

# MENTAL HEALTH NEWSLETTER

*What's  
happening this  
month*

Each half term, we will share helpful tips, resources, and updates to keep you informed and empowered and we would like to guide you to some new resources that can be found on our website:

- The Sandbox, a digitally based mental health support for children and young people has released additional resources for families to understand self-harm.
- For our parents and carers who live in Hertfordshire, there are Children's Wellbeing Practitioner workshops taking place from July to September. Please scan the QR code below for further details:



Summer holidays are a wonderful time for children to rest, recharge and grow but they can also bring changes to routines, emotions and screen time habits. This simple guide is here to help you support your child's mental well-being with three tried and tested approaches, mindfulness, spending time in nature and healthy digital habits.

Mindfulness can help us slow down and feel steady. It is all about paying attention to the present moment helping an individual to manage big emotions and stay focused.

Perhaps try these tips at home:

- A one-minute breathing break where you inhale for the count to four, hold for four and exhale for four a few times a day.
- Gratitude jars are away of remembering the good things that happen on a daily basis. The method is simple, just write down something good that has happened during the day, drop it in a jar and review on a weekly basis.
- Listening to short, guided meditations can also foster a sense of feeling grounded- Apps such as headspace and insight timer both have suitable options for children and adults alike.

Spending time outdoors is one of the simplest and most effective ways to lift mood and lower stress as witnessed by the students in our Forest School lessons! Just stepping outside for a few moments in the day can help to calm busy minds.

Ideas include:

- Nature walks to spot wildlife or even identify the different types of trees in the local area.
- Cloud spotting during the day
- Star gazing in the evening.
- Take a break from social media.

Digital detox programmes have helped young people reconnect, reduce anxiety and sleep better. Tips to support this include:

- Establishing screen free zones for example in bedrooms or during mealtimes
- Taking a week- long tech break challenge as a family or encouraging tech swaps such as reading a book, drawing or doing something practical and creative just like our students did at PGL and enjoyed every moment of it!

Why not use this opportunity to take part in our optional Summer Challenge which relates to one of the Five Ways to Well-being-Taking notice.

We would like students to create something with materials found in nature and this could be:

- A picture made from twigs collected on a walk.
- A photo of a sand sculpture created on the beach (please do not include photos of others).
- A collage of leaves or flowers
- A photo of a sunset or interesting cloud formation.
- Perhaps being in nature inspires a poem, song or music composition. We would be happy to see, hear or read these creations in September.

We hope that you will find this newsletter helpful and look forward to sharing more information with you in the future.

Have a Happy Summer break.

