

Our Well-Being Newsletter

Newsletter for pupils, parents & staff
Issue 30 – October 2023

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Autumn has arrived. Red, orange, and yellow foliage is there to remind us that change can be scary but it is also a beautiful thing. Autumn can be a time when we reflect and embrace change: decluttering, mental health support, thinking of new personal goals, etc. We can use this season of Autumn to help us find the balance we need.

The drop in temperatures and the shorter day light may have an effect on our mental health. Having to put our heaters back on may come too soon and trigger some anxiety as to whether one will be able to afford the cost again this year.

There are organisations which support our mental health (see page 5) but also organisations which give support around the cost of living crisis (see column to the right).

Teenage years might be around the corner in your household or they are already in “full swing”. Navigating those years is not easy, for both parents and teens. Refer to page 1 for tips about better communication with your teenager.



Cost of living crisis - Useful links



<https://www.stepchange.org/debt-info/government-help-with-gas-electric-bills.aspx>

<https://www.gov.uk/guidance/cost-of-living-payment>

<https://www.gov.uk/the-warm-home-discount-scheme>

<https://www.gov.uk/winter-fuel-payment>

<https://www.stepchange.org/debt-info/emergency-funding.aspx>

https://england.shelter.org.uk/housing_advice/benefits/emergency_grants_loans_and_money_help

<https://www.trusselltrust.org/get-help/find-a-foodbank/>

BBC Food Family's £1 recipe meal plan:

https://www.bbc.co.uk/food/articles/budget_family_meal_plan_for_four#xtor=CS8-1000-%5BEditorialPromo_Box%5D-%5BNewsEditorial_Promo%5D-%5BNewsEditorial_Promo%5D-%5BPS_FOOD~N~~P_budget_meal_plannerFP%5D

Parents' Corner



Ways to improve communication with your teenager

Having children are a lot of 'Dos and Don't'. Talking about feelings with your teenager can be tricky. "How to approach my teenager?". "Will they be truthful and go beyond my day was ok?"

Teenage years are not easy, both for parents and teenagers themselves. Children start to pull away to assert their independence. They may act as if they are the centre of the universe, throw tantrums like 2 year olds (teens can find it difficult to regulate their emotions) and see you as someone without a clue. It is complicated as a parent because teens are beginning to make decisions about things that have real consequences. A balance must be found between allowing them to grow and still keeping a close eye on them. Going through the "terrible teens" is a phase that will pass. Here are some tips to help you navigate those years with more ease:

- 1. Listen.** Teens are more likely to be open with their parents if they don't feel pressured to share information. Even an offhand comment about something that happened during the day is their way of reaching out, and you are likely to hear more if you stay open and interested – but not prying.
- 2. Validate their feelings.** It is often our tendency to try to solve problems for our children, or downplay their disappointments. But saying something like "You'll be fine" or "it's not that bad" can be dismissive. Instead, show your child that you understand and empathize by reflecting their sentiments back: "Wow, that sounds difficult".
- 3. Show trust.** Teen want to be taken seriously, especially by their parents. Look for ways to show that you trust your teen. Letting your child know that you have faith in them will boost their confidence and make them more likely to rise to the occasion.
- 4. Don't be too harsh.** You still get to set the rules, but be ready to explain them. While pushing boundaries is natural for teenagers, hearing your thoughtful explanation will make the rule more reasonable.
- 5. Give praise.** Parents tend to praise children more when they are younger, but adolescents need the self-esteem boost just as much. They may act like they don't really care about what you think of them but the truth is, they still want your approval.
- 6. Control your emotions.** It is easy to lose our temper when our teen becomes rude but don't respond the same way. You are the adult and it is easier to control our emotions than our teens. Count to 10 or remove yourself from the situation until you have calmed down.
- 7. Do things together:** it is another way to positive communication. Doing something you both enjoy, without talking about anything personal. This will help your teen to relax without fearing intrusive questions or calling them out for something.
- 8. Share regular meals.** Sitting down to eat a meal together as a family is another great way to stay close. Dinner conversation gives every member of the family a chance to check in and talk casually without drama. One rule: no phone allowed at the table!
- 9. Be observant.** It is normal for teens to go through changes as they mature but pay attention if you notice changes to their mood, behaviour, energy level, or appetite. Likewise, take note if they stop wanting to do things that used to make them happy, or if you notice them isolating. If you see a change in your teen's daily ability to function, ask them about it and be supportive (without being judgmental). They may need your help and it could be a sign that they need to talk to a mental health professional.

Staff Corner

5 Tips To manage holiday stress



Useful Mental Health and Support Resources:

The Headspace App offers free full premium access to teachers & school staff:
<https://www.headspace.com/educators>

How to access Mental Health Services:
<https://www.nhs.uk/mental-health/nhs-voluntary-charity-services/nhs-services/how-to-access-mental-health-services/>

<https://www.educationsupport.org.uk/>

Charity Run



IN AID OF
**GREAT
ORMOND
STREET
HOSPITAL
CHARITY**



Mrs Weatherley and Mr Parker have just completed the challenge to Run 100Km in the month of September to raise money for Great Ormond Street Hospital. Between them they have raised over £200 for a fantastic charity.

<https://www.gosh.nhs.uk/about-us/our-charity>

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✝ Chaplain's Corner ✝

***Loving God,
be with all who struggle with their mental health,
and all who support them.
Give each of us faith to see beyond the troubles of this time,
hope to face this day and every day,
and a true sense of your love for all your people,
revealed in Jesus Christ our Lord.
Amen***

What to do in London this October half-term



- **London Museums (most of them are free):**
 - The British Museum;
 - The Museum of London;
 - The London Dockland Museum;
 - The Natural History Museum;
 - The Science Museum;
 - The National Maritime Museum;
 - The V&A Museum of Childhood.
- **Southwark and Tower Hamlet libraries** are opened throughout half-term.
- **London parks:** every London park offers a place of tranquility and beauty. The autumn season brings amazing scenery.
- **Surrey Dock Farm:** a working city farm and charity, ideal for young children: Rotherhithe St, South Wharf, London SE16 5ET.
- **Mudchute Park & Farm:** Pier Street, Isle of Dogs, London E14 3HP. Set in 32 acres of countryside in the heart of East London, the Mudchute is a community charity, with a working farm, stables, and a wide range of educational activities. It is open every day, free of charge.



More things to do:



- **The London Literature Festival: 18th-29th October at the South Bank Centre:**
www.southbankcentre.co.uk
- www.timeout.com/london/kids/activities/top-half-term/activities

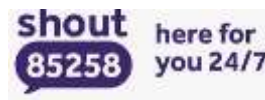


Help and Guidance

**Services available
all year round:**



Bereavement Support
for Children
<https://rainbowsgb.org/>



Free text message support
service for young people



Free online emotional
advice for young people



A free online counselling
support for over 25s



The UK's Eating Disorder Charity



The voice for young people's
Mental Health and Well-being



Young Minds Free Parenting Helpline: 0808 802 5544

