

Place2Be's

CHILDREN'S
MENTAL HEALTH
WEEK

5-11
FEB
2024

DONNINGTON WOOD CHURCH
OF ENGLAND JUNIOR SCHOOL



Wednesday 7th February

Sarah is available for a parent drop in session from **2:15-2:45 on Wednesday 7th February**. This is an opportunity for you to find out more about what BeeU EMHP offer and how you can access their support.



Children's Mental Health Week will take place from 5-11 February 2024. The theme this year is 'My Voice Matters'.

My Voice Matters is about empowering children and young people by providing them with the tools they need to express themselves. As parents and carers, you play an important role in your child's mental health.

This year, we want to empower children of all ages, backgrounds and abilities to work together to create a positive change for their mental health and wellbeing. Our aim is for Children's Mental Health Week, we want all children and young people to be able to say – and believe - "My Voice Matters."

Families, parents and carers can get involved too! [Download our resources](#) so you can take part at home.

Who to contact?

All our staff are responsible for identifying pupils who may require further support with their mental health and wellbeing.

If you feel your child may need some further support please speak to your child's class teacher or contact the school office. We are very proud of our Pastoral team here at Donnington Wood Junior school and have a wealth of knowledge and experience to support children and their families through difficult times.



Mr Rawson

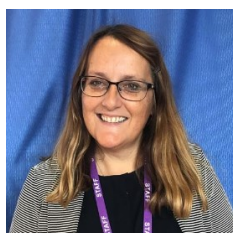
Deputy Head—Behaviour Lead



Miss Ganderton

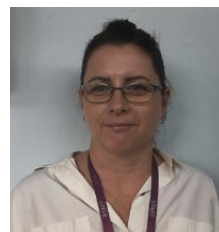
Assistant Head of Inclusion

Mental health Lead



Mrs Jenks

SENCo



Mrs Worthington

Pastoral Assistant



Mrs Billingham

Behaviour support



Sarah Partington

BeeU Mental Health Practitioner



Mr Ben Cole

Bedazzle



Mrs Rutherford

Emotional Literacy Assistant

Friendly February 2024



MONDAY



5 Make time to have a friendly chat with a neighbour

TUESDAY



6 Get back in touch with an old friend you've not seen for a while

WEDNESDAY



7 Show an active interest by asking questions when talking to others

THURSDAY

1 Send a message to let someone know you're thinking of them

8 Share what you're feeling with someone you really trust

FRIDAY

2 Ask a friend how they have been feeling recently

9 Thank someone and tell them how they made a difference for you

SATURDAY

3 Do an act of kindness to make life easier for someone

10 Look for good in others, particularly when you feel frustrated with them

SUNDAY

4 Invite a friend over for a 'tea break' (in person or virtual)

11 Send an encouraging note to someone who needs a boost

12 Focus on being kind rather than being right

13 Smile at the people you see and brighten their day

14 Tell a loved one or friend why they are special to you

15 Support a local business with a positive online review or friendly message

16 Check in on someone who may be struggling and offer to help

17 Appreciate the good qualities of someone in your life

18 Respond kindly to everyone you talk to today, including yourself

19 Share something you find inspiring, helpful or amusing

20 Make a plan to connect with others and do something fun

21 Really listen to what people say, without judging them

22 Give sincere compliments to people you talk to today

23 Be gentle with someone who you feel inclined to criticise

24 Tell a loved one about the strengths that you see in them

25 Thank three people you feel grateful to and tell them why

26 Make uninterrupted time for your loved ones

27 Call a friend to catch up and really listen to them

28 Give positive comments to as many people as possible today

29 Acknowledge someone's problem or pain rather than trying to fix it



ACTION FOR HAPPINESS

Happier · Kinder · Together

Young Carers: Who are they? What do they do?



Who are young carers?

A young carer is someone **under 18** who helps look after someone in their family, or a friend, who is ill, disabled or misuses drugs or alcohol.

1 in 5

secondary school children have a caring role



How many young carers are there?

- There are **800,000** secondary school pupils in England with a caring role.
- This means there are six young carers in every secondary school classroom.



The average age of a young carer **= 13** but one in ten (10%) are aged under ten

What might a young carer do?

- Practical tasks, such as cooking, housework or shopping.
- Physical care, such as helping someone out of bed.
- Emotional support, such as talking to someone who is distressed.
- Personal care, such as helping someone dress.
- Managing the family budget and collecting prescriptions.
- Helping to give medicine.
- Helping someone communicate.
- Looking after brothers and sisters.

Being a young carer can have a big impact on a young person's development.

Health

- Young carers are more likely to have anxiety or depression than other young people their age.
- 50% of young carers often feel stressed and 46% of young carers say they often feel lonely as a result of their caring roles.
- Almost half of young carers under eight get up in the night to care, interrupting their own sleep.

Education

- One in ten young carers are late for school at least once a week because of caring.
- 26% of young carers say they have been bullied because they are caring for someone.
- Young carers are more than twice as likely as their peers not to be in education, training or employment when they leave school.

Friends and family life

- 23% of young carers say their caring role has made it harder for them to form friendships.
- One in five young carers has never had a summer holiday with their family.
- More than 80% of young carers felt that their caring role affected their opportunity to take part in leisure activities.

1 in 10

young carers are providing a high level of care.

80%

of young carers may not be receiving the support they need from their local authority.

Young carers should have:

- The time to be a young person.
- The same opportunities as their friends.
- Good support for themselves and the person they help look after.
- Their rights acknowledged.
- Help for their own support needs.



Information
Carers.org