<sup>th</sup> October our school will be celebrating World Mental Health Day. This is an important day to come together to talk about mental health and how much it matters. Talking about mental health can help us cope better with life's ups and downs and manage our thoughts and feelings in a healthy way. On World Mental Health Day and beyond, why not check in with your friends, family, peers and colleges.

During our form time activity, we will be asking our students to explore what mental health means and what aspects of it are important to them. We will be collecting our students' wishes and ideas in our 'Your voice matters' post box to explore what we can do to implement changes they wish to see at their school and how we can support them with their mental health and wellbeing.



## **How to talk to your children about mental health:**

If you don't know where to start, start as you would any other conversation. You know your young person and your context. It won't always be a "big" conversation.

You can start by simply asking a heartfelt 'how are you?', or saying 'I've noticed you're a bit down/upset/angry today, do you want to talk?'. It doesn't even need to be when you're worried about them - regularly checking in means that when something is up, they know there's a space to talk.

Do be prepared to find a quieter space if someone does choose to open up more deeply.

For more advice on building trusting and supportive spaces to chat to your child about mental health follow the link below.

<https://www.youngminds.org.uk/professional/resources/how-to-have-a-conversation-with-young-people-about-mental-health/>



## Optimistic October Challenge:

Continue the positive mental health journey this month by getting involved in the 'Optimistic October' Challenge by Action for Happiness. Taking a small action each day can have a big impact and help you focus on what really matters. Follow the challenge each day to help you practice kindness, mindfulness and gratitude, all of which support in positive mental health and wellbeing.

# Optimistic October 2024

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



1 Write down three things you can look forward to this month

2 Find something to be optimistic about (even if it's a difficult time)

3 Take a small step towards a goal that really matters to you

4 Start your day with the most important thing on your to-do list

5 Be a realistic optimist. See life as it is, but focus on what's good

6 Remind yourself that things can change for the better

7 Look for the good in people around you today

8 Make some progress on a project or task you have been avoiding

9 Share an important goal with someone you trust

10 Take time to reflect on what you have accomplished recently

11 Avoid blaming yourself or others. Find a helpful way forward

12 Look out for positive news and reasons to be cheerful today

13 Ask for help to overcome an obstacle you are facing

14 Do something constructive to improve a difficult situation

15 Thank yourself for achieving the things you often take for granted

16 Put down your to-do list and do something fun or uplifting

17 Take a small step towards a positive change you want to see in society

18 Set hopeful but realistic goals for the days ahead

19 Identify one of your positive qualities that will be helpful in the future

20 Find joy in tackling a task you've put off for some time

21 Let go of the expectations of others and focus on what matters to you

22 Share a hopeful quote, picture or video with a friend or colleague

23 Recognise that you have a choice about what to prioritise

24 Write down three specific things that have gone well recently

25 You can't do everything! What are your three priorities right now?

26 Find a new perspective on a problem you face

27 Be kind to yourself today. Remember, progress takes time

28 Ask yourself, will this still matter a year from now?

29 Plan a fun or exciting activity to look forward to


30 Identify three things that give you hope for the future

31 Set a goal that brings a sense of purpose for the coming month



ACTION FOR HAPPINESS

Happier · Kinder · Together

A poster for the Wellbeing Council. The background is a bright yellow sun with rays shining over a dark ocean. The text is centered and reads: 'Wellbeing' in a large, black, cursive font; 'COUNCIL' in a large, orange, sans-serif font; 'TUESDAY LUNCHTIMES' in a black, sans-serif font; 'ROOM 21' in a black, sans-serif font; and 'ALL ARE WELCOME' in a smaller, brown, sans-serif font.

# Wellbeing

## COUNCIL

TUESDAY LUNCHTIMES  
ROOM 21

ALL ARE WELCOME

### **How TikTok effects children's mental health:**

TikTok is a very popular media platform used and discussed by so many of our students. However, it can have a drastic effect on their mental health and many aspects of their wellbeing. Click on the link below to gain a better understanding of the effect it has on young people and steps parents and carers can take to make it safer and less harmful.

<https://www.childrenssociety.org.uk/what-we-do/blogs/how-tiktok-affects-childrens-mental-health>

# YOUR VOICE MATTERS

IF YOU HAVE ANYTHING YOU  
WANT TO SAY - POST IT HERE...



BY THE  
PASTORAL  
OFFICE  
UPSTAIRS -  
END OF  
ENGLISH  
CORRIDOR

USE THIS POST BOX TO TELL US HOW YOU FEEL, ASK FOR SUPPORT, REPORT SOMETHING OR JUST TO HAVE A VENT AND UNLOAD YOUR THOUGHTS ANONYMOUSLY.

YOU CAN ALSO TALK TO THE WELLBEING COUNCIL LEADS - MISS GIEBKA, MRS CHILTON AND MRS HORTON, PLUS ANY TEACHER, TEACHING ASSISTANT, SUPPORT STAFF - EVERY SINGLE MEMBER OF STAFF IS HERE FOR YOU.

VISIT [HEALTHLINE.COM/HEALTH/BREATHING-EXERCISE](https://www.healthline.com/health/breathing-exercise)  
FOR SOME CALMING BREATHING EXERCISES

## **Mindful Moment:**

Practicing mindfulness can have a positive effect on our mental health and wellbeing. It helps us slow down, pay attention to the present moment and develop better self-awareness and focus.

In every Wellbeing newsletter we will be including a short guided meditation video for you to do at home and help build in healthy mental health habits that support managing our students' impulsivity and restlessness.

[https://www.youtube.com/watch?v=pB\\_qUY1dPrs](https://www.youtube.com/watch?v=pB_qUY1dPrs)



## **Key contacts/ Help:**

Life Signs: [www.lifesigns.org.uk](http://www.lifesigns.org.uk) are a small self-harm charity that have so much information for people who are currently self-harming and for family members or friends of people who are self-harming. They also have information on cleaning self-harm wounds and treating wounds.

Parent Talk: Down-to-earth parenting advice you can trust. We're here for you, when you need us. Find answers to parenting questions in our advice articles. Or talk to a parenting coach about anything that's worrying you.

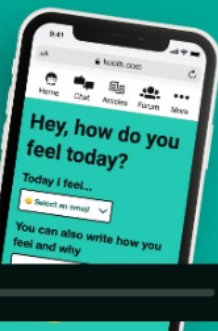
They can be found at: <https://parents.actionforchildren.org.uk>

<https://www.kooth.com/>

**kooth**

[Log in](#)

**What is Kooth?**



01:30

**Whatever you're feeling, we're here to help**

Get free, safe and anonymous support.

[Sign up for free](#)