

# MPS Wellbeing Newsletter 7

## The MPS Team

The following staff are points of contact within the school should you have any

concerns:

**Mrs. K Halliday** – Designated Senior Mental Health Lead, KS2 Assistant Head

**Mr. Sean Welsh** – Literacy Subject Lead, KS1 Assistant Head

**Mrs. N Goozee** – SEND Coordinator, Mental Health Anti-stigma Ambassador

**Mrs. H Coyle** – Inclusion Manager

**Mrs. A Waez** – Mental Health and Wellbeing Governor

Healthy me,  
inside and out!



At MPS we believe Mental Health and Wellbeing is how we feel, think and act. It determines how we handle stress, manage relationships and make choices. It is important to all of us, at every stage of our lives from childhood through to adulthood.

## A New Year ...2021

The New Year has definitely started with a bang but not quite the bang that we had perhaps hoped for! The fireworks have sizzled out along with the fizz of the champagne bubbles!

Everyone is finding the current situation hard. For some of us, situations, which were already difficult, have escalated even further by the current lockdown. As a school community, we find ourselves 'teaching' with a blend of class-based work and online learning. The staff at MPS are working extremely hard to support your child's learning. We are keen to work in partnership with you and are quickly trying to adapt and up-skill ourselves in new technologies in order to do so ... as I am sure you are too!

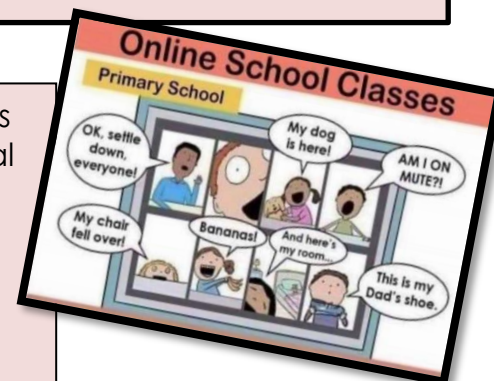
Teams is now a part of our daily routine at MPS and we aim to develop this even further in the coming weeks. We know that you will do your very best to support your child / children with their learning; we also appreciate that you will be juggling many plates in order to do so!

This Newsletter provides you with some information to support you and your loved ones at this difficult time. It also celebrates some of the work and achievements from our Autumn Term.

When you don't give up,  
YOU CANNOT FAIL!

I have heard the word 'failed' spoken many times in the last week. It reminded me of a motivational video which I shared with my class as part of our PSHE work. The video was part of our learning about resilience and perseverance. These are indeed skills needed by us all at the present time! I share this video with you now, as the final words are poignant for our current situation. Why not take a look... it is a bit of a tearjerker!

<https://www.youtube.com/watch?v=kZIXWp6vFdE>



All of us are worried about coronavirus (COVID-19) and how it will affect us and those we love. One of the best online resources for advice and support that I have found is Mind's Information Hub.

Mind is an organisation, which aims to provide advice and support.

<https://www.mind.org.uk/information-support/coronavirus/>

It has a wealth of information, ideas and strategies on dealing with emotional wellbeing during this period. Their information hub includes practical advice on coping with staying at home, tips for employers on supporting yourself and your team and how to support young people.

It is worth spending a few minutes looking at the resources available so that should you need them you know where to look. The material reassures you that you are not the only one feeling mixed emotions at the moment.

Here is just a taster of the information and advice available on the Mind Information Hub

### Coronavirus and your wellbeing

Tips for taking care of your mental wellbeing during the coronavirus pandemic, including advice for coping in the winter.

[Read about coronavirus and your wellbeing.](#)

### Anxiety and panic attacks

Information about how anxiety can affect us, tips for helping yourself, and guidance for friends and family.

[Read about anxiety and panic.](#)

### Loneliness

Practical tips to help manage feelings of loneliness, and ways to get support.

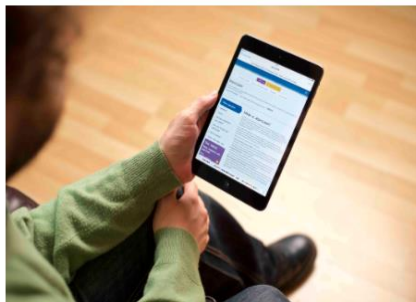
[Read about loneliness.](#)

### Difficult feelings about the coronavirus pandemic

Explains difficult emotions you might have about the pandemic and government restrictions, with tips for managing these feelings.

[Read about difficult feelings during the coronavirus pandemic.](#)

### For parents



Information for parents and carers of young people aged 11-18 who are worried about their child's wellbeing, and want to know how to support them.

### Coping with mental health problems during coronavirus

Explains some of the common experiences of mental health problems during coronavirus, and has tips for living with mental health problems during coronavirus.

[Read about coping with mental health problems during coronavirus.](#)

# BBC Children in Need 2020

November 9<sup>th</sup> - 13<sup>th</sup>

During this week, the children at MPS took part in the special programme of wellbeing activities led by Joe Wicks and the team from Blue Peter. The programme was called 'Five to Thrive' and was based around the five ways to wellbeing. The teachers completed daily activities linked to the themes of Connect, Take Notice, Get Active, Be Curious and Give. The week ended with our non-uniform day which was our way of trying to raise money for the Children in Need appeal.

Thank you to those of you who donated online – the money raised by the charity will be used to help fund mental health projects and make a huge difference to many children within the UK.

My challenge was to run 10 miles in lockdown. I finished my challenge a day before the end of lockdown. I liked Give so much because on that day we were giving money to people who have been going through hard times

Georgia 5H

## 'Anti-Bullying' Theme week

In November, we held an anti-bullying theme week in school. During the week we celebrated our differences by wearing odd socks, explored bullying including cyber-bullying and ensured that our children knew who they could talk to if they had a problem.

The children in Year 1 designed an 'odd sock' and compared them with a partner's sock. They then discussed how everyone is unique and that we should respect and celebrate our similarities and differences.





### Introducing our MPS I-vengers project.

During our anti-bullying week, Mrs. Clennell launched our involvement in the I-vengers project. It is a project that aims to develop e-safety (online safety) within our school community. Two Year 5 pupils and two Year 6 pupils have completed their training and we now have 4 I-venger super heroes who will be working with Mrs. Clennell to promote safe and respectful use of the internet

Throughout the year, we will complete different e-safety tasks, which will include the pupils, staff, parents and school governors.

At the end of the year, our current I-vengers will train up the next pupils so that we can continue to keep our school community safe whilst online.



### School Mental Health Award

I am delighted to share with you the news that Mickelover Primary School has been awarded the Carnegie Centre of Excellence for Mental Health in Schools 'School Mental Health Award' – Bronze Status.

The award is in recognition for the work we are doing as a school community to develop awareness of mental health and wellbeing for our staff, parents and pupils.



Finally, we would all like to 'Thank you' for the positive messages you have sent regarding our work during the last couple of weeks. Your messages are shared with staff and are a real boost for morale!

**Mrs. K. Halliday**  
 Designated Senior Lead for Mental Health and Wellbeing  
 KS2 Assistant Head



## This is all a bit too much for me.....

Any change takes time to adjust to – not just for us but for the children too. There will be difficult days not just for you but also for your child/children as the novelty of the changes and the reality of the situation sinks in.

The following resources may be of use:

	Website	
<b>Child line</b>	<a href="http://www.childline.org.uk">www.childline.org.uk</a> 0800 11 11	Website has tips and advice on how to deal with worries linked to coronavirus, lockdown and suggested activities to do if you are feeling anxious.
<b>Kooth</b>	<a href="http://www.kooth.com">www.kooth.com</a>	Kooth is a free online Mental Health and Wellbeing resource for children aged 11 + (Year 6) and young people in Derby and Derbyshire that requires no formal referral, instead only requiring the user to set up an account on the website. Available 365 days of the year via mobile, tablet and desktop devices from 12 noon to 10pm Monday-Friday and 6pm-10pm at weekends.
<b>Think u know</b>	<a href="http://www.thinkuknow.co.uk">www.thinkuknow.co.uk</a>	Thinkuknow is the education programme from NCA-CEOP, a UK organisation that protects children online. The parent /carer section has advice, tips and guides about how to keep children safe online.
<b>Qwell</b>	<a href="http://www.qwell.io">www.qwell.io</a>	Online counselling and wellbeing support for adults.
<b>MindEd for Families</b>	<a href="http://www.mindedforfamilies.org.uk">www.mindedforfamilies.org.uk</a>	Learning resource about the mental health of children, young people and older adults.
<b>Young Minds</b>	<a href="http://www.youngminds.org.uk">www.youngminds.org.uk</a>	The UK's leading child and adolescent mental health charity. The info for parents is especially good.
<b>Samaritans</b>	<a href="http://www.samaritans.org">www.samaritans.org</a> 116 123	Free confidential support line for people who are feeling overwhelmed by problems they are facing.
<b>Refuge</b>	<a href="http://www.nationaldahelpline.org.uk">www.nationaldahelpline.org.uk</a> 0808 2000 247	Domestic abuse helpline and online support and information Free 24/7
<b>Citizens Advice</b>	<a href="http://www.citizensadvice.org.uk">www.citizensadvice.org.uk</a>	Online free advice –helping you to find a way forward on many issues. Lots of advice relating to coronavirus and work related / income concerns.