

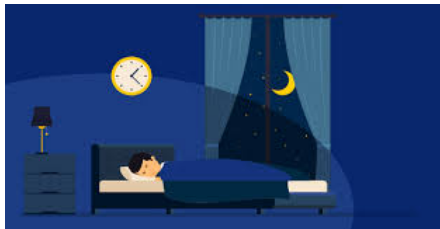



## Mental Health Newsletter Autumn 2025

Date	Newsletter Information
12/9/25	<p>Welcome to all our new families and children. We work hard at The Leys to support the wellbeing and mental health of our children, staff and families. Through this weekly update we try to reduce the stigma and misconceptions around mental health, make families aware of resources, apps and websites, local training opportunities, activities in school and awareness days. Within school our two Mental Health Leads, Mrs Barr and Mrs Clibbon, have a wealth of knowledge and can help guide staff and families to a range of advice when required. We also have weekly access to Emily Deacon, our Stevenage Mental Health Support Practitioner from CAMHS (Children and Adolescent Mental Health Services). Who supports a range of children and their families with quality assured programmes. This term she will be working with our Year 4 cohort on 'Managing Our Emotions'. The school also buys 3 hours of counselling sessions weekly from Safe Space (Herts CC therapists), Mrs Parrot, our Emotional Literacy Support Assistant, is supporting individual and small groups of children with their wellbeing and developing strategies to help them cope with life's problems and we have our two nurture room teams who are supporting children who also present with SEND needs. For urgent mental health help or if you need to urgently speak to someone, Call the Single Point of Access (SPA) Tel: 0800 6444101 available 24 hourly or go to <a href="https://www.hpft.nhs.uk/get-help/">https://www.hpft.nhs.uk/get-help/</a> If you have non-urgent concerns or require general support, please check out our website page or contact the mental health leads through the school office. <a href="https://www.leys.herts.sch.uk/nad-parent-toolkit.html">https://www.leys.herts.sch.uk/nad-parent-toolkit.html</a></p>
19/9/25	<p><b>Hertfordshire's Emotional Wellbeing Support (Early Help Services)</b></p> <p>In addition to the in school support for mental health and wellbeing there is more support online and through other agencies for both parents and children in Hertfordshire.</p> <ul style="list-style-type: none"><li>• The Sandbox (for 10-25-year-olds): <a href="#">The Sandbox  </a></li></ul>

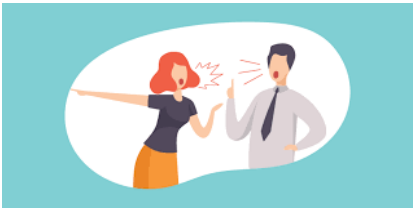
	<p><a href="https://mindler.co.uk">Digital Mental Health Service (mindler.co.uk)</a></p> <ul style="list-style-type: none"> <li>• With Youth (for 5-18-year-olds) including <a href="https://withyouth.org">online groups</a> and Lumi Nova therapeutic game (designed for 7-12-year-olds): <a href="https://withyouth.org">withyouth.org</a></li> <li>• NESSie parent/carer support service: <a href="#">Parents/Carers landing page - NESSie IN ED, CIC</a></li> <li>• Just Talk Herts information and signposting: <a href="https://justtalkherts.org">justtalkherts.org</a>,</li> </ul> <p>Find out about all these services and more at:  <a href="https://www.hertfordshire.gov.uk/youthmentalhealth">www.hertfordshire.gov.uk/youthmentalhealth</a></p>
26/9/25	<p><b>Hertfordshire Community NHS Trust (HCT) Children's Wellbeing Practitioners</b> regularly run a variety of online workshops focused on children and young people's emotional wellbeing and mental health. Some workshops are for the parents/carers of primary school aged children and others are directed at adolescents, although parents can also attend. The workshops aim to provide support, guidance, some strategies and tips to try to improve children and young people's mental health.</p> <p>The workshops are free to attend and take place on Microsoft Teams. They are currently offering workshops on: Wellbeing, Sleep and Emotional Literacy. The Children's Wellbeing Practitioners Eventbrite page, has information about what the workshop will cover and allows parents/carers to book a place:</p> <p><a href="https://www.eventbrite.co.uk/o/hct-childrens-wellbeing-practitioners-33494371787">https://www.eventbrite.co.uk/o/hct-childrens-wellbeing-practitioners-33494371787</a></p>
3/10/24	<p><b>Setting Boundaries Around Technology</b> - Do you struggle to get your children off tech at bedtime or mealtimes? Are you worried about the amount of time your children are spending on phones or tablets? These are very common issues for parents today and although technology is an important part of our lives, getting the boundaries right from the start can really help to avoid conflict and stress at home. Our Children's Wellbeing Practitioner Emily</p>

	<p>Onysk has put together a comprehensive training video to support parents/carers with strategies to help them establish and maintain consistent boundaries around the use of technology. She has also offered a follow up session for parents/carers who want further support or to ask specific questions. If you would like to attend such a session please email <a href="mailto:admin@leys.herts.sch.uk">admin@leys.herts.sch.uk</a> with the subject <b>IT Boundaries</b>.</p> <p> Technology and Boundaries Parent Workshop Recording Sept ...</p>
10/10/25	<p><b>Wellbeing Champions Kindness Challenge -</b></p>  <p>Last week the new Well Being Champions met together with the Mental Health Leads. We discussed strategies to support their own and class mates' well being. This week children are taking part in the NSPCC's Kindness Challenge and we are trying to see which classes can complete 100 acts of kindness! If you would like to donate money to the NSPCC and help fund Childline, an essential support for many children please see the link below.</p> <p><a href="https://www.nspcc.org.uk/support-us/ways-to-give/donate/">https://www.nspcc.org.uk/support-us/ways-to-give/donate/</a></p>
17/10/25	 <p><b>Sleep</b></p> <p>Poor sleep seems to be a significant concern for many of our children and families. It always scores highly on our children's well-being survey and many parents also report that their children struggle to sleep well. We know this impacts on children's ability to learn, regulate their mood and even on their long term health.</p>

	<p>Below is a video that gives parents top tips to help get their children to settle and to sleep quickly. The Sleep Charity <a href="https://thesleepcharity.org.uk/information-support/children/">https://thesleepcharity.org.uk/information-support/children/</a> also offers support and advice around specific issues, such as night terrors, bed wetting, diet and SEND children's sleep issues. If you need further advice or support please speak to the Mental Health Leads and make contact with your GP.</p> <p><a href="https://acamhlearn.org/Learning/Helping_a_Child_Sleep%3a_Practical_Tips_for_Parents_and_Carers/91e9815f-dc75-445e-bfc4-8ff9a4166f86?utm_source=Subscriber&amp;utm_campaign=1738c3796e-ACAMH_Learn_2_COPY_01&amp;utm_medium=email&amp;utm_term=0-06bb231b69-642338799">https://acamhlearn.org/Learning/Helping_a_Child_Sleep%3a_Practical_Tips_for_Parents_and_Carers/91e9815f-dc75-445e-bfc4-8ff9a4166f86?utm_source=Subscriber&amp;utm_campaign=1738c3796e-ACAMH_Learn_2_COPY_01&amp;utm_medium=email&amp;utm_term=0-06bb231b69-642338799</a></p>
24/10/25	<div data-bbox="387 808 786 1303" data-label="Image"> </div> <p><b>Positive Regard</b></p> <p>This term we are training all our staff about Positive Regard. This covers a range of strategies to support children's wellbeing and behaviour in school. Including current science around how the brain works, strategies to build positive relationships and to de-escalate children who are struggling to manage their emotions. As part of this work all the children from Year 1-6 are learning about the <b>Hand Model of the Brain</b> and what happens when we <b>Flip Our Lid</b> which can be linked to the <b>Zones of Regulation</b> as shown in the poster here. If you want to know more please watch this <a href="#">video</a>.</p>
7/11/25	<div data-bbox="379 1603 722 1816" data-label="Image"> </div> <p>The first Wednesday in November is Stress Awareness Day. Although stress is not a mental health condition, as a small amount of stress can be a good thing as it helps us to complete tasks and feel more energised. But stress can become a problem when it lasts for a long time or is very intense. In some cases, stress can affect our physical and mental health. If you want to find out more about</p>

	<p>stress, including strategies to manage it please look at the <a href="#">Mind Website</a> or download <a href="#">this</a> stress management leaflet.</p>
14/11/25	<div></div> <p>In school we use the Anti-Bullying Alliance (ABA) definition of bullying, which is- the repetitive, intentional hurting of one person or group by another person or group, where the relationship involves an imbalance of power. This behavior can be physical, verbal, or emotional and occurs either in person or online.</p> <p>This year's theme for anti-bullying week, Power for Good, celebrates the ability we all have to stand up to bullying, spread kindness, and create safer environments for every child. This week we have watched online presentations about bullying, celebrated differences with Odd Sock day and thought about others through World Kindness Day, Remembrance and Children in Need. If parents want further resources two good sources of support are <a href="#">ABA</a> or <a href="#">Childline</a>. <b>Any concerns about bullying should be initially raised with class teachers, team leaders or our Family Liaison Worker.</b></p>

21/11/25	<div data-bbox="379 210 719 808" data-label="Image"> </div> <p data-bbox="724 775 1356 862">Just talk week - <b>The Power of Music on Mental Health.</b></p> <p data-bbox="379 875 1382 999">When life gets overwhelming, music is often the first thing young people turn to - and with good reason. It helps lower stress, improve mood and create moments of calm.</p> <p data-bbox="379 1010 1347 1178">Supporting your child's wellbeing starts with understanding what works for them - and music is often key. Try talking about their favourite tracks and what they mean to them. It can open powerful conversations.</p> <p data-bbox="379 1189 1040 1267">💡💡 The Just Talk site has loads of tools to help: <a href="http://justtalkherts.org">justtalkherts.org</a></p>
28/11/25	<p data-bbox="379 1350 1102 1395"><b>12 Ways to Help Your Child Make Friends</b></p> <p data-bbox="379 1402 1369 1798">We know that connecting with others is an essential life long skill, which is important to our mental health. <a href="#">In this 15 minute video</a>, Dr. Eileen Kennedy-Moore offers practical guidance for parents who want to help their children develop meaningful friendships. While parents can't make friends for their children, they can play a key role in helping them build the social and emotional skills needed to foster caring and enjoyable connections. This presentation shares a dozen actionable ideas for supporting children who are struggling to make or maintain friends.</p>
5/12/25	<div data-bbox="379 1872 855 2040" data-label="Image"> </div> <p data-bbox="887 1877 1329 2002">Ten Year 6 children are again working as part of this programme. This term they</p>

	<p>were challenged to come up with fun, creative, and inspiring ways to encourage their peers to practise the 5 Ways to Wellbeing in school. They had to think about how they could bring these to life in our school so that everyone feels included, supported and inspired. They decided to do their own version of Secret Santa, where all the year 6 children picked another child to be kind to, look out for and create small gifts for each other at no cost.</p>
12/12/25	<p>Whether you're together or separated, disagreements are completely normal, especially over Christmas! But evidence shows that regular conflict has a big impact on your children. It can affect your children's: mental health and happiness school life sleep health relationships with other people.</p>  <p>Getting relationship help can improve all of these issues. For further advice, support and new year courses look <a href="#">here</a>.</p>
19/12/25	<p><i>If you have concerns about a child's mental health and they are in need of help urgently over the holiday, please call:</i></p> <ul style="list-style-type: none"> <li>• <a href="#">Your doctor</a> - it is important that your doctor is aware of their symptoms, as being your primary care service, they can offer you access to wider treatment and medical support.</li> <li>• <b><a href="#">SPA (Single Point of Access): 0800 6444 101</a></b> or NHS 111 and select the option for mental health crisis.</li> <li>• The <a href="#">A&amp;E</a> department at your nearest hospital or <b>999</b> if you are very concerned about your own or someone else's imminent safety.</li> <li>• <a href="#">Childline</a> - trained Childline counsellors are there for children 24 hours a day, every day of the year. Telephone: <b>0800 1111</b> (Freephone from mobiles and landlines).</li> <li>• <a href="#">Samaritans</a> - trained Samaritans are available to talk through your concerns, worries and troubles any time, day or night. Telephone: <b>116 123</b> (Freephone from mobiles and landlines).</li> </ul>