



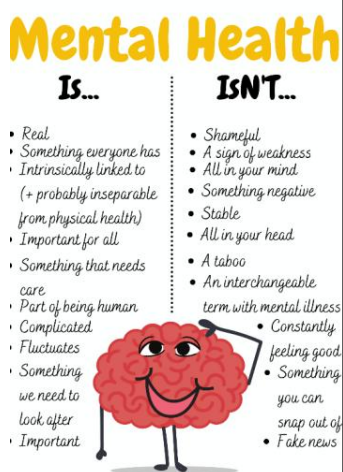
# NEWSLETTER



May 2025

## Welcome to the Summer 1 Mental Health Newsletter.

Welcome to this half term's Mental Health Newsletter on fostering Healthy Lifestyles! Along with eating healthily and exercising regularly, research shows that it is important for children get enough sleep, have limits on the time spent on electronic devices and spend time outdoors. All of these things can contribute to a healthy state of mind and wellbeing. I hope you find the information useful.



## Nelson Academy Safeguarding Team



Sarah Wilson



Gemma Sykes



Glenn Rossiter

Principal	Assistant Principal	Assistant Principal
Designated Safeguarding Lead	Deputy Designated Safeguarding Lead	Deputy Designated Safeguarding Lead



Cornelia Leach

SRB Lead/ Senior Mental Health Lead

Deputy Designated Safeguarding Lead



Lisa Kenny

SENCO

Deputy Designated Safeguarding Lead



## Establishing Good Sleep Hygiene

Getting enough sleep is a crucial part of keeping children healthy. In fact, studies show that missing sleep can affect them in a number of ways. Lack of sleep can lead to poor concentration, obesity, depression, and injuries

## How To Help Your Child Sleep Better



Your child's age	Recommended sleep time in 24 hours
Infants 4 to 12 months	12 to 16 hours including naps
Children 1 to 2 years	11 to 14 hours including naps
Children 3 to 5 years	10 to 13 hours including naps
Children 6 to 12 years	9 to 12 hours
Teenagers 13 to 18 years	8 to 10 hours

*This Padlet is also full of a range of ideas and support:*

<https://padlet.com/victoriascott6/sleep-6s4wojdttnwkq0ky>



Great Ormond Street  
Hospital for Children  
NHS Foundation Trust

## Getting a good night's sleep (Easy Read)



Sleep is very important. It lets your body and mind rest after a busy day.



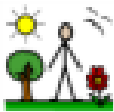
Everyone has trouble sleeping sometimes. There are things you can do to help you sleep better.



Think about what you eat and drink in the afternoons and evenings. Cola drinks have something in them to keep you awake.



Try not to eat too much before bedtime. Have a least an hour after dinner to let your food go down.



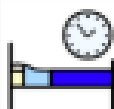
Try to get some fresh air each day. You don't have to do a sport every day. Just going outside is good.



Try not to have where you sleep too hot or too cold.



Put a nightlight on if you like to have some light or dark curtains if you don't.



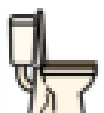
Try to go to bed at the same time each day. This should be the same at weekends as well as on school nights.



Have a warm bath or shower before bed to relax you. You could also have a milky drink as this could help you sleep.



Don't watch the television or use your phone or tablet before bed. The light they give off can wake up your brain.



Remember to go to the toilet before you go to bed.

## Healthy Use of Devices

Using devices and mobiles is fun but it can also cause arguments in families and lead to problems. Health experts in the UK have announced what they think are the best rules for keeping you safe on your device.

[Screen time for children: What do you think about this advice on using devices? - BBC Newsround](#)

What's the advice?

- Do not use phones and mobile devices at the dinner table as talking as a family is very important for development
- Keep screens out of the bedroom at bedtime
- Talk as a family about keeping safe online, cyber-bulling and what children should do if they are worried
- Ensure children take a break from screens every two hours by getting up and being active
- Parents should be careful about their own screen time too should give their children proper attention and quality family time. Do not assume they are happy for pictures to be shared

## Nelson Academy Website

Remember we have our Mental Health and Wellbeing section on the school website. It can be found under the information tab



or via the following link

<https://www.nelsonacademy.co.uk/page/?title=Mental+Health+and+Wellbeing&pid=207>

This page is regularly updated with new information, help and support ideas as well as what we are doing in school to support/ promote mental health and wellbeing.

## **Nature and Mental Health**

Spending time in green space or bringing nature into your everyday life can benefit both your mental and physical wellbeing. For example, doing things like growing food or flowers, exercising outdoors or being around animals can have lots of positive effects.

It can:

- improve your mood
- reduce feelings of stress or anger
- help you take time out and feel more relaxed
- improve your physical health
- improve your confidence and self-esteem
- help you be more active
- help you meet and get to know new people
- connect you to your local community
- reduce loneliness
- help you feel more connected to nature
- provide peer support.

Source: Mind 2017

The importance of Vitamin D: [Vitamin D in children :: Royal National Orthopaedic Hospital](#)

## Just One Norfolk



Call **Just One Number** on [0300 300 0123](tel:03003000123) or text [07520 631590](tel:07520631590) with any questions or concerns about your child's health, wellbeing or development. The clinical team are able to support you over the telephone, video call or text, and work with you to understand how best to support you and your family. Their opening hours are Monday – Friday 8am to 6pm and 9am to 1pm on Saturdays. You can also visit their website which is full of useful information <https://www.justonenorfolk.nhs.uk/>

## Suggestions

The next newsletter will be out in July. If you have any comments or suggestions about what you would like to see in it please let Miss Leach know via: [cornelia.leach@nla.eatern-mat.co.uk](mailto:cornelia.leach@nla.eatern-mat.co.uk)

**A list of additional external support services are below.....**





Below is a list of external support services.

Contact	Phone number	Email	Other information
<b>CRISIS/EMERGENCY/SUICIDE</b>			
Police/ Ambulance Service	999	N/A	Contact when in immediate danger
YoungMinds Text service	TEXT 85258	N/A	Texts answered by trained volunteers and are free.
Samaritans	116123	jo@samaritans.org	www.samaritans.org
CALM	0800585858	N/A	www.thecalmzone.net
PAPYRUS	08000684141 TEXT: 07786209697	pat@papyrus-uk.org	www.papyrus-uk.org
<b>BEREAVEMENT SERVICES</b>			
CRUSE	08088081677	helpline@cruse.org	www.cruse.org.uk
SOBS	03001115065	sobs.support@hotmail.com	www.uk-sobs.org.uk
<b>DEPRESSION</b>			
Mind	03001233393 TEXT: 86463	info@mind.org	www.mind.org.uk
YoungMinds	08088025544	ymenquiries@youngminds.org.uk	www.youngminds.org.uk
The Mix	08088084994	N/A	www.themix.org.uk
Childline	08001111	N/A	www.childline.org.uk
<b>ANXIETY</b>			
Anxiety UK	08444775774 TEXT: 07537416905	N/A	www.anxietyuk.org.uk
No Panic	08449674848	N/A	www.nopanic.org.uk
CBT Online	N/A	N/A	www.getselfhelp.co.uk
<b>SELF-HARM</b>			
Self-injury Support	TEXT: 07800472908	www.selfinjurysupport.org.uk	www.selfinjurysupport.org



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<b>EATING DISORDERS</b>			
ABC	03000111213	N/A	<a href="http://www.anorexiabulimiare.org.uk">www.anorexiabulimiare.org.uk</a>
b-eat	08088010677	<a href="mailto:help@b-eat.co.uk">help@b-eat.co.uk</a>	<a href="http://www.b-eat.co.uk">www.b-eat.co.uk</a>
<b>ONLINE COUNSELLING</b>			
Kooth	N/A	N/A	<a href="http://www.kooth.com">www.kooth.com</a>
<b>LGBT+ SUPPORT</b>			
LGBT Foundation	03453303030	<a href="mailto:helpline@lgbt.foundation">helpline@lgbt.foundation</a>	<a href="https://lgbt.foundation/">https://lgbt.foundation/</a>
Stonewall	N/A	N/A	<a href="https://www.stonewall.org.uk/">https://www.stonewall.org.uk/</a>
<b>SUPPORT FOR PARENTS/PARERS</b>			
Parent Support Group	07908101767	<a href="mailto:admin@psg.org.uk">admin@psg.org.uk</a>	<a href="http://www.psg.org.uk">www.psg.org.uk</a>
Parentline	08088002222	N/A	<a href="https://www.familylives.org.uk">https://www.familylives.org.uk</a>
Parent Zone	020 7686 7225	<a href="mailto:info@parentzone.org.uk">info@parentzone.org.uk</a>	<a href="http://www.parentzone.org.uk">www.parentzone.org.uk</a>
<b>WELLBEING AND MENTAL HEALTH SUPPORT FOR YOUNG PEOPLE IN BEXLEY</b>			
HeadScape by Oxleas NHS Trust	N/A	N/A	<a href="https://headscapebexley.co.uk/headscape/">https://headscapebexley.co.uk/headscape/</a>

**childline**

ONLINE,  
ON THE PHONE,  
ANYTIME  
[childline.org.uk](http://childline.org.uk)  
0800 1111



### **Apps**

*There are many Apps you can download that have ideas of how to self-help and information about support.*



<b>CRISIS/EMERGENCY/SUICIDE</b>
StayAlive ( <a href="http://www.prevent-suicide.org.uk">http://www.prevent-suicide.org.uk</a> )
<b>BEREAVEMENT SERVICES</b>
Child Bereavement UK ( <a href="http://childbereavementuk.org/our-app">http://childbereavementuk.org/our-app</a> )
Apartofme ( <a href="https://bounce.works/apartofme/">https://bounce.works/apartofme/</a> )
<b>DEPRESSION</b>
MindTools ( <a href="http://www.mindtools.org">http://www.mindtools.org</a> )
BASE ( <a href="http://www.solentcamhs.nhs.uk">http://www.solentcamhs.nhs.uk</a> )
HeadSpace ( <a href="http://www.headspace.com">www.headspace.com</a> )
Moodometer ( <a href="http://myhealthapps.net/app/details/363/moodometer">http://myhealthapps.net/app/details/363/moodometer</a> )
<b>ANXIETY</b>
SAM ( <a href="http://sam-app.org.uk">http://sam-app.org.uk</a> )
Youper ( <a href="http://www.youper.co/start-now">http://www.youper.co/start-now</a> )
<b>SELF-HARM</b>
CALM HARM ( <a href="http://www.stem4.org.uk/calmhalm/">http://www.stem4.org.uk/calmhalm/</a> )
<b>EATING DISORDERS</b>
Recovery Record ( <a href="http://www.recoveryrecord.com/">http://www.recoveryrecord.com/</a> )
Rise Up Warriors ( <a href="http://www.recoverywarriors.com/app/">http://www.recoverywarriors.com/app/</a> )
<b>PSYCHOSIS</b>
Emoods ( <a href="http://emoodtracker.com">http://emoodtracker.com</a> )

