

# Wellbeing and Mental Health Parent Newsletter

Autumn Term 2022



## Quick Look:

- Mental Health services
- Silvercloud
- Friendship & Bullying
- Meet the team
- Updated Policy

## Updated Policy

We have updated our **Mental Health & Wellbeing policy** and our behaviour policy recently. They can be found on the school website under the policy tab at the top left. If you have any comments or things to add please do email (dcookhorn@millfields.hackney.sch.uk)



## Silvercloud

An online support programme for Young people (with parent support) who struggle with anxiety.

The programme provides the education tools for young people to be able to understand and manage their anxiety.

If you are interested in this please email Debi dcookhorn@millfields.hackney.sch.uk



## How does Millfields support Mental Health & Wellbeing?

### Wellbeing and Mental Health in Schools (WAMHS)



There are many ways Millfields can support you and your child to navigate through parenthood and childhood.

We work with WAMHS to provide a variety of support. We can discuss cases with our Clinical Psychologist if we/you are worried or concerned about a child. We run groups on developing self-esteem and have a range of programmes and workshops around children's challenging behaviour. We also have an Art Therapist who can work with children with very specific needs or experiences e.g. bereavement. Please do not feel alone if you are going through a difficult time, come and talk to us.

(dcookhorn@millfields.hackney.sch.uk)

**Also look out for future parent workshops—these are sent via email to the relevant year groups.**

## What you will learn...

### Parenting An Anxious Child

Empower you to recognise and focus on the helpful sides of anxiety.

### Parenting Positively

Learn how to respond more positively when your child is experiencing anxiety.

### Changing Anxiety

Learn how to use key CBT skills to help your child make changes which reduce their anxiety.

### Problem Solving

Learn when to address your child's worries with effective problem solving.

### Changing Thoughts

Promote the use of cognitive restructuring strategies to challenge worries and create more balanced thinking.

### Facing Fears

Facilitate recognition of the importance of children facing their fears, rather than avoiding them.

### Creating A Plan

Supporting you in ongoing anxiety management planning.

### Going Forward

Enhance understanding of the importance of self-esteem and resilience in staying healthy.

What we've been talking to the children about in their most recent newsletter

## Friendships and bullying



**As a parent what can you do when your child has difficult friendships?**

**We have been talking with the children about how even the strongest of friendships have ups and downs, arguments and awkward moments and how that's part of the natural rhythm of life and it doesn't mean the friendship is over! This is most likely modelled in our own relationship with partners, husbands and friends at home too—let's face it none of us are perfect. It is important however to be able to recognize when friendships are not helpful—we've been sharing about the impact of toxic friendships. Here's what we said...**

*A toxic friend might tell you that you are wrong all the time or constantly criticise you. They may try to control who you play with. Sometimes they may say horrible things about other people and try to get you to say them too or try to get you to do things you don't want to do. If you feel comfortable you should talk to them about how they make you feel—this may or may not change the way they behave. If you don't feel comfortable confronting them then keeping your distance may start to change things. Don't tell them very personal things and spend time with others as much as you can.*

**We have also been looking at what bullying means and understanding the difference between meanness, rudeness and bullying. We explained...**

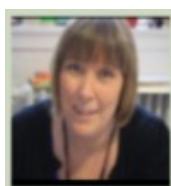
*That everyone can be mean sometimes! But when meanness and cruelty happen over a long period of time and is focused on one person, it is bullying. Bullying isn't always easy to spot. Of course bullying can be 'beating someone up' and calling someone horrible names but bullying can also be subtle like; spreading rumours and lies, excluding someone on purpose, mimicking or mocking, eye rolling or laughing every time someone makes a comment or answers a question, tripping people up and online bullying or texting rude messages. Being bullied can have a very negative effect on mental health and can make it hard to concentrate,. Being bullied makes you feel sad and can make you lose your appetite. It makes you want to be alone and sometimes it can be hard to sleep.*

We are encouraging all children to be 'upstanders', supporting others silently, through action or by physically supporting them when bullying happens. We are also encouraging pupils to speak up and 'Tell someone'. Please listen to what your children say and encourage them also to tell an adult if they need help or support.

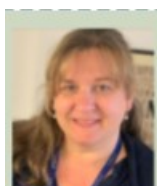


### The Millfields Wellbeing Team

For help with any mental health and wellbeing questions please email Debi: [dcookhorn@millfields.hackney.sch.uk](mailto:dcookhorn@millfields.hackney.sch.uk)



Jane Betsworth  
Headteacher



Debi Cookhorn  
Wellbeing Lead



Kingsley Fry  
SENco



Chris Belgrave  
Behaviour Lead



Dr Philippa Harbridge  
Clinical Psychologist



Jennifer Jones  
Mental Health  
Practitioner



Finn Neary  
Art Therapist

# Hackney Mental Health Support Team Universal Workshops for Parents

If you would like attend any of these workshops below please ctrl click on the title and it will take you to an Eventbrite booking page.

Date	MHST Workshop with Eventbrite links embedded	Details
24/11/2022	<a href="#">MHST Parent Workshop: Supporting school attendance for parents of autistic children</a>	10:00-11:00
<b>16<sup>th</sup> Dec – 3<sup>rd</sup> Jan 2023 term holidays</b>		
12/01/2023	<a href="#">MHST Parent Workshop: Managing behaviour that challenges</a>	10:00-11:00
26/01/2023	<a href="#">MHST Parent Workshop: Managing child anxiety</a>	10:00-11:00
27/01/2023	<a href="#">MHST Parent Workshop: Managing teen anxiety</a>	10:00-11:00
Jan - tbc	MHST Parent Workshop: Mindful parenting	tbc
<b>Half Term - Monday 13<sup>th</sup> February - Friday 17<sup>th</sup> February 2023</b>		
23/02/2023	<a href="#">MHST Young Person Workshop: Intro to mindfulness</a>	16:30-17:30
09/03/2023	<a href="#">MHST Young Person Workshop: Drifting off to sleep</a>	16:30-17:30
<b>31<sup>st</sup> March – 17<sup>th</sup> April 2023 = 2<sup>nd</sup> term holidays</b>		
04/05/2023	<a href="#">MHST Parent Workshop: Supporting child's transition to secondary</a>	10:00-11:00
04/05/2023	<a href="#">MHST Parent Workshop: Supporting child with autism transition to secondary</a>	10:0