



Mental Health Newsletter Autumn 2021

Meet our Wellbeing Ambassadors!

With our new term well underway, we would like to introduce parents to our Wellbeing Ambassadors. They are part of the Wellbeing team at Gorse Hall and give pupils a voice to help shape our mental health support at school and in the wider community. They have organised and led the #Helloyellow activities and assemblies.



We all struggle with how we're feeling sometimes. But the little things you do can make a BIG difference.
Wear something yellow to school on 8 October and donate £2 to YoungMinds. Together, we'll show young people they're not alone with their mental health.
Because a little yellow... goes a long way.
youngminds.org.uk/helloyellow

Thank you for supporting Hello Yellow day and helping to raise awareness for children and young people's mental health.

Mental Health session for parents

There will be a Connect 5 Parent session in school Monday 24th January. This will take place in the school hall and is open to all parents. It will be in the afternoon and specific details will follow nearer the time. If stricter Covid restrictions are put in place after Christmas, a virtual meeting



will take place instead.

Pupil Wellbeing Survey



To help us support our pupils as much as possible, please could you ask you child to complete this survey (if younger, you may need to read the questions to them). We would like them to be as honest as they can and not answer how they think they should answer. Findings will be used for school purposes only stored securely, results shared with parents (anonymous –no names) and discarded when analysed.

<https://forms.office.com/Pages/ResponsePage.aspx?id=DmzfroyUKU6J6y7gqcrLioXKzuTyQO5AgYvEHDFYJq5UOUnUQ0xIMDFQU0VLuzFWVEo30TayN1hLMi4u>



Parenting Helpline

Do you need support, advice and guidance?

Monday AM 9-11am
Kim McInerney (07583971806) or Rachel Berrisford (07971800378)

Wednesday AM 9-11am
Azara Azam (07870277592) or Rachel Berrisford (07971800378)

Friday AM 9-11am
Jenny Bostock (07598555122) or Rachel Berrisford (07971800378)

The Parenting Team are here to support you during this time. If you have any worries or concerns that you want to share, please call one of the team on the numbers detailed or email:
parentingreferrals@tameside.gov.uk



If you need support with your child's mental health (ages 8+) drop in to Anthony Seddon on Catherine Street, Ashton on Wednesdays between 4-8pm. If they need a referral, they can put you in touch with the correct support. There are lots of activities and workshops to support your child.

FREE ? Online Courses

- Understanding your child
- Understanding your baby
- Understanding pregnancy, labour, birth and your baby

Popular online courses about being the best parent, grandparent or carer you can be.

Award winning content written by psychologists, psychotherapists, health visitors, midwives & NHS and education professionals.

Visit: www.inourplace.co.uk

Access code for Tameside residents: SUNFLOWER

For technical support contact:
Solihull.approach-parenting@heartofengland.nhs.net

Or call 0121 296 4448 Mon-Fri 9am-5pm

I'm worried about my child's eating habits (Action for Children)

Everyone has different eating habits. But if you're worried about your child's relationship with food or their body, it might be worth looking for some support.

If your child's eating habits negatively affect their everyday life, they may have an eating disorder. This is when someone uses food to cope with certain situations or feelings. Teenagers between 13 and 17 are most at risk, but anyone can have an eating disorder.

It can be helpful to know the signs and what to do if you're worried about your child.

Read more: <https://parents.actionforchildren.org.uk/mental-health-wellbeing/self-esteem/child-eating-habits-disorder/>



Peer-on-peer Abuse in schools

Peer-on-peer abuse can happen in and out of any school. Peer-on-peer abuse includes, but is not limited to:

- physical and sexual abuse
- sexual harassment and violence
- emotional harm
- on and offline bullying
- teenage relationship abuse



It is anti-bullying week this week in school. The children will be doing lots of activities to keep them safe. If your child needs support, please speak to their class teacher. Well done to the children for wearing odd socks on Monday!

If you are worried about bullying and need some advice or support you can contact the Kidscape Parent Advice Line. You can find out more about it at: www.kidscape.org.uk.