



WINTHORPE PRIMARY SCHOOL

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learning together - growing together

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Mental Health and Wellbeing Newsletter Autumn 2023

Dear Parents and Carers,

At Winthorpe we want our children to be happy and healthy. Happy children will be enthusiastic and engaged learners who can achieve their best. In school, we explicitly teach children about how to manage life issues through our P.S.H.E (Personal, Social and Health Education) curriculum, as well as talking about issues in assemblies. However, sometimes further support may be needed to support a child.

I recently trained as our school's Senior Mental Health Lead. On our school website we have created a new page which provides links to a range of sources of support
<https://www.winthorpe.notts.sch.uk/mental-health-and-wellbeing/>

Most of these services can be accessed without a school referral. We will continue to update links and add any new sources of support on offer. We will also send out a mental health and wellbeing newsletter each term to keep you up to date. Click on the icons for more details.



Mental Health Support Team

Education Mental Health Practitioners (EMHPs), Cognitive Behaviour Therapists and Specialist Practitioners who aim to work alongside young people and their families for a short period to provide strategies to manage mental wellbeing and promote good emotional health.

Scan the QR code to make a self-referral or contact Mrs Edmonds for a school referral.



Nott Alone

It's OK not to feel OK. Local mental health advice and help for young people in Nottingham and Nottinghamshire, all in one place.

@NottAlone1 on X (Twitter)

Be U Notts

B U Notts

If you are not feeling yourself, talking about it often helps. If you need someone to talk to, we are here to listen.

SUPPORT WHEN YOU NEED IT

Next term, the Mental Health Support Team are offering this online course, starting in January for parents. Please use the QR code for more details.



MINDFULNESS

NHS
Nottinghamshire Healthcare
NHS Foundation Trust

About the course:

- 8-week online course learning mindfulness skills
- There are different practices each week that build upon each other with home practice invitations too.
- The full group will run in spring 2024 so if you are interested in hearing more, please scan the QR code to register your interest in our Online Mindfulness Course Taster Session at 1-1:30pm on 16/1/24

MBCT Mindfulness Based Cognitive Therapy



Benefits of MBCT:

- Developing a better understanding of the patterns of the mind, moment to moment.
- Feeling better able to face distressing thoughts and feelings.
- Recognising early warning signs of low mood and take helpful action.
- Recognising when striving to 'fix' certain emotions/mood states.
- Building acceptance and gently making skilful choices to best take care of yourself.

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Please let me know if you know of any other resources or support services and I will add them to our website and newsletters.

If you have any concerns about your child's mental health or questions about how to support mental health at home please contact me via email senco@winthorpe.notts.sch.uk

Thank you for your support

Mrs Sally Edmonds