



# MENTAL HEALTH SUPPORT TEAM



## Parent/Carer Newsletter



"Life isn't about finding yourself. Life is about creating yourself" -George Bernard Shaw

We commenced February enjoying Children's mental Health Week.  
This year the theme was "Know Yourself to Grow Yourself".  
We wanted to continue this theme into spring, a perfect time for new growth!

## Children's Mental Health Week 2025



Children's Mental Health Week is a national annual event to highlight positive strategies to help children & young people develop and maintain good mental health.

This year's theme was 'Know Yourself, Grow Yourself'. This focused on the importance of self-awareness and expressing emotions in order to build resilience. Children & YP were encouraged to think about their strengths, values and aspirations and to celebrate these. They were provided with opportunities to reflect on what helps to sustain them and achieve their goals.

Here are some things you can try at home:  
Families - Children's Mental Health Week

Here are a few photos of what we got up to...



### Greenwood Primary School

Greenwood Primary School in Kirkby-in-Ashfield celebrated CMHW 2025 with various activities to help pupils to recognise 'what makes me, me' - to celebrate their uniqueness and individuality. They made long paper chains in groups to show that everyone being different, and working together, can make produce something amazing!



### Meden School

Students and staff from Meden School had an amazing time at the NottAlone Live event. They attended workshops which helped them develop skills to support their own wellbeing. Students loved the day and participated in climbing, listened to guest speakers and participated in activities. As a result of this students returned to Meden and started working on their plans to develop Wellbeing Ambassadors in the school. The purpose being to promote wellbeing and ensure all students have a voice and can access the support they need.

### Heymann Primary School

Heymann Primary School took part in Children's Mental Health Week celebrations. The school took part in an art focussed activity about personal growth. The playtime prefects visited classes to demonstrate clapping skills during the week. Frances Kent, the MHST link worker, worked with two classes. They made paper chains thinking about the qualities they possess, strengths, what they would like to achieve and how they can achieve it.



## NottAlone Event

We are fortunate in Nottinghamshire to have a fantastic annual schools' event NottAlone Live. This free event for schools takes place during Children's Mental Health Week each February. It is a joyous event absolutely buzzing with positive energy and engaging activities.

Children & young people were able to watch performances and participate in workshops planned around this year's theme. They were able to try out activities to learn about what they enjoy, how they can express themselves and support their wellbeing. This included music, poetry, dancing, climbing, art, rapping. Everyone who attends the event comes away smiling and exhilarated. Take a look and hear from some of those who were lucky enough to attend.

Watch here > [NottAlone 2025](#)

The NottAlone website can direct you to trusted mental health information, advice & services within Nottingham.

Click here for more information



## Parent Corner

## Spotlight on Stress & Worries



Stress and worry are natural responses to situations where we might feel under pressure. Exams are one of the most common causes for these feeling at any age! Validating, acknowledging, and normalising emotions with our children or young people can help them feel less alone.

The MHST offer SATs and Exam Stress workshops at your schools to support with reducing stress around exams. In these, we discuss the importance of finding a balance between revision and looking after ourselves to help us stay well. This includes spending time with loved ones, engaging in hobbies, moving our bodies, and eating and sleeping enough.

We also encourage using strategies such as breathing exercises, grounding techniques, and progressive muscle relaxation to help manage big emotions. Click the images below for guided videos:



Find helpful videos and resources on our website





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### MHST Parent Offer...

#### Without a Referral:

- Talk to us at Parents Evening Stands
- Children's Emotional Health and Wellbeing Webinar
- Understanding Your Teen Webinar
- Self-Harm Webinar

#### With a Referral:

- Managing Anxiety with your Child (MAC) Group
- Neurodiversity and Anxiety Parent (ND&A) Group
- Forever Families Group (Positive Behaviour Management)
- Parent Adolescent Relational Training (PART) Group



### Activity Ideas to try at Home...

#### Younger children activities:

- ▶ Draw a picture of a plant and think about what they need to grow
- ▶ Each family member to sketch a portrait of each other
- ▶ Plant some seeds and nurture them to grow

#### Older young people activities:

- ▶ Explore and create your family tree
- ▶ Bury a time capsule to uncover on a specific date in the future
- ▶ Look through photos of family at different ages and compare family members

### Feedback

"Thank you so much for all the help and support you have given [child's name] over the past few months. She seems more settled and calmer and I feel that my relationship with her is much more positive. I really do appreciate everything you've done for her and I know she's found the sessions helpful and supportive too"  
- Parent

"I have just completed the neurodiversity and anxiety parent course. The facilitators were amazing and the course really helped both me and my daughter."  
- Parent

"If it wasn't for you, [child's name] would have nothing in place and nobody to go to, so thank you so much for helping him"  
- Parent

### Calendar dates Spring-Summer 2025:

Click on the icons for further information...

April - Stress Awareness month



17-23rd March - Neurodiversity Celebration Week



21st May - World Day for Cultural Diversity

June - Pride Month

### Referral Information

**If you and your child could benefit from a referral for targeted work, either ask to speak to the Mental Health Lead in your child's school, or refer yourselves...**



Follow this QR code for the online self-referral form.

**Select that you are a Parent/Carer of a child at an MHST school and specify your child's school on the drop down.**

**This helps the MHST get your referral as promptly as possible.**

Find out more about the MHST and look at resources on our webpage: **CAMHS - Mental Health Support Teams**

Find Notts Healthcare Mental Health Services online...



[bit.ly/37qtfoZ](https://bit.ly/37qtfoZ)



[bit.ly/37xsn1P](https://bit.ly/37xsn1P)

### Useful Contact Details

ChildLine: 0800 1111  
Samaritans: 116 123

If you develop significant concerns about your child's safety and wellbeing, you can call these numbers for advice and support:

CAMHS Crisis Team: 0115 844 0560  
24 Hour All Ages Crisis Number: 0808 196 3779

Always dial 999 or visit A&E in emergencies