



MENTAL HEALTH

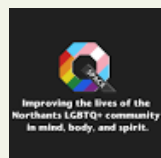
NSB TERMLY NEWSLETTER

REFLECTION ON THIS YEAR

With the academic year coming to a close we wanted to reflect on some of the Mental Health focused events that have taken place within NSB. As well as Men's Mental Health Month in November and Mental Health Awareness Week in May where everyone was encouraged to "Move more for our Mental Health" we celebrated Children's Mental Health Week with our

Wellbeing Fair:

Students visited the stalls over lunch and were able to ask questions, and access information on positive strategies to look after their wellbeing as well as see the array of external mental health support available.



Wellbeing Committee: Several of our Sixth Form students have become Wellbeing Ambassadors and are now meeting weekly, discussing and implementing initiatives with Mr Bradbury. It is important that the student voice is central to all our Mental Health support and this is one way to ensure that it is along with mental health surveys, the ability to report concerns and School Council. PSHE and PD also provide opportunities to learn about wellbeing and how to protect, improve and support mental health.



Peer Mentoring: Over 30 sixth form students have put themselves forward to be a peer mentor to younger students.

Following training with Mrs Souter, our Mental Health Practitioner, these students have been paired up and are now mentoring in their specialist areas be it a specific subject, extra curricular activities or mental health.

MENTAL HEALTH AND EXAM RESULTS

Exam results day and the lead up to it can, for some students and their parents/carers, be stressful and anxiety inducing. Below are some resources to help with preparing for exam results.

Young Minds: Tips on preparing for Results day including UCAS, the lead up to the day and the day itself.

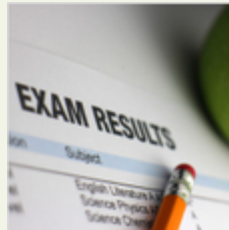


Tips to Help You Prepare for Results Day | Blog

Rachel, 24, looks back on GCSE and A-level exams and results days, the impact on her mental health, and shares her tips to help you feel more prepared.

YoungMinds

Click the images for more information



Dealing with exam results stress

In this article, we highlight some useful tips to help you overcome the feelings you may have about your exam results.

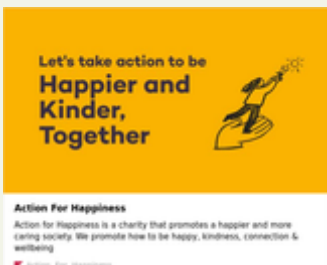
Action Mental Health / Aug 15, 2022

Action Mental Health: Information for parents/ carers on how to support young people with exam results stress as well as support for young people.

Mrs Souter (NSB's Mental Health Practitioner) will be in school on both GCSE and A level results day for face to face support alongside teaching staff and Careers Advisors.

Action for Happiness: Ten keys to happier living.
Everyone's path to happiness is different. Based on the latest research, Action for Happiness has identified 10 Keys that tend to make life happier and more fulfilling.

Together they spell GREAT DREAM.



Click the image for further information



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 / Jan 16

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