

This month's wellbeing edition is about Head & Heart:
Supporting Mental Wellness in School



Head & Heart: World Mental Health Day - October 10th

World Mental Health Day reminds us that children's wellbeing starts with small, everyday moments, listening, playing and showing kindness. Primary-aged children are learning how to name feelings and cope with worries, and parents can help by making conversations about emotions normal. Reading a story about feelings, trying a child-friendly breathing exercise, or listening to a calming podcast together helps children see that it's okay to talk about their mental health. By looking after your own wellbeing, you model healthy habits that children can carry with them as they grow.

A Poem to Share - "Pause"

Take a breath, let the world slow,
Not every path is fast to go.
A moment's stillness, a softened mind,
Can help us leave the weight behind.
Your heart is steady, your head can rest,
Small gentle pauses serve us best.

IF YOU OR SOMEONE
YOU KNOW IS
STRUGGLING WITH
THEIR MENTAL HEALTH,
YOU ARE NOT ALONE,
CLICK THE BUTTON
BELOW TO FIND OUT
WHERE YOU CAN GO TO
GET HELP.



Useful Website-Click here

A Parents' Toolkit opinion poll, commissioned in partnership with parenting website Netmums, revealed that nearly 1 in 3 parents have noticed a deterioration in their child's mental health over the 6 months before being polled and while 50% of parents would ask a health practitioner/teacher or other qualified expert for help - of the respondents who said their child has experienced challenges with their mental health - 37% said "I have experienced barriers in seeking help for my mental health issue in my child."



"Feelings are much like waves, we can't stop them from coming, but we can choose which ones to surf." - Jonatan Mårtensson

#PinItForMentalHealth



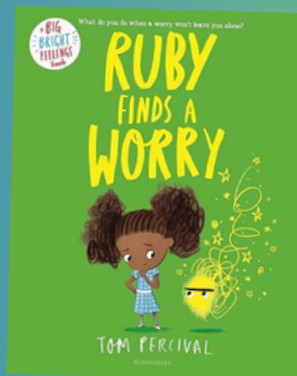
The green ribbon is the international symbol of mental health awareness.

Wear a green ribbon to show colleagues, loved ones or simply those you walk past that you care about their mental health. It can also be worn in memory of a loved one.

ORDER NOW



Book of the month - Click Here



What do you do when a worry won't leave you alone? This beloved picture book from the Big Bright Feelings series is perfect for reassuring young readers in times of stress.

