



# MENTAL HEALTH

NSB TERMLY NEWSLETTER

## WELLBEING FAIR

During Children’s Mental Health Week we hosted NSB’s second annual Wellbeing Fair. We welcomed Action for Happiness, KidsAid and The Lowdown to set up stalls alongside our NSB Stall. The stalls detailed all of the support available as well as getting the students’ views of barriers to accessing support as well as what other support they might like to see available. There was a fantastic atmosphere and students enjoyed the giveaways, coming away with pens, keyrings and lots of knowledge!



### Student Mental Health Conference:



12 students attended the conference organised by Quinton House and immersed themselves in the activities, asking poignant questions and networking with guest speakers and students from other schools. The organisations included Action for Happiness, The Frank Bruno Foundation, The Samaritans, Sport in Mind and The Lowdown providing information about how the brain works, why we might face mental health challenges, how we can support ourselves and others, highlighting specific strategies and the external support available. The Student Wellbeing Ambassadors will be discussing how they move forward with what has been learnt in their weekly session, creating assemblies and PD sessions for the student body.

Thank you to all involved.

# MENTAL HEALTH AND EXAM STRESS

*Exams and the lead up to them can, for some students and their parents/carers, be stressful and anxiety inducing. Below are some resources to help with preparing for exams.*

Click the images for more information

Health for Teens: Tips and advice on managing exam stress for teenagers



## YOUNG MINDS



Young Minds: If you're worried about how your child is coping with exams at school, here is our advice and information on where you can get help.

*A variety of exam stress support can be accessed through school by reporting a concern on AIM or contacting your child's Form Tutor or Year Team Leader/Director.*

## Personal Development Awards

On Friday 28th March we held our Personal Development Awards Evening, celebrating students who strive to make a difference and who care for others.

The Wellbeing Ambassador Award went to Indio Whitnell-Monk, Tyler Brown and Charlie Reed, all of whom have contributed hugely to the wellbeing of other students throughout the school. They have also undertaken outstanding work to promote mental health and wellbeing within the school community.

## NSB Website- Wellbeing

The NSB website has had a wellbeing overhaul. There is now information linked to support available in school, useful resources as well as the amazing wellbeing podcasts on sleep, starting school and exam stress. The wellbeing podcast is lead by Mr Bradbury and our student wellbeing ambassadors.

<https://www.nsb.northants.sch.uk/page/?title=Wellbeing&pid=500>



## MENTAL HEALTH RESOURCES

Northampton Healthcare Foundation Trust have a fantastic website with playlists, apps, influencers and techniques to use to support mental wellbeing

### Children and young people mental health services

Mental health services for children and young people

NHFT / May 22

Mental Health awareness is growing and evolving every day, making positive steps towards a better understanding of children's mental health and helping young people to thrive.

Nip in the Bud website: <https://nipinthebud.org>

Check out the above website - learning about children's mental health through film.

For parents, carers, teachers and professionals.

**IF YOU HAVE A MENTAL HEALTH CONCERN ABOUT YOUR CHILD, PLEASE REPORT A CONCERN ON AIM**