



Campaign bulletin

An important message for Essex schools from our Public Health and Healthy Schools Team

Subject: Mental Health and Internet Safety
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The Essex Child and Family Wellbeing Service (ECFWS) supports children, families, schools and communities to address current physical health, social, emotional and financial issues that may affect the healthy development and future outcomes of young people.

Each month, we promote and support specific local, national and international campaigns by providing information and resources to schools, communities and organisations that can improve their health and wellbeing. Our campaigns are interactive with real-life practical learning examples, including web links to resources, which can be used in the classroom or at home.

This month, we are focusing our campaign on **Mental Health and Internet Safety**.

Through their work in schools, the charity Place2Be discovered that children in every class has a diagnosable mental health condition. This demonstrates why it is vital we put resources and support in place for our children, and young people to support their mental wellbeing. This support weaves through many different subjects and pastoral care throughout the year and is especially important during **Children's Mental Health Week** (4-10 February). This year, the focus aims to encourage children to think about how they look after their bodies and minds. In addition to this, we also want to raise awareness of **Safer Internet Day** on 5 February. This year's campaign aims to promote safe, responsible and positive use of digital technology for children and young people, which will always contribute to a healthy body and mind.



Your pupils' wellbeing – Primary

When we think about healthy living, we tend to focus on looking after our bodies through food, being active and getting enough sleep. However, in order to be healthy overall, it's important that we look after our mental wellbeing too.

Children's Mental Health Week takes place on the 4 -10 February 2019 and we are encouraging you all to get involved. Click [here](#) to find out more.

The children's mental health charity, Place2Be, is sharing [free primary and secondary resources](#) to help schools and youth groups take part including assemblies, slides, activities and marketing materials. Click [here](#) for more information.

Your pupils' wellbeing – Secondary

Transition to secondary school can be challenging for some young people while others may struggle to cope with specific life events or experience increased stress, and anxiety during adolescence.

Place2Be work in secondary schools supporting young people aged 11-14 years to achieve their full potential and positively deal with the difficulties they face. The charity provides both universal and targeted services for young people in schools, alongside support for parents' consultation and advice for school staff. They offer: 1-to-1 counselling and short term solution focused sessions, a daily self-referral service run during break times, themed work with small groups (for example exam stress, self-harm etc.) and supporting in-class topics.

Your pupils' wellbeing – Safer Internet Day

Safer Internet Day 2019 will be celebrated globally on Tuesday 5 February 2019 with the theme: *Together for a better internet* (<https://www.saferinternet.org.uk/>)

The [website](#) has games, quizzes, films, and advice to help you get the most out of the internet while staying safe online – the resources are separated into ages 3-11 and 12-19 to make it easier to access the most appropriate resources. There are also suggestions on how you can get involved as parents to ensure your child/children are having a positive and safe time online. There are online resources including; conversation starters, a factsheet, a family pledge card and more. Click [here](#) for more information.

Staff wellbeing

Challenge yourself and your colleagues to try something new to improve your health - this could be walking instead of driving. You could download a step tracker and make it into a competition.

Sharing the steps you've taken to stay healthy with your class can set a good example but don't be afraid to admit if you're struggling! It's important for children to keep trying, even when things are difficult.

Safer Internet Day

Most studies around screen time are focused on the effects on the development of children, however it's important to remember that screen time can have negative effects on adults too.

Click [here](#) to see various ways your health may be negatively affected by spending too much time glued to a screen.

Family wellbeing

Worried about your child's mental health?

As parents and carers, you have an important role in helping them develop their ability to cope with life's challenges as they grow.

Here are a few simple ways you can encourage them to look after their mind and body:

- Chat with your child about what you do to look after your body and mind, from walking the dog to turning your phone off before bed.
- Praise your child for what they do to look after their mind and body - even if it's small.
- Remind them that there's no such thing as a perfect body or mind – and no one is perfectly healthy!
- Cooking a meal, sitting down for a family dinner, or going for a walk together can be a great way to stay connected and have fun.

Click [here](#) for more information

References

Please use these references to further your reading and find out more information on Mental Health and Internet Safety:

1. Place2be, P.2.B (2019) *Children's Mental Health Week*. Available at: <https://www.childrensmentalhealthweek.org.uk/>
2. Place2be, P.2.B (2019) *Parents & Carers*. Available at: <https://www.childrensmentalhealthweek.org.uk/parents-and-carers/>
3. Place2be, P.2.B (2019) *Primary schools*. Available at: <https://www.place2be.org.uk/what-we-do/supporting-schools/primary-schools.aspx>
4. Place2be, P.2.B (2019) *Secondary schools*. Available at: <https://www.place2be.org.uk/what-we-do/supporting-schools/secondary-schools.aspx>
5. UK safer internet centre (2019) *Young people*. Available at: <https://www.saferinternet.org.uk/advice-centre/young-people>
6. UK safer internet centre (2019) *Activities for Parents and Carers*. Available at: <https://www.saferinternet.org.uk/safer-internet-day/safer-internet-day-2019/education-packs/activities-parents-and-carers>
7. Carewell urgent care (2018) *The Effects too Much Screen Time has on Your Health*. Available at: <https://www.carewellurgentcare.com/2018/07/19/the-effects-too-much-screen-time-has-on-your-health/>

To find out more information about us and the wide range of services we offer, please visit www.essexfamilywellbeing.co.uk

We are always looking for ways to improve and provide you with information that is beneficial and relevant to you. We value your opinion and would love to hear your feedback on our briefings.

Please send your reply to Essex.Communications@virginicare.co.uk

