



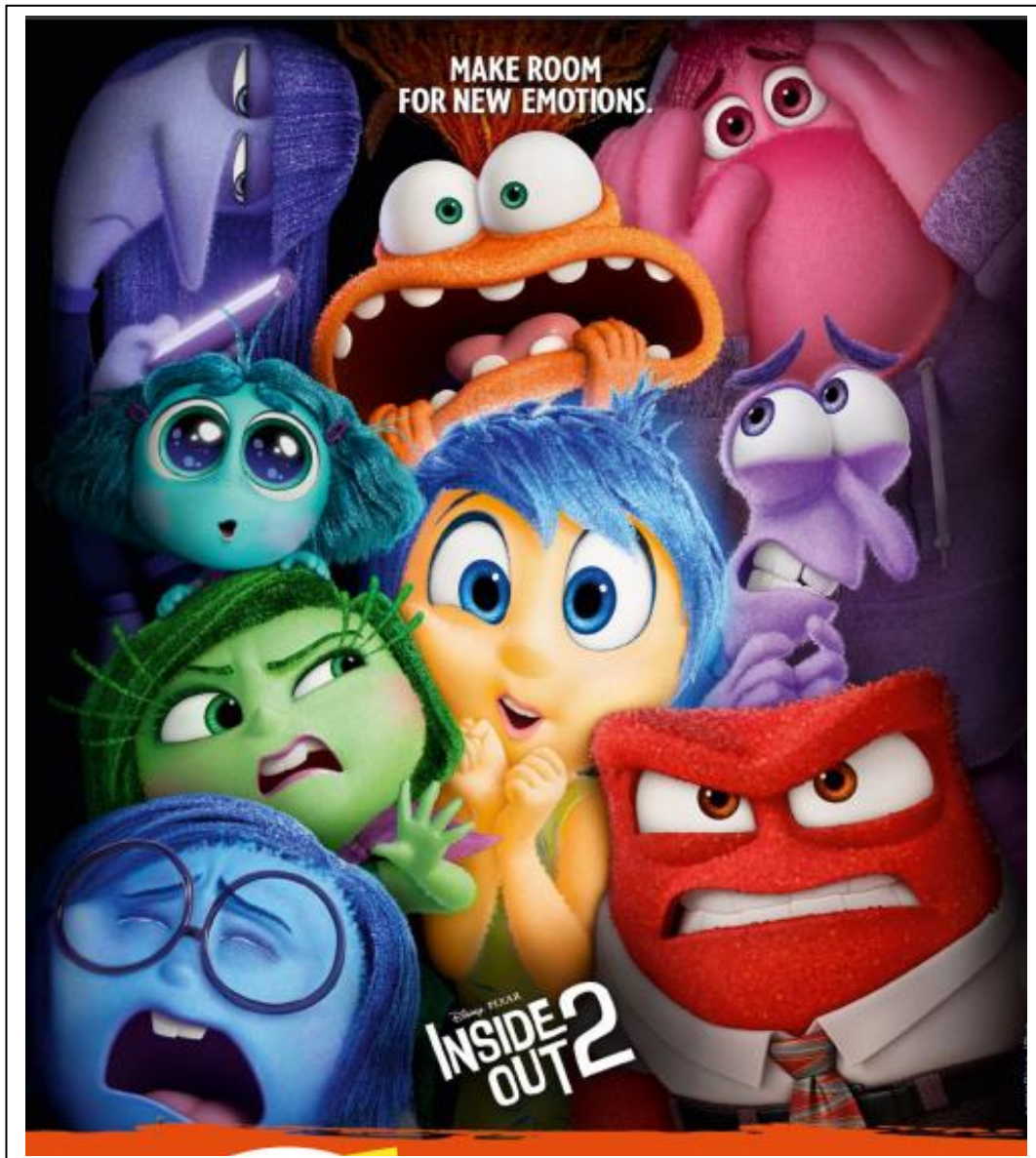
Welcome to this week's SMRT safeguarding update...

WAKE UP WEDNESDAY

Children's Mental Health Awareness week

Next week is national Children's Mental Health Awareness week. This is a week where there will be tutor time activities, videos and discussions around mental health with this year's theme being: 'knowing ourselves and growing ourselves'.

Place2Be are facilitating the week and have teamed up with Disney's Inside Out 2 to provide resources and activities for schools across the country. You can see one of the videos that have been released that we will be watching extracts of here: [Here for you Roman Kemp](#)



Place2Be (press release)

This year for Place2Be's Children's Mental Health Week, we are excited to team up with the characters from Inside Out 2 to explore the importance of expressing our emotions. Together, we will discover how getting to know who we are and what makes us tick can help us build resilience, grow and develop.

The more we can understand about ourselves, the more prepared we are to express our emotions and take on life's ups and downs. Being self-aware means getting to know and understand what we are good at, what we find difficult, our likes and dislikes, what makes us feel JOY and what may cause us SADNESS. It is also about understanding what makes us unique and our fears, hopes and dreams. As we build a sense of self, we grow in our ability to connect with others, as well as develop our skills and talents. It is with this basis we can form strong and healthy relationships, from early childhood right through to adulthood and are equipped to cope with the challenges that life brings our way.

There is also a Top Tips for parents and carers resource at the bottom of this update, a mindfulness activity attached and a suggested activity from Place2Be for young people to complete below:

How all the different parts of ourselves can coexist

Our life experiences and memories are banked, which can then go on to form our beliefs. Our memories, life experiences, and beliefs all contribute to our overall sense of self. Our sense of self can be made up of both positive and negative parts. It's important to remember all these parts of ourselves coexist together and make us who we are. All of our emotions have a purpose and we can't ignore them. It is important to let yourself feel and accept the range of emotions you experience. Sometimes feeling all these emotions can feel overwhelming and this is a really normal experience for everyone, especially when we are growing and developing as a young person. After this discussion, ask your children to finish these sentences.

I am strong at _____, and I struggle with _____. Take a moment to think about what this tells you about yourself?

How does reflecting on your strengths and struggles help you to grow / develop your self-awareness?

At SMRT, we continue to offer pastoral and mental health support to students through our Year Teams and our Mental Health team, led by Katherine Meredith.

TIPS FOR FAMILIES

Place2Be's

CHILDREN'S
MENTAL HEALTH
WEEK

1 Encourage journalling

Just like Riley, encourage your older children and young people to express their emotions and thoughts through journalling. It can be less confronting than speaking out loud and is a helpful way to process what is going on.

2 Make space for reflection

When children and young people reflect on their different emotions, it can help them better understand themselves and what they need. Go for a walk, drive, or try some mindful colouring or baking together.

3 Be visual

Use imagery, such as emojis or flashcards to help children and young people recognise and label their feelings.

4 Practice mindfulness

Try mindful activities, and quiet family time, to enjoy being in the present moment. This can help children and young people be aware of their thoughts and emotions and learn a useful new coping technique.

5 Communicate

Feedback is crucial for helping us see our blind spots and gain greater insight. Children and young people are no different. Creating safe and supportive ways to share your own experience with your child can help them understand themselves and their impact on the world around them.



If you're a parent or teacher, you'll find loads of useful advice to help you support the brilliant young people in your lives - from FAQs to downloadable packs. [Here4You.co.uk](https://www.here4you.co.uk)



As always, if you have any immediate concerns about safeguarding issues, students, or the school site, please get in touch via:

safeguarding@smrt.bristol.sch.uk