


# CAMHS SCHOOL IN-REACH: SUMMER 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.





You've got this,  
Breathe in and out.  
Don't cry or pout,  
It's gonna be okay.

There's no need to shed a tear,  
You know I am here.  
I've got you,  
It's gonna be okay.

It's hard to breathe sometimes,  
And life can be scary.  
But have hope and faith in your ability,  
It's gonna be okay.

We love you,  
We support you,  
We know what you can do.  
It is going to be okay,  
I promise you.

So, breathe in and out,  
Let your worries fade away.  
Don't be scared about the future,  
Be glad to live today.

Amy Davies - Year 10 - Cefn Saeson Comprehensive School





# TRANSITION TIPS FOR PARENTS/CARERS

DURING OUR PREVIOUS NEWSLETTER WE SHARED SOME TIPS FOR CHILDREN FOR TRANSITION TO SECONDARY SCHOOL. THIS SECTION WILL SHARE SOME TIPS OF HOW YOU AS PARENT/CARERS CAN HELP.



Expect and normalise a big mix of emotions – it is common for your Yr 6 child to feel sadness, excitement, apprehension, nervousness and worry with the prospect of leaving their primary and starting their secondary school.

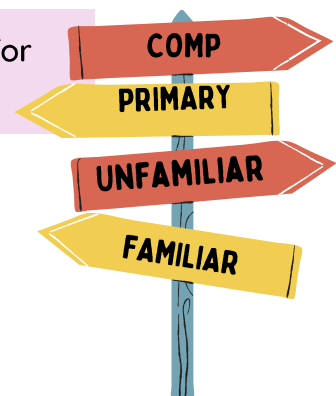
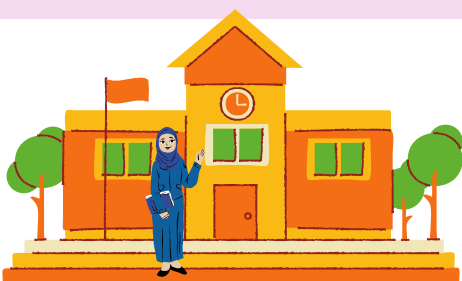
**Validate** these feelings by saying things such as “I understand you are worried” and “It looks like you are feeling sad to leave primary”. Offer some **alternative perspectives** “I know you are worried about not being in the class with your best friend, I’m sure you will make some new friends” and “I understand that you are scared of getting lost, all new pupils will be feeling like that, you will soon find your way around the school.” Validating and challenging worrying thoughts will help your child to understand and manage their emotions.

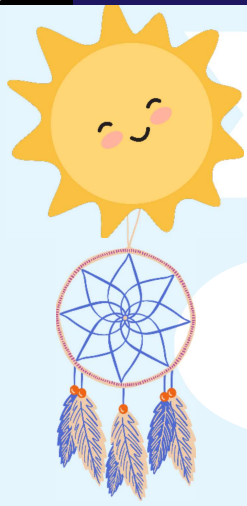
Allow time during the summer for some preparation of independence, following instructions, having a chore or task and being responsible for organising and timing something such as a journey with friends or looking at timetables of transport. This will help your child become familiar with responsibility and independence in a safe and familiar way.

Remind your child that they have experienced change before, it is sometimes tricky and feels scary but they will be ok. Draw on previous experiences as examples such as meeting someone new, having a supply teacher, a new club or team, going away from home on a holiday or school residential etc.

Be mindful of your own thoughts, feelings and actions when talking about secondary school. Depending on your own experience of school, this can have a positive or negative impact on how your child might feel about their new start.

For more top tips, ask your school about our recorded session ‘Transition Tips for Parents/Carers’ by CAMHS School In Reach.





# Summer Crafts



## SUN CATCHER

### SUPPLIES

- CARD OR WOODEN STICKS FOR THE FRAME
- CLEAR PLASTIC (POLY POCKET, RECYCLING, TAPE)
- ITEMS YOU FIND IN NATURE
- GLUE
- STRING

**STEP 1: CREATE YOUR FRAME FROM YOUR STICKS - YOU CAN MAKE THIS ANY SHAPE YOU LIKE.**

**STEP 2: GLUE OR STICK YOUR CLEAR PLASTIC TO YOUR FRAME.**

**STEP 3: GO OUT FOR A WALK IN NATURE WHILST YOU LEAVE YOUR FRAME TO DRY. ON YOUR WALK, LOOK FOR ITEMS YOU CAN USE FOR YOUR SUN CATCHER - THESE CAN BE LEAVES, FLOWERS, OR ANYTHING FLAT. USE ITEMS THAT HAVE FALLEN OFF A TREE OR PLANT - DON'T PICK FLOWERS WITHOUT PERMISSION FROM THE GARDENER!**

**STEP 4: WHEN YOU'RE HOME, COVER THE PLASTIC IN GLUE AND START STICKING YOUR NATURAL ITEMS TO YOUR SUN CATCHER.**

**STEP 5: ADD A HOLE AND STRING TO THE TOP AND HANG IT IN YOUR WINDOW!**







# Summer Crafts

# MINDFUL ROCK PAINTING

## SUPPLIES

- ROCKS OR STONES
- PAINT OR PERMANENT MARKERS
- PVA GLUE

**STEP 1: TAKE A LOVELY WALK ALONG YOUR LOCAL BEACH, TO FIND A PEBBLE OR SMALL ROCK YOU LIKE THE LOOK OF. CONSIDER THE TEXTURE AND SHAPE OF YOUR PEBBLE.**

**STEP 2: USING YOUR PAINT OR MARKERS CREATE PATTERNS, SHAPES, OR WORDS THAT WILL REMIND YOU TO STAY CALM.**

### STEP 3: •YOU COULD TRY:

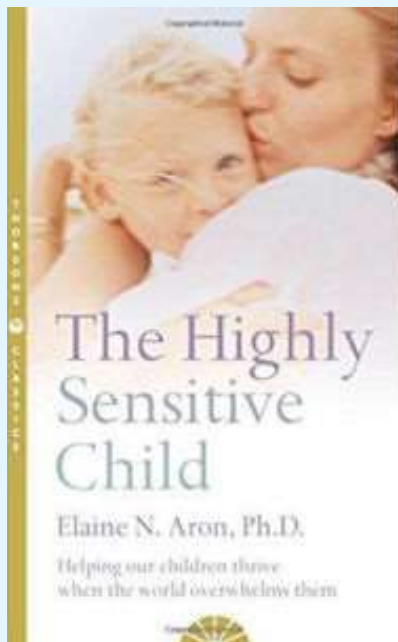
- **CREATING A MINDFUL MAZE**
- **JOKES OR IMAGES**
- **HIGHLIGHT THE STONES NATURAL FEATURES**
- **WORDS: LISTEN, BREATHE, LOOK/NOTICE, FEEL, SMELL**
- **AFFIRMATIONS OR GRATITUDE PROMPTS**

**STEP 4: ONCE YOUR CREATION IS DRY, COAT THE ROCK IN PVA GLUE TO PRESERVE THE COLOURS AND MAKE IT SHINY.**





## Book recommendations for Parents



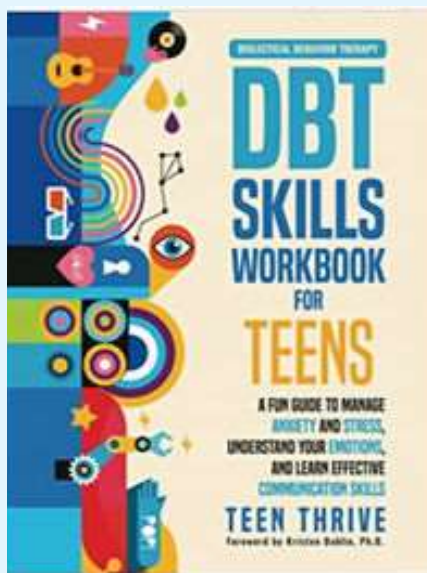
The Highly Sensitive Child - Helping our children thrive when the world overwhelms them

By Elaine N Aron

15-20% of children are Highly Sensitive – and they are often labelled shy, introverted, fussy or faddy. This intelligent, practical book helps parents know what to do, when to back off, and how to ensure their child is given the right sort of treatment at school.

Play Therapy Activities: 150 Fun Activities For Parents and Children to Play to Improve Emotional Stability and Bonding  
By Charlotte Patel

A book that encourages children aged 3 to 9 to explore their emotions via interesting activities such as colouring, puzzles, drawing and writing. The aim of the activities are to teach children more helpful actions, emotional awareness, and the ability to resolve inner conflicts.



The DBT Skills Workbook for Teens: A Fun Guide to Manage Anxiety and Stress, Understand Your Emotions and Learn Effective Communication Skills

By Teen Thrive

The DBT skills workbook for teens is a fun, engaging and gamified experience, precisely what keeps today's distracted teens motivated to do the work. Designed to help teens to cope with stressful times, to balance powerful feelings and emotions in an effective way, and to navigate interpersonal relationships effectively.



# App Recommendations for Parents



## Mindshift CBT - Anxiety Relief

MindShift CBT is a free self-help anxiety relief app, that helps you reduce worry, stress, and panic by following evidence-based strategies. Using CBT tools, you can challenge negativity, learn more about anxiety, develop more effective ways of thinking, be mindful, and relax.



## Reflectly - Journal & Diary

Reflectly is the #1 journaling app that's like your best friend. Vent your thoughts & feelings to improve your mood and practice mindfulness. Write down how you feel each day in your own mood diary.



## Tappy: Self Care Fidgeter

Tappy is a fidgeting app designed to help you reduce stress and anxiety quickly in a fun and satisfying way! Check out the entire app to discover ways to be mindful, improve mental health, reduce stress, and ease anxiety.

