



# Mental Health and Wellbeing

Newsletter September 2023



We hope that you had a lovely summer making new memories with your families. Staff are very excited to be starting a new school year with your children.

We feel that it is important for children to celebrate their success. We have a display in the hall where children write something they have done that has made them feel proud. This could be at home or school e.g. I am proud because I learnt to ride my bike, I got man of the match in a football game, I learnt my 6 times tables.

Please encourage your child to tell as at school what they are proud of so it can be displayed.



## Emotional Wellbeing Practitioner

**Are you concerned about your child's behaviour?**

**Are you worried about your child's anxieties/worries?**

**Would you like to talk to someone about ways to support your child's emotional wellbeing?**



If you have answered yes to any of the above questions then please speak to Hannah Day. We have an Emotional Wellbeing practitioner who support our families at Cecil Road and they might be able to support you.

Click on the link below to find out how our Emotional Wellbeing Practitioner can support you.

[19 08 2021 Primary schools animation KENT - YouTube](#)



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## Useful Apps and websites



### Action for Children

Free advice for parents and carers of children aged 0– 19. Confidential service with qualified parenting coaches.

[1:1 chat - Parent Talk](#)

### YANA

Wellbeing support for children

and young adults living in Kent

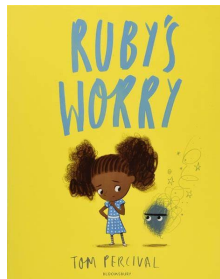
[YANA - You Are Not Alone](#)  
([imago.community](#))



### HappiMe

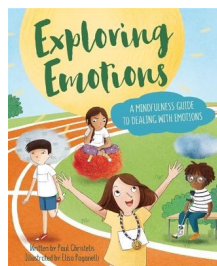
Free app that helps to raise self-esteem, self-confidence and happiness levels in children and young people

## Stories to share with your child



Listen to Ruby's Worries and find out how she overcomes them.

[Ruby's Worry \(Share a Story Corner\) - YouTube](#)



Listen to different emotions and how to cope with them.

[Exploring Emotions by Paul Christelis | A Story of Handling and Dealing with Emotions | Read With Me - YouTube](#)

## You are not alone, we are here to help ....



North Kent Mind are offering free support to over 18s. There is a quick registration on the link below and then someone from mind will call you.

[Welcome to North Kent Mind - North Kent Mind](#)



Young minds messaging service provides free 24/7 crisis support across the UK. If you are experiencing a mental health crisis and need support then text YM to 85258



Call 116 123 for free, 24 hours a day, 365 days a year, what ever you are going through.