

Knightsfield Mental Health and Wellbeing Newsletter - May 2025

Dear Parents/Carers,

Welcome to the May edition of our Mental Health & Wellbeing Newsletter. At Knightsfield School, we are committed to supporting all our students' emotional and mental wellbeing.

Our Mental Health Lead is Mrs Sharma. She is supported by the Mental Health Champion, Mrs Brake, and the SENCo, Mr. Poole.

Each half term, we'll share helpful tips, resources, and updates to keep you informed and empowered. Please see below for more information:

Key Support for Young People

In the annual review, the first question asked of the young person is, 'Who can you talk to?' This links to the Healthy Hand concept of building up a support network of at least five people to approach if they have a problem. Most pupils at Knightsfield can name at least two members of staff, which usually includes their form tutor. Other members of staff named are the teaching assistants, lunchtime supervisors, office staff, the senior leadership team, and Mrs Hazel, the pastoral lead.

At Knightsfield we offer a range of support and guidance. Each pupil has a half-term of mental health lessons with Mrs Sharma every year. Some pupils may take part in weekly sessions or a block of the following interventions:

- Art Therapy
- Protective Behaviours
- Specific sessions run by the Family Support Worker
- Weekly check in sessions with a key member of staff
- Smile Therapy
- Counselling

If you feel your young person would benefit from one of these interventions, please speak to Mr. Poole (SENCo). We will cover these in more detail in later newsletters.

Advice for Parents

How to talk to your child about mental health (advice taken from www.youngminds.org.uk)

When your young person is going through a difficult time, you can make a huge difference by listening to them and being there. Here are some tips you may find useful:

Key Recommendations:

1. Choose the Right Moment: Engage in conversations during relaxed times, such as while walking, cooking, or driving. Side-by-side activities can make discussions feel less confrontational and more comfortable.
2. Initiate Gently: Start with open-ended questions like, "How are you feeling today?" or "I've noticed you seem a bit quiet lately. Would you like to talk about it?" This approach encourages openness without pressure.
3. Be Patient and Listen: Allow your child to express themselves at their own pace. Active listening without immediate judgment or solutions helps them feel heard and valued.
4. Validate Their Feelings: Acknowledge and accept your child's emotions, reinforcing that it's okay to feel upset, anxious, or confused. This validation fosters trust and emotional safety.
5. Offer Support: Let your child know you're there for them and willing to help find solutions or seek additional support if needed.

For more detailed guidance and resources, you can visit the full article here: [How to Talk to Your Child about Mental Health](#).

Links for Young People

YoungMinds (youngminds.org.uk)

A leading charity dedicated to supporting the mental health of children and young people. Offers information for parents and carers, advice on specific issues, and access to a parent helpline.

MindEd for Families (minded.org.uk)

A free educational resource from health professionals that provides advice and guidance for families concerned about their child's mental health, covering a wide range of issues from everyday parenting to serious mental illness.

Kooth (kooth.com)

A free, safe, and anonymous online counselling and support service for young people aged 10–25. Offers access to a supportive online community, peer support forums, and professional help via chat or messaging.

For more information, visit our Mental Health page: [Knightsfield School Mental Health Page] (<https://www.knightsfield.herts.sch.uk/students/student-safety-and-wellbeing/>)

Up and Coming Events

Exams for Year 11

Exams can be a difficult time. Here are some top tips to support young people with mental health:

- Talk to someone – Share how you're feeling with a parent, teacher, or friend.
- Take regular breaks – Short, frequent rests help your mind recharge.
- Keep things in perspective – One exam won't decide your future.
- Look after your body – Sleep, eat well, and get some fresh air.
- Use positive self-talk – Be kind to yourself. You're doing your best.

For advice on exam stress and emotional wellbeing visit: youngminds.org.uk/examstress

Mental Health Awareness Week (13th – 19th)

The theme for this year is 'Community'.

Mrs Sharma will lead an assembly for pupils on the Monday of this week. Pupils will then work together in form times to explore the theme of community in more detail.

There are some great links to community activities on the following websites:

[Mental Health Awareness Week 2025 - Mental Health UK](https://mentalhealth-uk.org) (<https://mentalhealth-uk.org>)

[Mental Health Awareness Week - Youth Talk](https://youthtalk.org.uk) (<https://youthtalk.org.uk>)

We hope that you will find this helpful and look forward to sharing more information with you in the future including our new Mental Health portal on our school website.

Yours sincerely,

The Mental Health Team

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10 WAYS TO GET INVOLVED WITH YOUR COMMUNITY



**MENTAL
HEALTH
AWARENESS
WEEK**
12 - 18 MAY 2025

From book club to art class, Swifties to gamers, volunteer groups to shooting hoops – community is good for our mental health. They help us to belong, feel supported, and have purpose.

Here are ten ways to get involved with your community and boost your mental health.



1. MAKE IT FUN

Choose an activity you enjoy. You could join a club or group centred around your interests.



2. GET OUTDOORS

Get out and moving in nature for more mental health benefits.



3. FIND LIKE-MINDED PEOPLE

Build connections with people who share your interests and values. But try to also meet people who are different from you, too.



4. SHOW KINDNESS TO OTHERS

Connect with your community through small acts of kindness, which will benefit both you and others.





5. SHOW YOUR APPRECIATION

Sharing a compliment or showing appreciation can strengthen your relationships.



6. CONNECT ONLINE

Find others who share similar experiences or interests online. Remember, healthy online communities should make you feel safe and valued.



7. GIVE BACK

Helping others is a great way to build community and give you purpose.



8. CARE FOR YOUR LOCAL COMMUNITY

Increase your sense of belonging by getting involved in your local community.



9. WELCOME OTHERS

Make new people joining your community feel welcome and included.



10. FIND PEER SUPPORT IF YOU'RE STRUGGLING

Connect with others going through similar experiences through peer support groups.



TOGETHER
FOR **GOOD** MENTAL HEALTH

Learn more about community and mental health.

[MENTALHEALTH.ORG.UK/MHAW](https://www.mentalhealth.org.uk/mhaw) #THISISMYCOMMUNITY