

CAMHS SCHOOL IN-REACH: SPRING NEWSLETTER

We are a team aiming to support the whole-school approach to wellbeing in schools across Swansea and Neath Port Talbot.

Each school has a named Emotional Health and Wellbeing Practitioner that can provide support to staff, parents, children and young people.



NEW VENTURES...



Hi my name is Mark and I am an Emotional Health and Wellbeing Practitioner for the School in reach service. I have recently joined the team and am excited to work alongside schools to support with early intervention mental health and emotional health strategies. I am also an integrative therapist and a qualified Mental Health First Aid Trainer. I am also currently studying a Masters in Child and Youth Development.

I am a dad of three wonderful children who keep me very busy and when I do have spare time I enjoy walking, playing piano and wood carving.

Welcome to the team, Mark!



- Catrin has started a part-time role in the new Children's Centre Psychology service. This is a developing service which will support children and young people with complex needs and disabilities across Hafan y Mor and NPT's Children's Centre. Catrin will be supporting the development of the service as an Assistant Psychologist.

Congratulations, Catrin!

WHAT WE'VE BEEN UP TO...

WE'VE HAD A BUSY TERM... LET'S SEE SOME OF THE STUFF WE'VE BEEN UP TO!



Children's Mental Health week

In February we celebrated Children's Mental Health week. During this week you may have caught us in The Quadrant Shopping Centre, telling the public all about School In-Reach! We are passionate about supporting students and young people with their wellbeing and mental health - and encourage everyone else to be too! Many schools also took part in our activities shared on YouTube and made their very own 'Tree of Life', take a look here:



Whole Class Teaching



Many schools have invited us in to do whole class teaching one emotional regulation and worries. In these sessions we have discussed different types of emotions, body maps and created worry plans for when we are feeling these strong emotions. Special shout out to Sandfields Primary, Knelston Primary, and Cefn Hengoed Community School pictured below!



Transition



Change is a normal part of a child/ young person's life and it can provide many opportunities to develop confidence and resilience. Transitions can be exciting for children and young people but can also at times bring on feelings of uncertainty. Many children who experience change and transitions feel this mix of emotions, which is completely normal, and to be expected.



Getting transition right is vital for every child/ young person and it is not a single event that merely happens. Transition is an ongoing journey that involves everyone around the child/young person, keeping them at the very heart of the process.

Top Tips for Transition



Visualise yourself in your new class, new school, or college; use your imagination and create a picture in your mind



Think about things that you have done in the past where you felt a mix of feelings and how you coped with them; they could be trying something new, starting a new sports team or going on holiday to a new place.

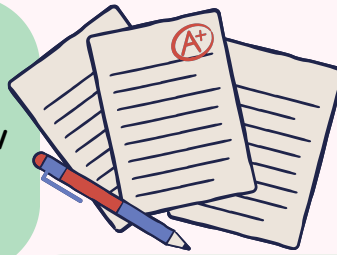
Think about any questions you may have about transition, you could write or draw them on paper or ask someone that you are close to.



Our summer Newsletter will continue the conversation about transition and provide some tips for parent/carers

EXAM STRESS

Exams are upon us and many young people may be feeling the pressure to achieve in the months to come. So, how can we help manage our stress and improve learning?



Firstly, it is important to understand that it is normal to feel worried or stressed – you are not alone. Our brains have evolved to spot danger, stress kept our ancestors alive. These days, we concern ourselves with modern life “dangers”, one such danger is exams and achievement.

REVISION TIPS



1.

When we revise or sit exams, we are often stuck in a chair, taking breaks to not only move your body but to change your environment is a useful way to reduce the stress in your body. If cannot move from your chair, try Progressive Muscle Relaxation - scan the QR code!



2.

Controlled deep breathing is an excellent way to feel less stressed, when we exhale slowly our heartbeats more slowly, which makes us relax (scan the QR code for deep breathing strategies).



3.

Set small achievable goals – for example set a certain subject to revise, and then cut it down to a certain task e.g. read chapter 4. Tick lists can be helpful too!



4.

Have a revision plan – one way is to do small bursts of revision with regular breaks. It can also be useful to have a visual timetable. Scan the QR code to learn more!



5.

Take regular breaks, ideally every 45 minutes. Our brains struggle to concentrate for more than 45 minutes, so take short breaks in between!



6.

Getting enough sleep is also important. Teenagers need approximately 8.5 hours a night. This time is important as our brains have time to process the information we've learned, and is rested for the next day.



Lastly, be kind to yourself! It is easy to get caught up in exams and grades, but make sure you're making time for the things you enjoy. Reducing stress is just as important as revising, and remember whatever happens in your exams, life goes on and you will be presented with more opportunities.

Good luck to all those revising and sitting exams!



EASTER CRAFTS



Calming lavender bunny

Step 1 – Once you've gathered your supplies, its time to start by adding some lavender to your sock. We started with some at the bottom and added some at the top too. We popped the sock over a large cup to keep it in place, you could also pop the sock over a roll of tape to make pouring in the Lavender and rice easier.

Step 2 – We then added the rice. Depending on how big your sock is and how firm you want your bunny to be, just keep adding rice until you are happy. As a guide aim for the heel. You'll be adding a ribbon around the sock later to create the bunnies neck, so you'll need a little wiggle room

Step 3 – When you are happy, gather the sock up and tie and elastic band around the top to secure it. Make sure you leave enough sock at the top to cut in some bunny ear shapes.

Step 4 – Final touches! Now its time to tie a ribbon around your bunnies neck, draw on a face and add any extras. We glued on a white pom-pom tails and added a ribbon bow to one of our bunnies. {I did try putting an elastic band around the neck of the bunny but I found the head was a bit too wobbly}.

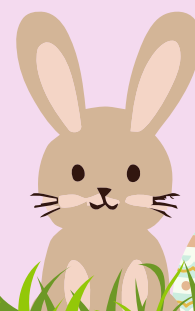
SUPPLIES:

SOCKS	RICE
LAVENDER (DRIED OR OIL)	RIBBON
ELASTIC BAND	SHARPIE PEN
SCISSORS	



Reference: Wiki how

Ta-da!





EASTER CRAFTS



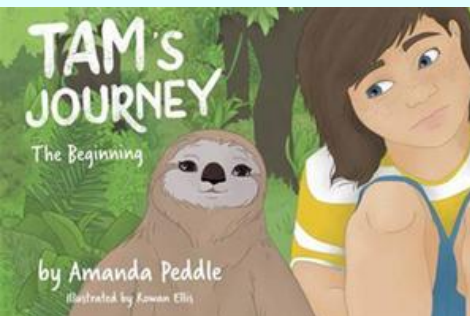
How to make an Easter basket

- 1) Start out with a square piece of paper. If you can't get square paper, use a4 and fold it to get a square then cut to shape
- 2) Make a fold for all the corners - diagonal to diagonal and the other 2 corners. Fold the paper in half from the top to the bottom and from left to right. You should have 4 folds.
- 3) Take 2 opposite corners and fold them to meet in the middle.
- 4) Fold the 2 trapeziums in towards the middle and then stand them up. These are the sides of your basket.
- 5) Take the sides that slope down and push down on them and flick the pointy bit up.
- 6) Fold it down to the level of the other side.
- 7) Do the same with the other side.

Reference: Wiki how



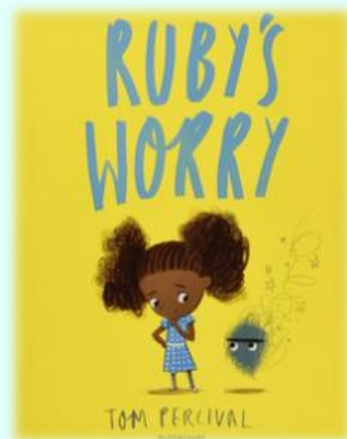
PRIMARY BOOK AND APP RECOMMENDATIONS



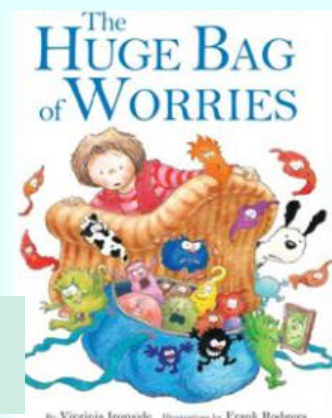
Tam's Journey by Amanda Pebble



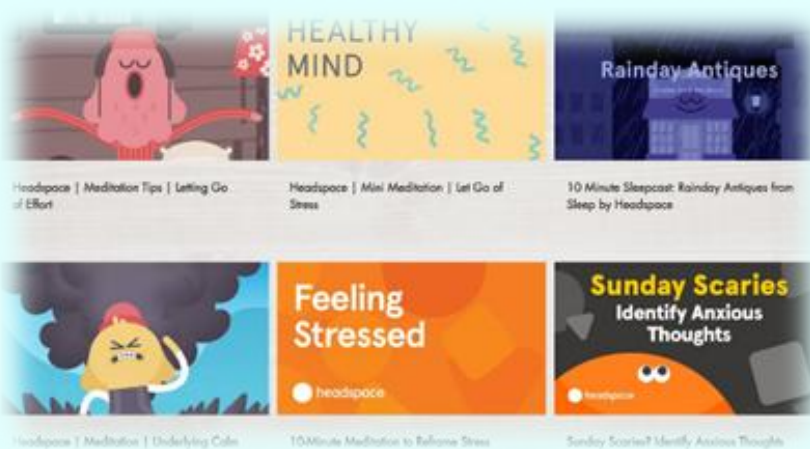
The Invisible String by Patrice Karst



Ruby's Worry by Tom Percival



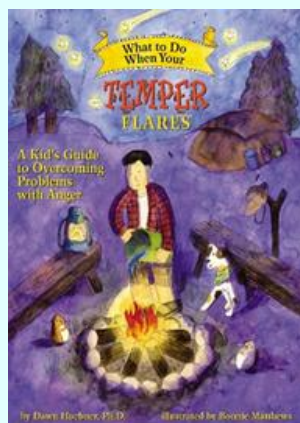
The Huge Bag of Worries by Virginia Ironside



Headspace App

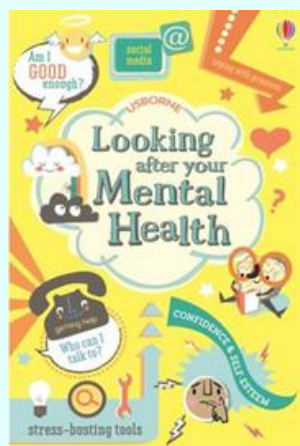
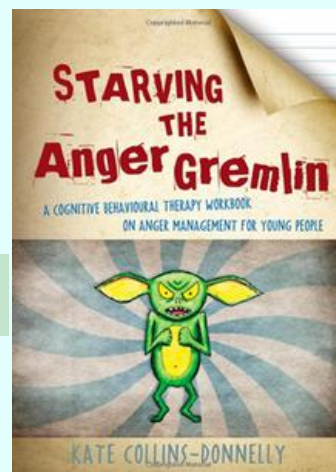


SECONDARY BOOK AND APP RECOMMENDATIONS



What to do when your temper flares- Dawn Hucbner

Starving the anger gremlin- Kate Collins-Donnelly

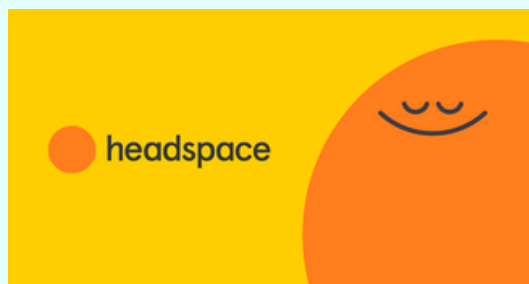


Looking after your Mental Health

Stuff that sucks- Ben Sedley



YOUNGmINDS
fighting for young people's mental health



Moodtrack Social Diary NEW
Mood Tracking Graph & Journal
Matthew Windwer
Designed for iPad
★★★★★ 4.8 - 214 Ratings
Free - Offers In-App Purchases



Insight Timer - Meditation App
★★★★★ 4.8