

Safeguarding Bulletin – Children's Mental Health Week



This week there is a wellbeing assembly for you where I introduce myself Miss Snaith, and explain about how music can help you. Here is some more information for you:

One coping mechanism during lock down is the benefits of music. We all know the joy of listening to or playing a wonderful piece of music or song but there news articles that encourage you to look further into how music can really benefit our mental health and emotional well-being.

It doesn't matter if you love metal, pop or EDM, music can help your mood and help you cope with (or even take control of) tricky emotions.



Expression: The next time you're finding it hard to talk about or express your emotions, try turning to music for help. Creating your own music – whether simply strumming a guitar or composing lyrics to a song – can help you express and process your emotions. It's more about how it makes you feel, than how it sounds. Remember that no one ever has to hear your music if

you don't want them to.

Social connection: Music can stop you from feeling lonely or isolated. Whether its sharing playlists with your friends, or meeting new, like-minded people at your favourite band's next gig, music connects people.

Creativity: Did you know that listening to music allowed your brain to think creatively? So, whether it's a creative project you need to complete, or some new ways to improve your mood, try some different types of music and see what works for you.

Relaxation: Okay, so this isn't a huge scientific breakthrough, but it's worth repeating: music helps you to relax. If you choose the right kind of music, change into some comfy clothes and put your feet up, it's a safe bet that you'll feel relaxed in no time.



Motivation: You need to vacuum the house/study/get some exercise, but you just can't get off the couch? Use your favourite music as a motivational force. Crank up the volume on a killer tune and chances are you'll find it that much easier to get started.

As our remote learning and working continues no doubt you're finding that you're developing new skills, hobbies and coping strategies. I'm hoping that the article above will inspire you to add music to your list of coping strategies for the next time you feel emotional or lonely, or when you need some focus and motivation. Alternatively, you can just use music in your day for the sheer pleasure of it!



Let's start talking. On Thursday 4 February 2021, we need your help to get the nation talking about mental health.

Time to Talk Day is one of the biggest days on the mental health calendar. It's a chance for all of us to be more open about mental health – to talk, listen and change lives.

COVID-19 has changed everyone's lives and the mental health impact of this new reality is significant. However, we are more than ready and willing to adapt.

This year's theme is the Power of Small because, after all, even a brief chat about mental health has the power to make a big difference. Once we start reaching out to those around us and discussing the issues we are concerned about, we can quickly learn that it is ok not to be ok.



Thing you can try at home as a family:

Spark a one-on-one conversation

Some people can find it awkward to talk about mental health. This can make getting the conversation going a little tricky. Why not start with a game of Sussed: Time to Talk as an icebreaker?

By starting the conversation with some odd and amusing scenarios, Sussed: Time to Talk cards can help to get everyone a little more comfortable.

Get a group talking

Lots of people still think that mental health problems aren't relevant to them. This could make them feel unsure of how to join in the conversation.

Sussed: Time to Talk is a way to get everyone involved. Opening with an easy and fun game could make for a more inclusive and open conversation.

The world of Sussed: conversations for all occasions
To find out more about the award-winning range of Sussed conversation card games, visit: www.sussedthegame.co.uk

How to play Sussed – see attached pdf

1. One player picks up a card and reads out a scenario
2. Everyone else tries to figure out how the reader would most likely respond
3. The reader reveals the correct answer and everyone chats about who chose what and why

In the Community

- Stage an online movie night via Netflix, Amazon Prime or Disney+.
- Test your baking skills with a virtual bake-off over a video chat.
- Play virtual Time to Talk Day Bingo or create your own version. You can find a blank copy here.
- Put on a virtual myth-busting mental health pub quiz.
- Stage a coffee morning over Zoom, Facebook Messenger, Skype or FaceTime.

Useful places to go for information for your son/daughter:

Samaritans: 116 123 www.samaritans.org

Childline 0800 1111

<https://www.nspcc.org.uk/>

<https://www.thinkuknow.co.uk/>

<https://www.ceop.police.uk/safety-centre/>

<https://youngminds.org.uk/>

<https://www.kooth.com/>

Papyrus

PAPYRUS is the national charity dedicated to the prevention of young suicide. They provide a confidential support and advice service for:

- Children and Young People under the age of 35 who are experiencing thoughts of suicide.
- Anyone concerned that a young person could be thinking about suicide.

Telephone: 0800 068 4141/ 078 6003 9967

Email: pat@papyrus-uk.org

Website: www.papyrus-uk.org