



NEWSLETTER



March 2025

Welcome to our first mental health and wellbeing newsletter!

We will be producing a newsletter once every half term and will aim to provide you with lots of information about how we are supporting your children's mental health in school; but also provide you with helpful information and words of support in how you can continue to support your children at home. In this newsletter we will introduce you to the school's DSL team and give you some information as to the different support that is out there.

Mental Health

Is...

- Real
- Something everyone has
- Intrinsically linked to (+ probably inseparable from physical health)
- Important for all
- Something that needs care
- Part of being human
- Complicated
- Fluctuates
- Something we need to look after
- Important

Isn't...

- Shameful
- A sign of weakness
- All in your mind
- Something negative
- Stable
- All in your head
- A taboo
- An interchangeable term with mental illness
- Constantly feeling good
- Something you can snap out of
- Fake news



Nelson Academy Safeguarding Team



Sarah Wilson

Principal

Designated Safeguarding Lead



Gemma Sykes

Assistant Principal

Deputy Designated Safeguarding Lead



Glenn Rossiter

Assistant Principal

Deputy Designated Safeguarding Lead



Cornelia Leach

SRB Lead/ Senior Mental Health Lead

Deputy Designated Safeguarding Lead



Lisa Kenny

SENCO

Deputy Designated Safeguarding Lead



Miss Leach recently took part in the Senior Mental Health Lead training run by the Anna Freud Centre. The Centre has been pioneering better mental health care and support for children, young people and their families for 70 years. The Centre is the only children and young people's mental health charity to combine research and innovation, clinical practice, and training and dissemination. The training provided some fantastic information and strategies that we are using within our school.

5 Steps to Mental Health and Wellbeing Framework: A whole-school or FE college approach



What is good mental health and why is it important?

Good mental health is more than just the absence of mental illness. It means you are in a state of wellbeing where you feel good and function well in the world. Having good mental health makes life easier. It helps us to calm and comfort ourselves when we're upset, to cope with losses, changes, fears and uncertainties in life, to make and keep good relationships with other people and to learn. Having good mental health does not mean feeling good all the time.

5 Ways to Wellbeing

5 Ways to wellbeing

Connect

Have a family dinner and talk about your day



Be Active

Challenge yourself to go on a family walk or visit an outdoor area you've never been before

Take Notice

Take a moment to stop and look at the clouds



Learn

Visit some where new online.

<https://www.airpano.com/360video/Video-Grand-Canyon/>

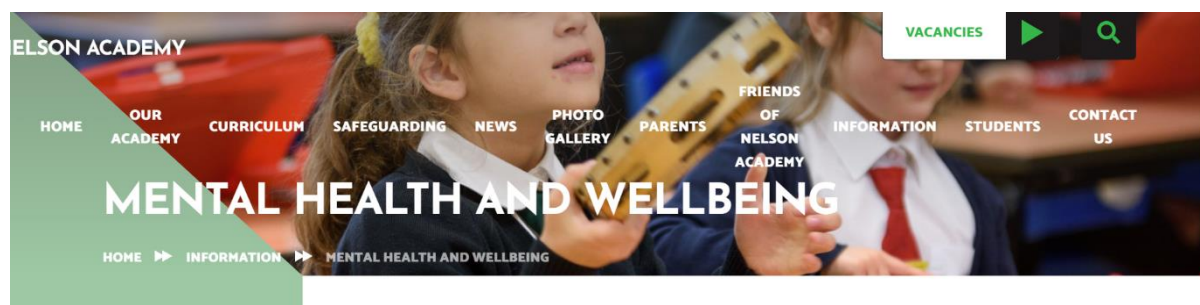
Give

It doesn't have to be much a smile or a hug goes a long way



[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.

[Mental Health Support Teams \(MHST\) in schools](#)

Welcome to the clinical team for the Mental Health Support Team in schools which is based in central Kings Lynn and West Norfolk and is working in partnership with Nelson Academy. They have already been in to lead a session around resilience and SATs preparation with our year 6's and are due to come in to school and work with some small groups of children and parents over the rest of this academic year. We are looking forward to working with them more over the next 18 months and working towards improving our mental health and wellbeing support in school.

Some more information about the MHST service:

Mental Health Support Teams (MHST) are an early intervention service across Norfolk and Waveney, working with some schools and their pupils. They can offer support to children and young people, their families, and their school community to help manage emerging mild to moderate mental health difficulties.

What does the MHST service do?

They provide brief, low intensity, evidence-based support for mild to moderate mental health difficulties. They support schools in developing their whole school approach to ensure that all the children, young people and staff work together to understand and support mental health and wellbeing. If a child or young person needs more specific support, then they can complete an assessment and either offer individual sessions, group work, work with parents or give advice to school and liaise with external specialist services, to help children get the right support.

They can offer assessment and support for:

- Mild anxiety and/or avoidance
- Behavioural difficulties
- Mild low mood/depression
- Managing negative thoughts
- Worry management.

Accessing MHST Support

Referrals to the MHST service come via schools and the link member of staff for this service is Miss Leach.

If school believes a child needs to be referred, the team will always request consent from parents or carers before starting the referral process.

The MHST service works as closely with families as possible and includes them when appropriate in a child or young person's care.

Urgent Help

Mental Health Support Teams are not an emergency service.

For 24/7 immediate advice, support and signposting for anyone with mental health difficulties please contact 111 and select the mental health option. If you feel your child's life is at risk or they cannot be kept safe, call 999 or go to A&E.

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 May. 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

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



Below is a list of external support services.

Contact	Phone number	Email	Other information
CRISIS/EMERGENCY/SUICIDE			
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
BEREAVEMENT SERVICES			
CRUSE	08088081677	helpline@cruse.org	www.cruse.org.uk
SOBS	03001115065	sobs.support@hotmail.com	www.uk-sobs.org.uk
DEPRESSION			
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
ANXIETY			
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
SELF-HARM			
Self-injury Support	TEXT: 07800472908	www.selfinjurysupport.org.uk	www.selfinjurysupport.org

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

childline

ONLINE,
ON THE PHONE,
ANYTIME
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.



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

