



Weekly Update: World Mental Health Day

Dear Parent/Carer

This week, we will focus on mental health and wellbeing to mark World Mental Health Day. We'll be raising awareness of mental health by supporting Hello Yellow Day on Friday. Pupils can wear their own clothes – something yellow (or bright) if they have something. If pupils prefer to wear their uniform, that's fine too. Donations to support Young Minds would be hugely appreciated – a suggested donation of £1 can be made via MCAS if you feel able to.

Ways to support children	Signs a child may be struggling
<ul style="list-style-type: none"> • Be there to listen – regularly ask children how they're doing, encourage them to talk about their feelings and to know there's always someone to listen. • Support children through difficulties – try to help children to understand how they're feeling and why. • Be involved in their lives – this helps children feel their value and sense of belonging. • Encourage their interests – being active, creative, learning new things and being part of a team can all be helpful. • Take them seriously – consider how to help them work through their emotions in a constructive way (Anna Freud). • Build positive routines – healthy eating, exercise and sleep routines are important. 	<ul style="list-style-type: none"> • Sudden mood and behaviour changes • Negative thoughts and low self-esteem • Increased arguing and fighting • Unexplained physical changes, such as weight loss or gain • Avoiding school or staying with you all the time • Sleeping problems • Changes in social habits, such as withdrawal or avoidance of friends and family <p>Remember, these signs may not always be related to a mental health concern.</p>

School support: what's available here?	When to seek professional support
<ul style="list-style-type: none"> • Hexham Middle School is a trailblazer school with Be You. • A safe, caring environment where wellbeing is prioritised. • A focus on self-regulation strategies across the school. • Emotion Coaching approach in school to support the co-regulation of emotional <p>Hexham Middle School Whetstone Bridge Road, Hexham, Northumberland NE46 3JB T: 01434 610300 E: admin@hexhammiddle.org.uk www.hexhammiddleschool.co.uk</p>	<ul style="list-style-type: none"> • You know your child better than anyone. • Consider – has there been a significant change? • If so, has it been caused by any major life events? • Does it only happen in school or only at home? Does it happen when they're with others or only when alone? • Some changes are common for certain age groups – you can see more info here.

Executive Headteacher: **Graeme Atkins**
Head of School: **Liam Watters**

<p>responses and behaviour.</p> <ul style="list-style-type: none"> • Emotional Literacy Support Assistants (ELSA) – in-school support from highly-trained staff. • HMS referral system to support pupils as early as possible. • Qualified mental health first aid team across the school. • School Nurse Service support (contact us in school). 	<ul style="list-style-type: none"> • Talk to someone you trust and seek advice from charities and local/national organisations.
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Signposting Support	Support for parents/carers
<ul style="list-style-type: none"> • BBC Mental Health First Aid Kit for Parents – accessible here. • Young Minds Parent Helpline – free, confidential advice. • Action for Children – advice on spotting signs of concerns and advice on action you can take. • Barnados – support to help children, young people and families who are struggling. • NHS support – available here. • Local NHS services – available here. • Beat – advice on eating disorders. • MIND – mental health charity and great advice available. • Young Minds – advice and real-life stories. • NSPCC – • Be You – a local support service – professional support children in schools too. • Cygnum Support – local counselling service. 	<ul style="list-style-type: none"> • Parenting can be very tough at times. • It's so important that parents/carers look after their own mental health and wellbeing. • Try to recognise if you're feeling low or overwhelmed. • It's completely normal to feel worried, scared and helpless during difficult times – this is nothing to be ashamed of. • If you can, talk to someone you trust. Maybe a family member, friend or colleague. • Advice for parents can be found here: https://www.youngminds.org.uk/parent/ <p>If you need further support or advice, please contact us.</p>

HMS Mental Health First Aiders	Parent/Carer Workshops
<p>Mr Freeman-Myers is our Senior Mental Health Lead. He is supported in his role by Mr Scott. At HMS, we have a team of trained mental health first aiders.</p> <ul style="list-style-type: none"> • Mr Scott, Mrs Downes, Miss Bell, Mr Nichol, Miss Lamont, Mrs Bond, Ms Barrick, Miss Taylor. <p>Mrs Dodds and Mrs Richards also provide emotional literacy support across school.</p>	<ul style="list-style-type: none"> • Zones of Regulation – led by Emotional Wellbeing and Behaviour Team – 7th November at HMS 5.30pm • Anxiety and Worry – led by Be You – 10th December at HMS 4pm • Exam Stress – led by Be You – 18th March at HMS 4pm

Support for Children

- [Kooth](#) – get free, safe and anonymous support.
- [Shout 8528](#) – free text messaging support service.
- [Chat Health](#) – confidential text messaging service for 11-19 year olds.
- [Place 2 Be](#) – advice on mental health and wellbeing.
- [Safe Spot](#) – a new app available to download for children and young people.
- [NHS Every Mind Matters](#) – great resources and self-help advice plus how to seek support.

At HMS, we are always here to help. We take mental health and wellbeing very seriously and our door is always open to listen, help and guide you through difficult times.

Thank you

Mr Watters

Head of School