



THE HEALTHY MINDS TEAM

SPRING 2024 NEWSLETTER



WHO ARE WE?

THE HEALTHY MINDS TEAM CONTINUES TO PROVIDE A FREE AND CONFIDENTIAL NHS SERVICE FOR CHILDREN, YOUNG PEOPLE AND FAMILIES IN SOUTH TYNESIDE. WE WORK IN EDUCATION SETTINGS OFFERING EARLY HELP AND PREVENTION FOR YOUNG PEOPLE WITH MENTAL HEALTH DIFFICULTIES.

"I THINK THE HEALTHY MINDS PROJECT IS ABSOLUTELY FANTASTIC AND EVERY SCHOOL IN THE COUNTRY SHOULD HAVE ACCESS TO SUCH A GREAT SERVICE"
HEAD TEACHER

WE OFFER 3 CORE FUNCTIONS:

- CONSULTATION FOR SCHOOL STAFF
- SUPPORT WITH DEVELOPING THE WHOLE SCHOOL APPROACH TO MENTAL HEALTH AND WELLBEING
- GROUP WORK / 1-1 SUPPORT



EXAM STRESS TIPS



With exam season just around the corner, here are some helpful tips to support your students:

- Remember, it's normal to feel stressed around exam periods
- Promote openness and encourage students to talk about how they are feeling
- Support students to create revision timetables
- Make sure students plan time to relax, and engage in meaningful activities to help manage stress levels
- Look out for unhelpful thinking styles and try to challenge them. For example "I am going to fail my exams" could be changed to "I have worked hard and I will try my best"
- Set up revision / study groups for students who struggle to revise at home
- Encourage students to get outside and to stay active



LATEST EVENTS



YOU ARE INVITED TO OUR NEXT LOCALITY EVENT!

THE EVENT WILL COVER:

- HEALTHY MINDS TEAM SERVICE UPDATES
- FEEDBACK FROM STUDENTS, FAMILIES AND TEACHERS
- SHARING GOOD PRACTICE AROUND MENTAL HEALTH & WELLBEING IN SCHOOLS
- TERMLY TOPIC: *ADVICE ON HOW TO SUPPORT STUDENTS DURING EXAM SEASON*
- AN OPPORTUNITY TO NETWORK WITH OTHER MENTAL HEALTH LEADS

AREA 1 WEST

THURSDAY 2ND MAY 2024
3:45PM - 4:45PM
HEBBURN COMPREHENSIVE SCHOOL

AREA 2 EAST

TUESDAY 30TH APRIL 2024
3:45PM-4:45PM
HARTON PRIMARY SCHOOL

AREA 3 CENTRAL

MONDAY 29TH APRIL 2024
3:30PM-4:30PM
EPINAY BUSINESS AND ENTERPRISE SCHOOL

Refreshments and free mental health resources will be provided.

To secure a space, please email us on stsft.healthymindsadmin@nhs.net



THE HEALTHY MINDS TEAM



CHILDREN'S MENTAL HEALTH WEEK

THIS TERM, SCHOOLS AND COLLEGES IN SOUTH TYNESIDE TOOK PART IN CHILDREN'S MENTAL HEALTH WEEK. THIS YEARS THEME WAS 'MY VOICE MATTERS'.



DID YOU KNOW

IN SOME SCHOOLS, CHILDREN WROTE LETTERS OF GRATITUDE TO EACH OTHER

When you apologised and made me feel good
I felt better and that felt good!

When you asked what was wrong when I was crying
I felt like I matter and that felt good!



FEEDBACK

THIS TERM WE HAVE GATHERED FEEDBACK FROM TEACHERS AND STUDENTS WHO HAVE ACCESSED OUR WE EAT ELEPHANTS WORKSHOPS

"There are several children in this class who suffer with anxiety related issues and I feel they are calmer and more able to regulate their emotions now"
Class Teacher, Westoe Primary School

"We found We Eat Elephants particularly beneficial in helping our year 6 class. They have been able to use their new knowledge to help them with stress and the worry of transition to secondary school"

Class Teacher, St Bedes RC Primary



The lessons have helped me feel better and solve my problems. I liked the sessions. 13