

Children and Young People's Newsletter



Happy November everyone! We hope everyone had a great half term and feels recharged, energised and excited to be back at school. This month we are going to be taking a look at World Kindness Day.

World Kindness Day

This month we celebrate World Kindness Day on the 13th of November. This day promotes the importance of being kind to each other and helps everyone understand that compassion for others is what brings us all together.

With a lot of unrest and uncertainty in the world, it's important for us to remember to be kind to one another. Small acts of kindness not only make others feel better, but they also make you feel good about yourself. It's also important to give yourself a break and be kind to your mind! Here are some ways you could take part in World Kindness Day:

ACTS OF KINDNESS

A simple act of kindness can go a long way, and it doesn't really require too much effort, just a little bit of extra thought can really brighten up somebody's day.

- Send a letter to a friend: Sometimes we take for granted how easy it is to text or message a friend, so something like a personal handwritten letter can really show somebody that you are thinking of them, and that you care.
- Helping with the housework: Helping out around the house can go a long way, it shows our family that we care and can help take some added stress off of our family and carers.
- Tell your loved ones how much you appreciate them: Occasionally, our friends and family just need to hear that they are loved and appreciated, you don't have to show them, words can do the trick!
- Send someone a joke: Being a little bit silly to help make someone you know laugh and smile is what World Kindness Day is all about, so if you have a joke you know will make people laugh, share it.



BE KIND
TO ALL
KIND

BE KIND TO YOURSELF

Whilst thinking about all the acts of kindness we are going to do for others, it's also important to think about being kind to yourself, here's a few ideas you could try:

- Make time for the things you love
- Have an early night
- Watch your favourite TV show
- Take time to yourself
- Read your favourite book again
- Try something new
- Spend time with your loved ones
- SMILE

Workshops

We are currently working across 33 schools around Westminster, providing a range of mental health services to children, young people and their families. One of the services we provide is our psycho-educational workshops where we work on a range of different topics.

Primary and Secondary School Workshops

We offer a range of workshops in primary schools and secondary schools, from Mental Health Introduction, Emotional Intelligence all the way through to Exam Stress and Transitioning to Secondary School (y6).

Parents' School Workshops

Our parents' workshops aim is to provide parents with an understanding of the challenges their child might be facing and how to help them. Workshops such as Mental Health Awareness, Understanding Child's Behaviour and Screen Use, all equip parents with knowledge and strategies on how to understand their child.

Teachers' Workshops

Our teacher workshops help not only with how to help their children's mental health needs, but also managing their own with workshops such as Work Life Balance and Resilience.



Meet Our Team corner



In this issue I am happy to introduce myself to you. I am Isaac, the new Whole School Approach to Mental Health Advisor.

Meet Isaac:

I grew up in Manchester, England before moving to London 7 years ago to study Acting. Since graduating I have worked with children and young people in a variety of different settings and have spent that last 2 years working in schools. It was during this time I really found my passion for working with children and young people. I also still work in the entertainment industry, and act as a freelance practitioner for a number of theatre companies across London.

I am really excited to be working as a WSA advisor for BWW Mind, and I can't wait to meet you all!

A few things Isaac likes:

I've always enjoyed going to the theatre, growing up in Manchester I would watch the touring companies from the West End, but now I live in London I love to go to the theatre as much as possible. I also enjoy listening and playing music as well as supporting my football team, West Ham United. I also enjoy meeting up with my friends and spending time outdoors in nature.

My perfect day:

My perfect day would begin with a morning cold water swim to really wake me up, followed by a nice coffee. I would then watch West Ham win a football match, before having a nice long walk in the countryside and ending the day by going to the theatre to watch my favourite show (which changes on a day to day basis).



Thank you for reading!