



Bishop Walsh

Catholic School Newsletter

Safeguarding and Mental Health Newsletter – Term 1 2023 24

Forthcoming Dates

Youth Mental Health Day -19th September
Britain Get Talking – 10th October
OCD awareness Week – 8th-14th October
Anti-Bullying Week – 13th to 17th November
Other topics
Wellbeing and Mental Health
Free Parental Courses
Coping Strategies

Follow Us on Twitter

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We keep adding to this for current Safeguarding and Mental Health related issues/stories

Lead DSL



Mr A Hamill

DSL Team @BW

Mr A Hamill
Miss E Doyle
Miss S Mannion
Mr T Killworth
Mrs S Chilwan
Ms Rogers
Miss Kemp
Miss Fraser
Mrs Cooney

Wellbeing and Good Mental Health

We all need good mental health and wellbeing – it's essential to living happy and healthy lives. Here are 6 areas of life where simple changes can make a big difference. Why not start today?

Please look out for the termly Safeguarding and Mental Health Newsletter.

These can be found on our website - <https://www.bishopwalsh.net/news-events>

Looking after your mental health is not something we should just do if we are struggling, or feeling low, anxious or stressed. It's actually something we should think about all the time and really invest in, just like with our physical health.

Staying on top of our mental wellbeing is good for us now but also helps us deal manage difficult times in the future. Over time, it can also reduce our risk of physical health problems.

There are lots of things we can do to look after our mental health and wellbeing every day – make a start with these 6 top tips.

For videos on these 6 tips follow the link

<https://www.nhs.uk/every-mind-matters/mental-wellbeing-tips/top-tips-to-improve-your-mental-wellbeing/>

1. Reframe unhelpful thoughts

The way we think, feel and behave are linked. Sometimes we develop patterns of thoughts or behaviours that are unhelpful so recognising them, and taking steps to think about things differently, can improve your mental health and wellbeing.



When emotions explode

Last year and the start of 2021 has been extra stressful and, understandably emotions may be heightened at home. It's normal to feel frustrated, worried or angry about the situation, but it can be hard to know how to communicate in these very emotional or angry moments.

This poster aims to support parents when their child has angry feelings or outbursts and may help families start a conversation and talk about each other's feelings.

Very Angry
Stay calm. Stay safe, walk away if possible and make sure you don't engage with your child until you are both calm.

Frustrated
Reflect what you can see in your child. 'I can see that you're angry/upset' 'I understand that this might be difficult for you.' 'I understand when you did x this made you feel.'

Calm
Use this time to explore your concerns and ask questions like 'what happened there? How did you feel?' If there has been lots of conflict reassure them and remind them you still love and care about them.

Young Minds 360° schools

2. Be in the present

If we take time to be aware of ourselves and be in the present moment, noticing our own thoughts and feelings, and the world around us, we can gain a better perspective. Sometimes this is known as being more mindful.

3. Get good sleep

Good-quality sleep makes a big difference to how we feel mentally and physically, so it's important to get enough.

There are some highly recommended apps for anyone having issues with poor sleeping habits (there are lots if you search for sleep well) or get one of these tried and tested apps

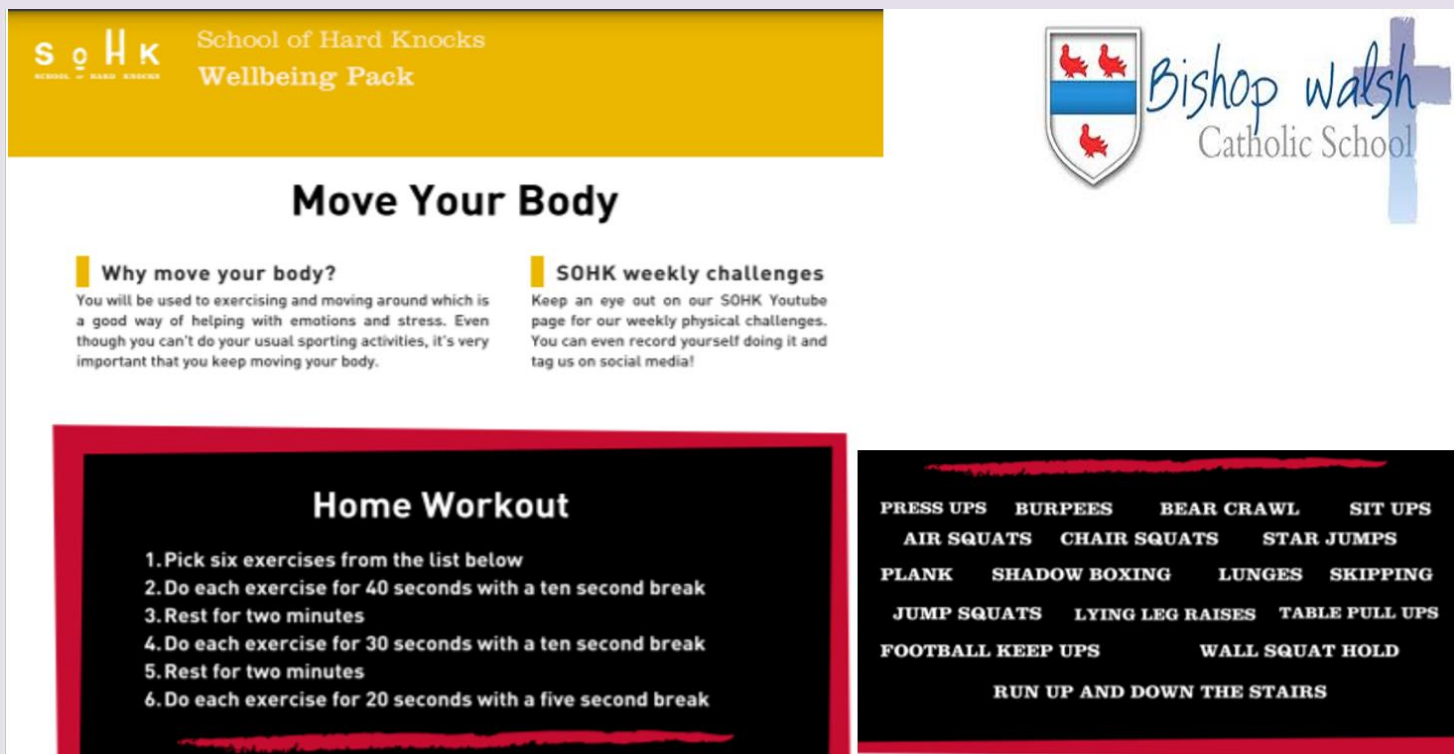
Android	Calm Sleep Rain Sounds – Sleep & Relax
Apple	Calm – Meditation and Sleep Rain Sounds HD

4. Connect with others

Spending quality time with friends or family, talking to someone about how we are feeling or finding ways to help other people can all help stop you from feeling lonely and improve your mental health and wellbeing. This can be online, by phone or seeing someone in person.

5. Live a healthy life

Being active, enjoying the outdoors and having a healthy, balanced diet all impact how we feel. Also, binning bad habits like smoking, and cutting down on alcohol and caffeine can have a positive effect on our mood.



s o H k School of Hard Knocks
Wellbeing Pack

Move Your Body

Why move your body?
You will be used to exercising and moving around which is a good way of helping with emotions and stress. Even though you can't do your usual sporting activities, it's very important that you keep moving your body.

SOHK weekly challenges
Keep an eye out on our SOHK Youtube page for our weekly physical challenges. You can even record yourself doing it and tag us on social media!

Home Workout

1. Pick six exercises from the list below
2. Do each exercise for 40 seconds with a ten second break
3. Rest for two minutes
4. Do each exercise for 30 seconds with a ten second break
5. Rest for two minutes
6. Do each exercise for 20 seconds with a five second break

PRESS UPS BURPEES BEAR CRAWL SIT UPS
AIR SQUATS CHAIR SQUATS STAR JUMPS
PLANK SHADOW BOXING LUNGES SKIPPING
JUMP SQUATS LYING LEG RAISES TABLE PULL UPS
FOOTBALL KEEP UPS WALL SQUAT HOLD
RUN UP AND DOWN THE STAIRS

6. Do something for yourself

There is a list of examples near the end of each Newsletter

Youth Mental Health Day

This year the Youth Mental Health day is taking place on the 19th September.

The theme this year is [#BeBrave](#)

Be brave to build confidence in facing difficult situations, building social confidence through learning to work together. Learning to have courage to fail by doing something new - being brave can mean something different to everyone.

By focusing on being brave it is hoped that it gives young people the courage and confidence they need to achieve their goals and ambitions to be the very best version of themselves that they can be.

For more information, to watch a video talking about ideas on how to be brave and what it means to others – [click here](#)

For more information on mental health and wellbeing [click here](#)

7 Ways to Look After Your Mental Health

1. Start with the basics of healthy eating, good sleep, and regular exercise. ...
2. Be kind to yourself. It's easy to be hard on yourself at the moment, especially when your productivity isn't what it once was
3. Use apps shown to improve mental health or outlook. ...
4. Look after your sleep
5. Join online community groups to stay connected.
6. Talk about your feelings
7. Structure your day

Back to School – Free Online Parenting Courses for Parents and Carers

As children and young people prepare to return to school, BCC are sending a reminder of FREE online courses available to everyone in Birmingham to help to support with parenting.

There are 24 different online courses in a variety of languages. To gain access click on the link below

<https://inourplace.heiapply.com/online-learning/courses>

using the code COMMUNITY

The courses include:

- Understanding the impact of the pandemic on your child
- Understanding the impact of the pandemic on your teenager
- Understanding your preterm or sick baby in hospital

Other courses (not free)

- Understanding your teenager's brain
- Understanding you brain (for teenagers only)
- Understanding your feelings (for teenagers only)
- Understanding your child's feelings
- Understanding your child's mental health and wellbeing

Britain Get Talking

[Britain Get Talking](#) is an initiative from ITV to encourage everyone to talk about their wellbeing more often. On their website they offer tips on how to 'get started' with tips on how to talk to young people.

How to have difficult conversations:

ITV have pulled together some resources to help you have a good conversation. There's advice, tools and resources to help start a difficult conversation, quick guides on topics that might come up,

and information about where to go if you need further support. They have even created videos in order to help.

Mental Health has declined in almost 40% of school children* and that's why Britain Get Talking is setting the nation a different kind of homework, designed to help ease our stress and reduce our anxiety by asking what's on our minds. Have a chat tonight or take part in our national exercise this World Mental Health Day, 10th Day. [Click for more information](#) – Mental Health of Children and Young People In England 2021.

OCD Awareness Week 8th to 14th October

The IOCDF and its Advocates invite you to celebrate [OCD Awareness Week](#), October 8–14, 2023!

#OCDWeek began in 2009 to share knowledge and reduce stigma around OCD and related disorders. Each year in October, individuals, community groups, service organisations, and clinics around the world celebrate with OCD-inspired educational talks, youth events, grassroots fundraisers, yoga, creative advocacy and more!

The Road To Reclaiming Your Life

This OCD Awareness Week, we welcome you to shine spotlight on the journey of those with OCD, along with their family, friends, and caregivers by participating in this year's theme of The Road To Reclaiming Your Life. Each day's activities will focus on the challenges and progression of the journey. We hope you will join us and tell your story "on the road"!

Obsessive compulsive disorder (OCD) is an anxiety disorder affecting 1 in 100 people in the UK. People living with OCD will experience obsessions and/or compulsions.

An obsession is a repeated unwelcome thought or image which can be hard to ignore, while a compulsion is something you think about or do repeatedly to help relieve anxiety. During the OCD Awareness Week is a chance to bring about greater understanding of the condition and how it affects people.

There are many different types of anxiety disorder.

Generalised anxiety disorder (GAD)

GAD is the most common type of anxiety disorder. The main symptom of GAD is excessive worrying about different activities and events. You may feel anxious a lot of the time if you have GAD. You might feel 'on edge' and hyper-alert to your surroundings.

Panic disorder

Panic disorder means you have regular panic attacks with no particular trigger. They can happen suddenly and feel very intense and frightening, it is also possible to dissociate during panic attacks (feel detached from your body). You may also be fearful about having panic attacks in the future.

Fear of certain situations can cause panic attacks, for example, if you don't like small spaces but have to use a lift. But this doesn't mean that you have a panic disorder.

Social anxiety disorder

It's normal to worry about social or performance situations. social anxiety disorder, also known as social phobia, is when you will have an intense fear or dread of social situations. This can happen before, during or after an event.

You may worry that others will notice or judge you and you might try to avoid certain situations. You may see that your fears aren't logical, but it's difficult to control them.

Phobias

A phobia is an overwhelming fear of an object, place, situation, feeling or animal.

Phobias are a more intense feeling than fear. They develop when a person has heightened feelings of danger towards a situation or object. Someone with a phobia may avoid the thing that's causing them anxiety.

Agoraphobia

Agoraphobia is a fear of being in situations where escape might be difficult. Or situations where help wouldn't be available if things go wrong. This could be:

- Leaving home
- Being in public spaces
- Using public transport
- Being in crowded spaces

You might find that these situations affect your daily routine by actively avoiding them as they make you feel distressed, panicked or anxious.

Obsessive-compulsive disorder (OCD)

You will have obsessions and/or compulsions if you have OCD.

An **obsession** is a repeated unwelcome thought or image. These can be difficult to ignore. These thoughts can be disturbing, which can make you feel distressed and anxious.

A **compulsion** is something you think about or do repeatedly to help relieve anxiety. Such as saying a phrase in your head to calm yourself. Or checking that the front door is locked.

You might believe that something bad will happen if you don't do these things. You may realise that your thinking and behaviour is not logical but still find it very difficult to stop.

There are different types of OCD speak to your GP if you think you have OCD. They should discuss treatment options with you.

Skin-picking

Skin picking is medically known as dermatillomania. It is an impulse control disorder where you regularly pick at your skin and find it difficult to stop yourself doing it. It can cause damage including bleeding, bruising and scarring. It is common to pick the skin on your face, but might also pick other areas of the body.

Hair pulling

Hair pulling is an impulse control disorder medically known as trichotillomania. If you have this condition you feel the urge to pull out your hair and find it difficult to stop yourself from doing it. It can be from your scalp or other places such as your arms, eyelashes, eyebrows, legs or pubic area.

You might experience a build-up of tension which you can release by pulling out your hair. You may feel relief or pleasure from pulling hair out, or you might not even be aware that you're doing it.

Post-traumatic stress disorder (PTSD)

PTSD is caused by a threatening situation, such as a car crash or abuse. You can feel anxious for months or years after the event, even if you weren't physically harmed at the time. Find out more about [PTSD](#).

For more information on the signs and symptoms on these anxiety disorders [click here](#)

Anti-Bullying Week 13th to 17th November

[Anti-Bullying Week 2023](#) is coordinated in England, Wales and Northern Ireland by the Anti-Bullying Alliance. This year it has the theme 'Make A Noise About Bullying' and will take place from Monday 13th to Friday 17th November.

The week will be kicked off with Odd Socks Day on Monday 13th November, where adults and children wear odd socks to celebrate what makes us all unique. **Odd Socks must be worn over tights or can have the trousers tucked into them to show your support.**

Our call to action:

Don't be silent! When we hear bullying, don't dismissed it as 'just banter'. It doesn't have to be this way.

Of course, we won't like everyone and we don't always agree, but we can choose respect and unity.

This Anti-Bullying Week let's come together to have discussions about what bullying means to us, how banter can turn into something more hurtful, and what we can do to stop bullying. Together, we can make a difference and take a stand against bullying.

From the playground to Parliament, and from our phones to our homes, let's make a noise about bullying.

What can you do

- 1) Respect others
- 2) Call out bullies
- 3) Speak to a teacher
- 4) Get involved in the Anti-bullying social media buzz. It's easy to get involved via #AntiBullyingWeek and #MakeANoise on Instagram, TikTok, Facebook and Twitter.

Get involved with the Anti-Bully Week on Monday 13th November with [Odd Socks Day](#) – come to school wearing odd socks and celebrate what makes us all unique and spread kindness.

For more information and to watch the promotional video for this years Anti-Bullying [campaign click here](#)

Coping Strategies

Coping is a strategy to help us with challenging situations. People who are equipped with more strategies cope better.

Below are my top tips on Coping Strategies, having lots of different strategies means you can pick and choose the most appropriate for that moment (and work through them if one isn't working)

1. Breathing: (repeat for 5 to 10 mins)
 - 4 seconds breathing – breathe in for 4, hold for 4 and breathe out for 4
 - Candle – when breathing out, breathe softly as to not blow out the candle
 - Square breathing – breathe in, hold and breathe out as you trace out a square (or triangle).
2. Grip the floor with your toes (release and repeat) and do the breathing exercise above
3. Wrist Dragging ([Video](#))
4. Relax, starting at your feet, squeeze them tight, curling your toes and then release and these tensed muscles so your feet relax, and feel weightless. Continue this process through your ankles, calves, shins, knees, thighs, bottom, lower back, stomach, chest, shoulders, upper arms, lower arms, hands, neck, mouth and eyes.
5. Exercise
6. 5 Senses – 5 things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell and 1 you can taste.
7. Think about something positive – relive a Happy moment, imagine you are right back in that moment, focus on it and allow yourself to enter that positive state – be in the moment.

Useful Websites: (all hyperlinked)



Pause is here for you, if you are under 25 and have a Birmingham GP. We offer a non-judgemental listening ear, self-help strategies plus skills for managing difficult situations and feelings. We are open 10am-6pm, seven days a week.

Drop us an email on askbeam@childrenssociety.org.uk or call 0207 8414470 and we will arrange for one of our friendly team to call you back.



Your online mental wellbeing community (in Birmingham)



Things to do to help Mental Health

- **Stay active** – go for a walk or run
- **Talk with family/friends** – have a cuppa and don't think about school/work
- Take time away from electronic devices such as laptops and mobile phones
- **Do some colouring in**

<https://coloringhome.com/online-coloring-pages-for-teenagers>

- **Do some cooking/baking**

<https://www.bbc.co.uk/food/recipes>

- **Play a board game and/or a card game**
- **Listen to calming/relaxing music**
- **Exercise**

- If you are new to **exercise** and don't know where to start, the [NHS has lots of advice](#) and guidelines you should follow as well as some gentle introductory exercises recommended for beginners.

Should you need to contact the school

