



# Circles for Learning

## MHWPB Newsletter

[www.circlesforlearning.co.uk](http://www.circlesforlearning.co.uk)

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Welcome to the August Newsletter! This month marks the 50<sup>th</sup> Edition!! Who knew we would get to 50 when we first started out!

This month also marks the end of the school year! You have made it!! Well done! I am sure these last few weeks, for those of you in schools, has been frantic with sports days, end of school plays, exams, and all the activities that we do at the start of Summer. Because of all of these activities I am sure a lot of you are feeling shattered-so take some time, maybe an iced cold drink, and have a read through this month's newsletter.

You made it!! 😊

### Special days in September

For the eagle eyed among you, you will notice that we have included special days in September and not August-this is because you will all be enjoying your Summer holidays throughout August so we thought we would give you a head start on some dates in September that you might want to celebrate/mark in schools when you return!

#### 2nd Sept National Foodbank day

- ❖ KS2: <https://www.twinkl.co.uk/resource/t3-p-76-understanding-foodbanks-lesson-pack>
- ❖ KS2: <https://cdn.we.org/wp-content/uploads/2016/09/WE-Scare-Hunger-Primary-Lesson-Package.pdf>
- ❖ KS3: <https://www.tes.com/teaching-resource/what-is-a-food-bank-12622625>
- ❖ Things schools can do to raise money for food banks: <https://www.trusselltrust.org/get-involved/fundraise/fundraising-ideas/at-school/>

#### 4th Sept National Wildlife Day

Getting out into nature can really help people manage their mental health and wellbeing so why not teach children something they can do in nature.

Try a photography walk, bird watching, mindful nature walking or gardening. Make an insect hotel or plant some flowers.

- ❖ Mindful walking: <https://www.holisticwellnesspractice.com/hwp-blog/2020/11/14/the-art-of-walking-meditations-for-nature-lovers-who-cant-sit-still#:~:text=A%20walking%20meditation%2C%20or%20%E2%80%9Cmindful,thoughts%2C%20body%2C%20and%20surroundings.>
- ❖ Photo walk: <https://expertphotography.com/12-tips-to-get-the-most-out-of-a-photo-walk/>

## Articles for teachers

- Polyvagal Theory: An Approach to Understanding Trauma: <https://www-psychologytoday-com.cdn.ampproject.org/c/s/www.psychologytoday.com/us/blog/talking-about-trauma/202206/polyvagal-theory-approach-understanding-trauma?amp>

*Hierarchy refers to three nervous system states—ventral vagal, sympathetic, and dorsal vagal—and their activation in a particular order. Dana states that ventral vagal helps us feel safe, show up, communicate, and connect with others. She calls ventral vagal home, the place of safety where we want to be most of the time. Sympathetic is that energy of flight or fight that helps us mobilize to survive in dangerous environments. If we cannot fight or take flight, dorsal vagal has us shut down, collapse, or go numb to protect us.*

- The Wellbeing Data Wheel: Case studies from schools around the world: <https://www.cois.org/about-cis/perspectives-blog/blog-post/~board/perspectives-blog/post/the-wellbeing-data-wheel-case-studies-from-around-the-world>

*And the reason I identified five different spokes on my wheel of data was because each one makes it less likely a student can fall through the cracks which invariably exist within the large and complex learning communities we inhabit.*



## Book recommendation for teachers

*The wellbeing toolkit for teens*

A timely, 'must have' resource for anyone supporting young people's mental health, this toolkit offers a range of practical, evidence-based interventions rooted in positive psychology.

The mental health of teenagers is an ever more pressing concern for adults

supporting them in a learning or social context, including mental health leads, education and social care professionals, as well as parents and carers.

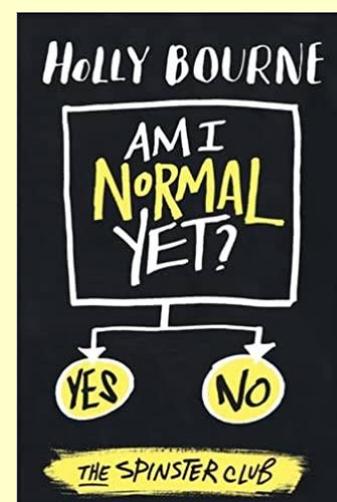


## Children and young people book recommendation

*Am I normal yet?*

All Evie wants is to be normal. And now that she's almost off her meds and at a new college where no one knows her as the-girl-who-went-nuts, there's only one thing left to tick off her list...

But relationships can mess with anyone's head - something Evie's new friends Amber and Lottie know only too well. The trouble is, if Evie won't tell them her secrets, how can they stop her making a huge mistake?



# Staff wellbeing

We know that the end of term can cause a lot of people to feel frazzled, and stressed so here are a few things to support staff wellbeing

- **Staff wellbeing resilience toolkit:** <https://www.twinkl.co.uk/resources/twinkl-life/staff-wellbeing-twinkl-life-key-stage-1/resilience-toolkit-staff-wellbeing-twinkl-life-key-stage-1?fbclid=IwAR1wl-hNAnjQVqhL0aSABJgXA+z5clByvbULHI0QDS6woZMJgpdh2RRvcMk>
- **10 Days of Happiness Free online program to boost your wellbeing:**  
<https://10daysofhappiness.org/>
- **FREE Staff Wellbeing Survey:** [https://mail.aol.com/webmail-std/en-gb/DisplayMessage?ws\\_popup=true&ws\\_suite=true](https://mail.aol.com/webmail-std/en-gb/DisplayMessage?ws_popup=true&ws_suite=true)

“I loved the different activities that helped me to focus on positives at a very uncertain time” ”

-Anonymous  
Program Participant



## Circles for Learning



Builds the skills to help children & young people KS1-KS3 manage the future and thrive

[www.circlesforlearning.co.uk](http://www.circlesforlearning.co.uk)



## Bite size staff training

- Attachment Aware in Schools: <https://www.youtube.com/watch?v=ZFMqKGEcidq>
- The ARC - Attachment Aware schools <https://www.youtube.com/watch?v=uMbhB2l4ut0>
- Attachment Theory & Foster Children <https://www.youtube.com/watch?v=V6UcibC5Wxc>
- Attachment awareness: Implications for schools <https://www.youtube.com/watch?v=BjMKN3ZDr2U>

## CPD for staff

- 13th September Eating Disorders - Ask The Expert: <https://www.acamh.org/event/eating-disorders-ask-the-expert/>
- 7th Sept. Supporting a young person experiencing thoughts of suicide - Julie Castleman-FREE access <https://charliewaller.org/what-we-offer/free-webinars>
- 'Helping Children With Loss' A Unique Training Programme: <https://www.dawnford.co.uk/about-the-programme>
- Therapeutic Storywriting: <https://therapeuticstorywriting.co.uk/training/courses>



## Resources for parents

- Sharing with families toolkit: <https://campaignresources.phe.gov.uk/schools/resources/2022-sharing-with-families-toolkit>
- FREE ONLINE COURSE: Learn how YOU can support your self-harming child's healing: <https://www.youthmentalhealthfoundation.org/onlinecourse>
- How To Educate And Support Siblings Of A Child With Autism Spectrum Disorder: <https://www-forbes-com.cdn.ampproject.org/c/s/www.forbes.com/sites/jenniferpalumbo/2022/06/27/how-to-educate-and-support-siblings-of-a-child-with-autism-spectrum-disorder/amp/>



**Podcast:** Could ADHD Be Your Student's Superpower? With Soli Lazarus: <https://beaconschoolsupport.co.uk/podcast/63>

**Video:** CAMHS | Understanding and coping with anxiety | Part 1: Understanding anxiety: <https://www.youtube.com/watch?v=e6NTaIjDJeU&t=169s>

**Blog:** Place2Be highlights the importance of early intervention to Times Education Commission: <https://www.place2be.org.uk/about-us/news-and-blogs/2022/january/place2be-highlights-the-importance-of-early-intervention-to-the-times-education-commission/>

**Whole school resource:** End of term toolkit: <https://www.mentallyhealthyschools.org.uk/resources/end-of-term->

## Resources for teachers..



- Are you worried about going to school? An Information Leaflet for young people: <https://www.stirling.gov.uk/media/1531/epsscchoolrefusal.pdf>
- Free Big life Journal pintables every Friday: <https://biglifejournal-uk.co.uk/pages/freebies>
- Learning About Neurodiversity at School (LEANS): Primary Resource Pack: <https://www.ed.ac.uk/salvesen-research/leans>

## Posters to use around school to promote Mental Health and Wellbeing

This is a **brand-new** section aimed to give you some ideas of good posters and images that you could put up around school to help increase colleagues, parents and children/young people understanding and awareness of Mental Health and Wellbeing.

You could pop these up on staff Wellbeing boards, staff rooms or in the corridors to get parents and staff talking.

- ❖ Posters for use in schools-including disability posters, LGBTQ posters, and gender stereotype posters <https://www.stonewall.org.uk/resource-type/posters>
- ❖ Mental health posters <https://www.mentalhealth.org.uk/get-involved/events-and-fundraising/fundraising-tips-and-resources/fundraising-posters>

## Have you just taken the Mental Health Lead in your school?



Are you looking for supervision from a fully trained professional? I am an educational Psychotherapist and Wellbeing Consultant in schools. I can offer zoom or other supervision for SLT and Wellbeing Leads. I am happy to chat and see if this could be useful to you? Drop me an email and we can arrange a time to talk that suits you.

Contact-[alisonwaterhouse@circlesforlearning.co.uk](mailto:alisonwaterhouse@circlesforlearning.co.uk)

## Special days in September continued..



### 4th Sept National Wildlife Day

- ❖ Build an insect hotel: [https://www.edenproject.com/learn/eden-at-home/how-to-build-an-insect-home?gclid=Cj0KCQjw8amWBhCYARIsADqZJoUyihvby9Myfa-dH3FZMV7A3s3VwKb4\\_EFFq7VkW7EYpmwv5bMjKUApmvEALw\\_wcB](https://www.edenproject.com/learn/eden-at-home/how-to-build-an-insect-home?gclid=Cj0KCQjw8amWBhCYARIsADqZJoUyihvby9Myfa-dH3FZMV7A3s3VwKb4_EFFq7VkW7EYpmwv5bMjKUApmvEALw_wcB)
- ❖ Make fat balls for birds: [https://www.nhm.ac.uk/discover/how-to-make-fat-balls-for-birds.html?gclid=Cj0KCQjw8amWBhCYARIsADqZJoXmAESc8CL7VMhEGiRUkeItOGdj\\_TEq2EYf5UxLUIVKKX\\_B1e-Y3XsaAjNXEALw\\_wcB](https://www.nhm.ac.uk/discover/how-to-make-fat-balls-for-birds.html?gclid=Cj0KCQjw8amWBhCYARIsADqZJoXmAESc8CL7VMhEGiRUkeItOGdj_TEq2EYf5UxLUIVKKX_B1e-Y3XsaAjNXEALw_wcB)

### 6th Sept Read a book day

There are many books that support children and young people's understanding of mental health and wellbeing. Why not take the opportunity today to share some of the books and help children talk about the subject.

- ❖ <https://childmind.org/article/best-childrens-books-about-mental-health/>
- ❖ <https://www.lovereadings4kids.co.uk/blog/collections/anxiety-wellbeing-60-books-to-help-children-nurture-good-mental-health-6083>



### 10<sup>th</sup> Sept World Suicide Prevention Day

- ❖ Guide for teachers and schools: <https://www.papyrus-uk.org/save-the-class/>
- ❖ 5 Top Resources for schools: <https://futuraumcareers.com/five-helpful-teaching-resources-for-world-suicide-prevention-day>

### 12th September National Encouragement Day

- ❖ Why not choose today to help children and young people understand the power of encouragement.
- ❖ Collect words of encouragement and discuss how they make us feel.
- ❖ Make an encouragement poster or collage of words
- ❖ Create motivational or encouragement posters and put them up around school.
- ❖ Encourage others video: <https://www.youtube.com/watch?v=oqL6cCc5O2c>

### 23rd Sept Celebrate bisexuality day

- ❖ Assembly: <https://www.theproudtrust.org/schools-and-training/secondary-resources/assembly-resources/>
- ❖ Resources: <https://www.lgbtyouth.org.uk/national-programmes/schools-and-teachers/lesson-activities-and-assemblies/>

