The Sherwood Buzz

'Where everyone belongs' July 2024

Mental Health and Wellbeing Newsletter

Summer Holidays

The end of July marks the start of the summer holidays. You may be looking forward to the holidays as it allows you to spend extended quality time with your children. For others you may look at the holidays with anticipation as you wonder how you are going to make it through? How are you going to keep your child entertained for the whole time? Some of you may even worry about their safety during the holidays. It is completely normal to feel a mixture of emotions.

Sign up for local activities

Have a look for activities happening in Nottingham. You can find some ideas here Ask Lion - What's On

Get outside

Being outside in nature and getting fresh air can really help improve your mental health. Why not plan daily walks with your child to help get you outside? Or plan some activities outside such as a group sports day or a picnic with friends. Hopefully we'll see some sunshine!

Practice a summer of self care

Self-care is all about being kind to yourself, listening to what your body and mind need and making time for the things that make you feel good. Check-in with yourself each morning and evening to see how you're feeling and if there's anything you need. Sometimes a few minutes of mindfulness, a short walk or a nice relaxing bath can do wonders. Try making a list of some feel-good activities and plan them out for the weeks ahead.

Starting Secondary

Our Year 6s are set to leave us soon to start their new journey in secondary school. We know this can be a daunting time for both them and you, so Health for Kids has created some short videos to support both you and your child with their transition to secondary school.

👉 Click here to view the video



We'd like to wish them all the best of luck and we know they'll be amazing.



Keeping Safe Online

Over the summer, children may spend more time online than normal. There are lots of positives to being online for children, from staying in touch with friends to learning about the world.

There are some challenges, too, and the online world can be tricky for children to navigate. For some it can become overwhelming trying to keep up with friends, and the pressure can mount.

Noticing how your child is affected by being online is the first step in helping them manage their wellbeing. You can:

- manage the content that your children see
- ensure the interactions they have are suitable
- manage how long they're online, in balance with other activities.

There are several things you can do to help support a child, including using specific apps and checking app settings.

Have a look at the NSPCC website to support you with ways to keep your child safe online

Keeping children safe online | NSPCC





Support for Mental Health

Here are some useful websites if you need support or information

Mind
https://www.mind.org.uk/

NottAlone
https://nottalone.org.uk

Young Minds
https://www.youngminds.org.uk/

NHS
https://www.nhs.uk/nhs-services/mental-health-services/

5 Ways to Wellbeing

