



# Safeguarding Newsletter

Dear Parent/Carer,

At Cloudside Academy, our primary priority is to ensure the safety and well-being of your child. As part of our ongoing commitment to safeguarding, we address various issues affecting our students. This April we focus on a current topic:

## Childrens Mental Health

### The definition

Mental health is a state of mental well-being that enables people to cope with the stresses of life, realise their abilities, learn well and work well, and contribute to their community. It is an integral component of health and well-being that underpins our individual and collective abilities to make decisions, build relationships and shape the world we live in. Mental health is a basic human right.

### What helps good mental health?

For children to remain mentally well they need:

- good physical health (including good diet and regular exercise)
- to be able to explore and develop interests (through their environment, play and interaction with others)
- to feel part of a family (feeling as though they belong, get along with others, are loved, valued and safe)
- to be supported to learn, be optimistic and feel that they have a say
- to feel part of a community (e.g., their education setting, a local community group, etc.)
- to be supported to cope when things do not go well
- to be supported when learning how to solve problems.

### Top Tips for Parents and Carers:

#### 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.



### Top Tips for children:

### WHAT CAN I DO IF I FEEL



### WHILE I'M AT SCHOOL



## How can school support?



**Learning Support ELSA**

Miss Willoughby



**Katie Paige – Mustard Seed School Counsellor**



## Derby & Derbyshire Emotional Health & Wellbeing

Transforming Health and Wellbeing for Everyone

At Cloudside Academy, we are dedicated to the safety and well-being of all our students. By raising awareness and providing resources, we aim to create a safe and supportive environment for everyone. If you have any concerns or need further information, please do not hesitate to contact us. Thank you for your continued support.

