



# Monthly Round up - November 2021

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## Happy November from your Mental Health Support Team (MHST!)

We hope this newsletter finds you all refreshed following the recent half term break.

We hope you enjoyed the Halloween festivities and maybe even a spot of pumpkin carving!

Like the change of seasons our mental health can be varied and unpredictable. Remember that's normal. we continue the Autumn season and head into Winter, we hope you enjoyed the clocks going back and an extra hour in bed!

Why not take up the November kindness challenge on this page - feel free to add your own ideas. Can you do one each day?

As lockdown restrictions have lifted we are now able to see more of you face to face in schools, however, we will continue to offer virtual appointments also if you feel this is better suited to your needs.

If you would still like to know more about our role, please take a look at the short video below <https://www.youtube.com/watch?v=0DzCxUcfNs8>

Remember to always be kind to yourself and stay safe 😊

## A reminder of what the MHST can support you with

Sleep difficulties    Anxiety    Worry    Phobias  
Panic    Low Mood    Single Event Trauma    OCD

**Natural BEACH LIVING** kid's kindness CHALLENGE

PICK UP LITTER IN THE PARK	SMILE AT EVERYONE YOU SEE TODAY	PICK A FEW TOYS TO DONATE	COMPLIMENT 5 PEOPLE TODAY
SAY THANK YOU TO YOUR TEACHERS	LET SOMEONE GO AHEAD OF YOU IN LINE	PLAY WITH SOMEONE NEW	HOLD THE DOOR FOR SOMEONE
GIVE SOMEONE A FLOWER	GIVE SOMEONE A HUG	CLEAN UP WITHOUT BEING ASKED	WRITE A THANK YOU LETTER
DO A SIBLING'S CHORE	CREATE A CARE PACKAGE	DONATE A CAN OF FOOD	OFFER TO HELP A FRIEND

<https://www.naturalbeachliving.com/kids-kindness-challenge/>

### SOME HELPFUL TERMINOLOGY

**EMHP**- Education Mental Health Practitioner, these are people who help children and young people in schools with some difficulties they are experiencing such as worries or feeling low.

**CBT**- Cognitive Behaviour Therapy, this is a talking therapy that helps you to learn skills to cope with difficult thoughts and feelings. High intensity CBT therapists are also part of the Mental Health Support Teams in schools who may help you with some of the difficulties you experience.

**Suitability Assessment**- This is the name of the first appointment you would have with an EMHP or CBT therapist to see if this therapy is the right way to support you. Our help is not always the most suitable option for you and so we may direct you to other support services.



## WHAT'S BEEN GOING ON THIS MONTH?

### Courses

We are hoping to begin our Overcoming course in November with parents of anxious primary age children. This course gives parents an understanding of what may maintain their child's anxiety and the strategies that can be implemented to help them overcome this. Please speak with the Mental Health lead at your school if you feel this would benefit your family.

### Wellbeing Reflections

The MHST supports schools in developing their whole school approach to Mental Health and Wellbeing. We have begun to work with some of our schools to reflect on what is currently in place and work collaboratively to develop this further. These reflections include involving the views of people within the school community e.g. parents/carers, staff and students.

### Celebrating our differences 🌸

Everybody is different, this makes us unique and we all deserve to be accepted and included. In this section we celebrate some of our amazing differences each month.

#### Epilepsy

Epilepsy is a condition that affects the brain. When someone has epilepsy, it means they have a tendency to have epileptic seizures.

Epilepsy can sometimes cause issues with thinking and memory and this can mean difficulties remembering names. It can cause difficulties in concentration and paying attention.

### Mental Health Heroes 🦸

*We all have people that we look up to in life. This may be family, friends or celebrities. We are encouraging you to think about your Mental Health Heroes this month and to let us know who they may be!*

This month our Mental Health Heroes are **The Duke and Duchess of Cambridge**



Following work that is already taking place in respect of mental wellbeing, the royal highnesses have developed the Heads Together campaign to ensure that people feel comfortable and able to support their friends and family through difficult times. They want to continue to challenge the stigma around mental health and seeking support.

Image: [duke and duchess of cambridge heads together](#) - Bing images

### November Celebrations 🎆

November 2<sup>nd</sup> - National Stress Awareness Day

November 5<sup>th</sup> - Guy Fawkes & Bonfire Night

November 10<sup>th</sup> - Remembrance Sunday

November 11<sup>th</sup> - Armistice Day

November 14<sup>th</sup> World Diabetes Day

November 15<sup>th</sup> - 19<sup>th</sup> - Anti Bullying Week

November 15<sup>th</sup> - 21<sup>st</sup> - Enterprise Week

November 18<sup>th</sup> - BBC Children In Need

November 20<sup>th</sup> - Universal Children's Day

**ChildLine**- Call 08001111 9am- Midnight Everyday - Free telephone support for children to discuss any concerns or worries.

**Shout**— text SHOUT to 85258 - 24/7 Free and Confidential TEXT service for anyone in a crisis.



## Fireworks in a Jar

If you are fascinated by fireworks and colours then this little experiment is for you!

All you need:

Oil, water, food colouring and a jar

1. Fill the jar  $\frac{3}{4}$  full with warm water
2. In a separate bowl mix 3-4 tablespoons of oil and several drops of different food colouring
3. Use a fork to gently mix the food colouring together
4. Gently pour the oil mixture into the jar
5. Watch what happens.....



The food colouring will slowly sink out of the oil and into the water. When this happens, it will expand and begin to mix with the other colours

<https://www.icanteachmychild.com/fireworks-in-a-jar/>



## Firework Safety

- Make sure an adult is present at all times.
- Follow all the directions on the label closely.
- Always use fireworks outside with a bucket of water or hose nearby. Keep fireworks away from dry leaves and other materials that can easily catch on fire.
- Light one firework at a time. Keep the firework you're lighting well away from unlit fireworks.
- Point fireworks away from people.
- If a firework doesn't seem to work, don't go over to it or attempt to relight it.
- If an accident does occur then seek appropriate medical support



<https://www.bhphotovideo.com/explora/photography/tips-and-solutions/how-to-photograph-fireworks>

