

Children and Young People's Newsletter



Welcome to our Newsletter. September arrived very quickly! Or at least that's how we feel. We hope you had a great summer break, you have recharged your batteries and squeezed out every bit of the summer time!

Welcome back!

It is time now to go back to school and to return to our usual routines. It can be stressful to think about going back to school but hopefully it is also exciting as you're going to see your friends or make new ones if you are changing schools, learn and experience new things and grasp new opportunities. To make this a smooth and enjoyable process, don't forget your essentials listed below.

Your essentials when coming back to school:



1. Restful night and a good breakfast

There's nothing more helpful the day before going back to school (and any other school day) than a good night sleep and a nutritious breakfast. We know from many studies that good sleep provides us with energy, good concentration levels throughout the day and a happy mood. Similarly, a good diet can help us to stay energised and keep our mood stable. So, make sure you have those two in order before going back to school. Go to bed early enough to sleep 8-10 hours, get up early enough to have a healthy breakfast and you will get off to a good start.

2. Positive attitude

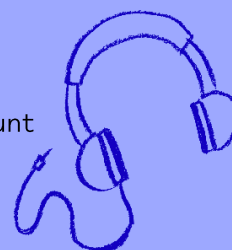
This might sound cliché but it all depends on your mindset. If you're going to stress and expect negative things, your mind will definitely try to find some in your surroundings. Instead, think about what you're looking forward to and what new experiences may come your way. Of course, there will be challenges but a positive attitude and a smile are what can help you to face them.

3. Your support circle

Sometimes we feel like we're the only ones feeling stressed, nervous or lost. But believe us, there are many around you who will feel the same on the first day of school. Reach out to your classmates and you will find that you're not the only one. If you feel sad, anxious or overwhelmed speak to your friend, your family or a teacher and they'll be there to listen and help.

4. Calm breath

Before you leave to school in the morning take a minute and breathe on a count of 4, hold your breath for 2, and breathe out for 4. Repeat this 5-10 times. Do it again during the day when your mind gets busy. It will slow you down, ground you and clear your mind. Take this exercise with you anywhere and repeat anytime you need.



Enjoy the autumn term!

Parent's Corner



Dear parents and carers,

We hope you have enjoyed the summer break. As children are going back to schools you might have different concerns around their wellbeing and emotional health. Our **Mental Health Support Team** is here to address mild to moderate mental health needs of primary and secondary school students. We believe prevention and early intervention is key to the effective mental health provision.

If you feel like your child is struggling with low mood, anxiety, has difficulty with transitions, friendships or behavioural difficulties you can speak to your child's teacher or the Designated Mental Health Lead in their school to find out more about our service. They will be able to make a referral to our service and we are also working on a self-referral form which will be soon available on our [website](#).

Please note that if your child is in primary school the sessions are delivered directly through the parents as the evidence suggests that working with children via the parents is more effective for making changes and improvements in children's mental health and overall behaviour. If your child is in secondary school, the work is going to be done directly with them.

Additionally, in order to further help us to improve the provision of the mental health support in Westminster you can join our **Parents' Group**. If you are interested in providing feedback regarding the support you have received, we would love to hear from you. To get more information and to join please email: abogdanowicz@bwwmind.org.uk

Meet Our Team corner



In this issue we wanted you to meet **Cristina**, who is our **Educational Mental Health Practitioner**.

Meet Cristina:

My name is Cristina and I have recently celebrated 9 years in the UK! Before being in the UK, I spent my whole life in Italy! My heritage is Nigeria, which I am thoroughly in love with.

I am an Educational Mental Health Practitioner and I work in different primary and secondary schools across Central London. I pride myself of being able to deliver workshops and sessions to young people so that good mental health can become not only a concept that is widely understood but a reality!

Few things about Cristina:

I absolutely love deep and meaningful conversations so back in October 2020, I decided to launch my very own Podcast: Cristina's Talk Show. In my podcast I invite guests and our conversation span from mental health to faith and personal development.

My biggest achievement? There are so many that come to mind, but I would say that the key one is to be able to work in the mental health field, as I feel that this has allowed me to grow both professionally and personally.

Cristina's perfect day:

Wake up nice and early, read the Scripture of the day, have a nice breakfast, workout and get ready for work. Yes, I love routine so the perfect day involves exactly this! The aim each day is to start with gratitude, start with love and start with peace! It is also a perfect day when I get to catch up with my fiancé as he always brightens up my day!



Thank you Cristina for sharing this with us!