

### OUR WELLBEING NEWSLETTER | 7<sup>TH</sup> FEBRUARY 2025

MENTAL HEALTH AND WELLBEING LEAD: MRS J CHILTON [JCHILTON@BOTELER.ORG.UK](mailto:JCHILTON@BOTELER.ORG.UK)  
MENTAL HEALTH AND WELLBEING MANAGER: MISS V GIEBKA [VGIEBKA@BOTELER.ORG.UK](mailto:VGIEBKA@BOTELER.ORG.UK)



## CHILDREN'S MENTAL HEALTH WEEK 2025

### 'KNOW YOURSELF, GROW YOURSELF'

Children's mental health week is taking place from 3<sup>rd</sup>-9<sup>th</sup> February. This year's theme:

***'Know yourself, grow yourself.'***

With the aim to equip and empower children, young people, and the adults who surround them to embrace self-awareness and explore what it means to them.

Each year, Place2Be experts create fun and engaging resources for families, parents and carers to take part in Children's Mental Health Week. This year [we're partnering with Here4You, supported by The Walt Disney Company](#) and the *Inside Out 2* characters to explore our theme Know Yourself, Grow Yourself.

# 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)



# CHILDREN'S MENTAL HEALTH WEEK 2025 3<sup>RD</sup> -9<sup>TH</sup> FEBRUARY

## WHAT'S GOING ON IN SCHOOL?



DAY:	LUNCH TIME SESSIONS:
MONDAY:	<p><b>MINDFUL MONDAYS MEDITATION:</b></p> <p>JOIN US IN THE GYM TO DESTRESS, RELAX AND LEARN STRATEGIES TO MANAGE STRESS AND ANXIETY.</p> <p><b>(GYM)</b></p> 
WEDNESDAY:	<p><b>'KNOW YOURSELF, GROW YOURSELF' WORKSHOP:</b></p> <p>CHOOSE A SEED TO PLANT AND TAKE HOME TO CARE FOR, WHILST LEARNING TO CARE FOR YOUR OWN MENTAL HEALTH AND WELLBEING.</p> <p><b>(HALL)</b></p> 
FRIDAY	<p><b>SCHOOL NURSE STAND</b></p> <p>GET TO KNOW OUR SCHOOL NURSE OR ENQUIRE ABOUT A WORRY OR TOPIC.</p> <p><b>(CANTEEN)</b></p> <p><b>MINDFUL ART WORKSHOP</b></p> <p>EXPLORE AND REFLECT ON YOUR OWN THOUGHTS AND FEELINGS THROUGH MINDFUL ART ACTIVITIES.</p> <p><b>(GYM)</b></p> 



# **MENTAL HEALTH SUPPORT FOR OUR STUDENTS:**

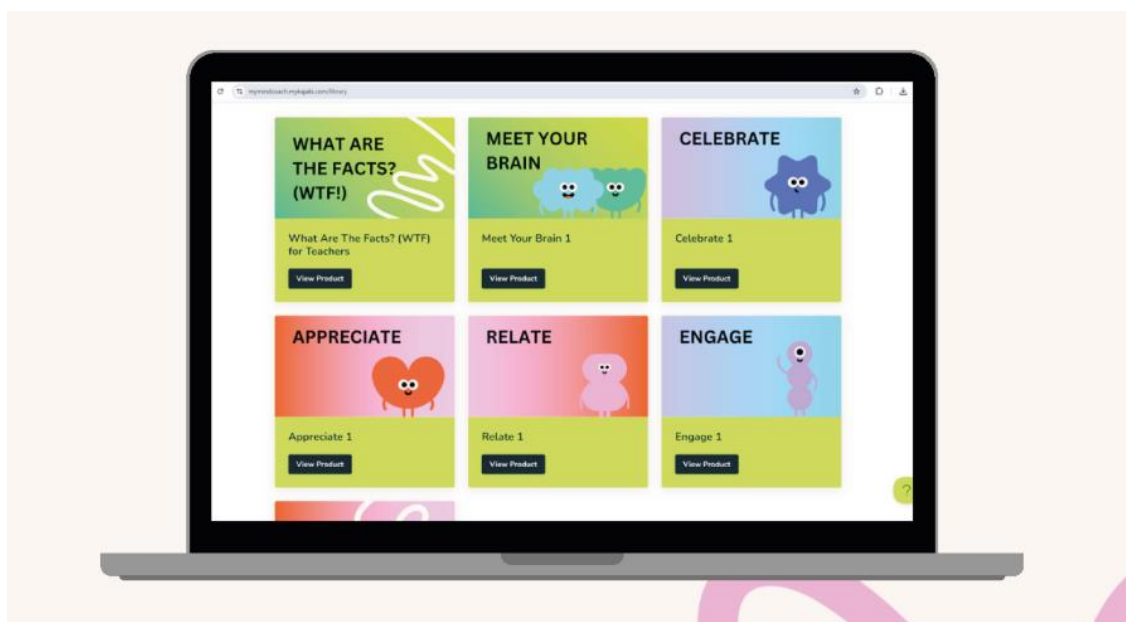
We are excited to inform you that our school has partnered with myHappymind to offer an innovative, science-backed programme called myMindcoach, to support the mental well-being of all our students.



MyHappymind is currently operating in over 2000 schools across the UK with their NHS-endorsed programme. The myHappymind programme is built on the belief that mental health education should be proactive, science-backed, fun, and accessible for all.

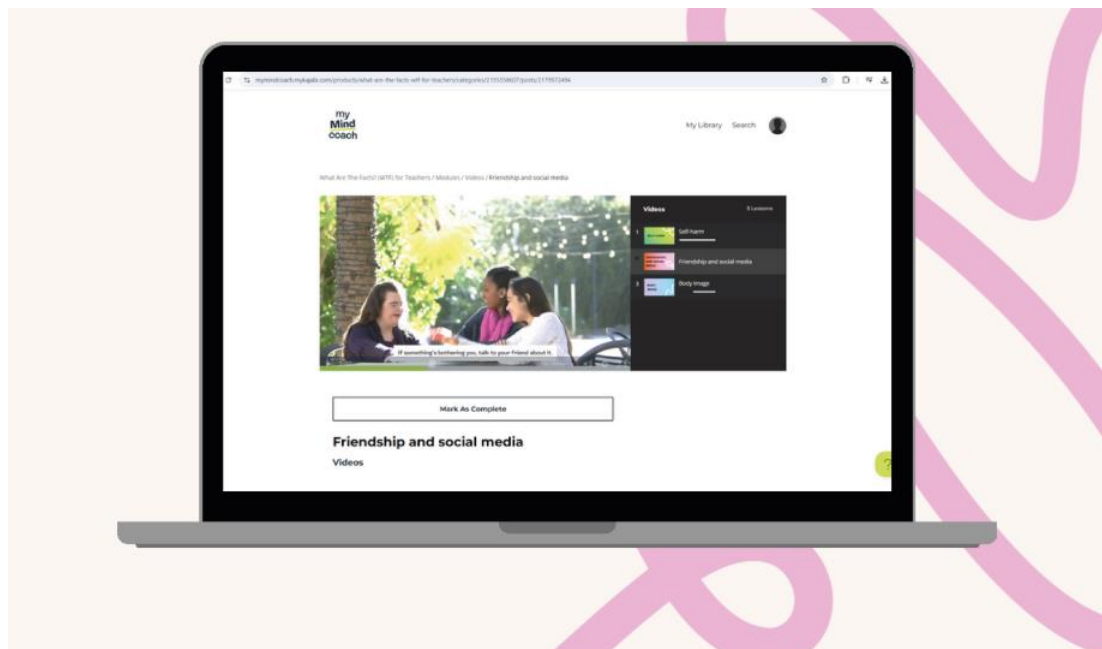
The program equips children with practical, research-based tools to manage their emotions before challenges arise, making the learning process engaging and enjoyable. Additionally, the programme ensures inclusivity, supporting all children, including those who are neurodiverse, so that every student can thrive.

## **WHAT YOUR CHILD WILL LEARN:**



The myMindcoach program is delivered through an App and is totally optional. Through five key modules, each designed to promote different aspects of mental well-being, your child will explore:

1. Meet Your Brain: Teaches children how their brain works and equips them with self-regulation techniques to manage stress or frustration.
2. Celebrate: Focuses on helping students understand and celebrate their unique strengths and develop strong self-esteem.
3. Appreciate: Teaches gratitude, helping children to see the good in their lives, and builds resilience through positive thinking.
4. Relate: Guides students in building positive, supportive relationships, which are crucial for emotional well-being.
5. Engage: Encourages goal-setting and perseverance, helping students stay motivated and resilient when faced with challenges.



Full details on how to download the app and sign up will be sent out soon.



# What Parents & Educators Need to Know about

# TIKTOK

## WHAT ARE THE RISKS?

Adults tend to associate online videos with YouTube – but among teens, TikTok is king. The app provides a stream of short clips tailored to users' interests, based on what they've already watched. Around half of British children use TikTok, and while much of the content is benign, Ofcom considers it the app where youngsters "were most likely to encounter a potential harm".

AGE RESTRICTION  
**13+**

(Certain features are restricted to over-18s only)

## AGE-INAPPROPRIATE CONTENT

While TikTok's Following feed only displays videos from familiar creators, For You is a collection based on a user's previously watched clips. Most of these videos will probably be inoffensive, but the app *could* potentially show something unsuitable. If children then engage with this content, more like it will follow. TikTok's guidelines prohibit the sharing of illegal or inappropriate content, but the huge number of uploads means that a small amount inevitably slips through.



## BODY IMAGE AND DANGEROUS CHALLENGES

According to Ofcom, most online harms for teens are body image related for girls (promoting unhealthy eating, body shaming and so on) and dangerous stunts for boys. Both are prevalent on TikTok. One extreme example of the latter was the 'blackout' trend, which encouraged users to hold their breath until they passed out from a lack of oxygen. This led to two families filing lawsuits against TikTok over the tragic deaths of their children.



## IN-APP SPENDING

TikTok is free, but users have the option to buy TikTok coins, which can be used to purchase gifts for content creators. Coin bundles range from £9.99 to an eye-watering £99; while that may not sound appealing, the app still generated £7.9 billion in user spending in 2023. TikTok's policy is that under-18s can't make in-app purchases, but it's possible to bypass this with a fake birth date.



## CONTACT WITH STRANGERS



With more than 1.5 billion users globally, the potential for contact from strangers on TikTok is high – especially as accounts created by over-16s (or young people using a fake date of birth) are set to public by default. This means that not only is someone's profile visible to everyone else on the app, it also suggests their videos to others and enables *anyone* to download or comment on them.

## MISINFORMATION AND RADICALISATION

Although the short videos on TikTok tend to be more frivolous than the longer ones on YouTube, clips can still influence impressionable minds in a negative way. Not only is there plenty of dangerous misinformation on TikTok, but Ofcom reports that nearly a third of 12 to 15-year-olds use TikTok as a news source – so you should be wary of misogynistic, racist or conspiracy-themed material shaping how they see the world.



## ADDICTIVE DESIGN

With its constant stream of eye-catching videos, TikTok can be addictive to young brains. In 2024, UK children spent an average of 127 minutes per day on the app: that's twice as much as in 2020. Excessive use can interfere with young people's sleep patterns – often leading to irritability – and distract them from other, healthier activities. The instantly skippable nature of bite-size videos may also impact children's ability to maintain focus.



## Advice for Parents & Educators

### ENABLE FAMILY PAIRING

Family Pairing allows parents to link their TikTok account to their child's, and control settings remotely. Parents can then turn on Restricted Mode (reducing the chances of a child seeing inappropriate content), set screen-time limits, make accounts private and manage whether their child can send messages – and if they can, to whom. Children can't alter these settings without parental approval.



### BLOCK IN-APP SPENDING

If a child is using an iPhone or Android device to access TikTok, you can alter their settings to prevent them from making in-app purchases. We'd recommend enabling this feature, as it can be quite easy for a young person to spend a significant amount of real money buying TikTok coins to unlock more features of the app – sometimes without even realising.



### DISCUSS THE DANGERS

If a child wants to use TikTok and you're happy for them to do so, it's good practice to discuss the potential risks. Ensure that they don't share any identifying personal information, and that they know to talk to a trusted adult if they're worried by interactions on the app. With more teens using TikTok for news, it's also worth talking about misinformation and propaganda, and how to identify it.



### READ THE SIGNS

If you're concerned that a child is spending too much time on TikTok, or that they've been emotionally affected by something they've seen, it's important to know how to spot the signs. Increased irritability and a lack of concentration are potential red flags, as is failing to complete homework or skipping meals. Remember, the parental controls are there for a reason, and it's never too late to introduce limits.







**YOUTH in mind**



**Mersey Care**  
NHS Foundation Trust

WARRINGTON



An **OnSide** Youth Zone



## DROP IN

Monday - Sunday

3.30pm - 7.30pm

A free and discreet drop-in service offering early intervention support to young people aged 7-19 (up to 25 with a disability) who are experiencing challenges with their emotional wellbeing.

No appointment or referral is necessary and young people do not have to be a Youth Zone member to access this support.

Our friendly Key Workers are here to listen, offer advice and guidance, and will introduce you to a range of wellbeing projects and mental health services at the Youth Zone, in your local community, and online.

[warringtonyouthzone.org](http://warringtonyouthzone.org)



Department  
of Health &  
Social Care

The service is commissioned by Cheshire & Merseyside NHS as part of 'Warrington Place' Starting Well plans to support 'Children and Young People's Emotional and Mental Health & Wellbeing'.

The project delivery is a partnership between Warrington Youth Zone and Mersey Care 'Child & Adolescent Mental Health Services'



**NHS**  
**Mersey Care**  
NHS Foundation Trust

Warrington  
Youth Zone  
Dallam Lane  
Warrington  
WA2 7NG



[warringtonyouthzone.org](http://warringtonyouthzone.org)



Department  
of Health &  
Social Care



# YOUR VOICE MATTERS

IF YOU HAVE ANYTHING YOU  
WANT TO SAY - POST IT HERE...



BY THE  
PASTORAL  
OFFICE  
UPSTAIRS -  
END OF  
ENGLISH  
CORRIDOR

USE THIS POST BOX TO TELL US HOW YOU FEEL, ASK  
FOR SUPPORT, REPORT SOMETHING OR JUST TO HAVE  
A VENT AND UNLOAD YOUR THOUGHTS ANONYMOUSLY.

YOU CAN ALSO TALK TO THE WELLBEING COUNCIL LEADS - MISS GIEBKA,  
MRS CHILTON AND MRS HORTON, PLUS ANY TEACHER, TEACHING ASSISTANT,  
SUPPORT STAFF - EVERY SINGLE MEMBER OF STAFF IS HERE FOR YOU.

VISIT [HEALTHLINE.COM/HEALTH/BREATHING-EXERCISE](https://www.healthline.com/health/breathing-exercise)  
FOR SOME CALMING BREATHING EXERCISES

## Mindful Moment:

Practicing mindfulness can have a positive effect on our mental health and wellbeing. It helps us slow down, pay attention to the present moment and develop better self-awareness and focus. In every Wellbeing newsletter we will be including a short guided meditation video for you to do at home and help build in healthy mental health habits that support managing our students impulsivity and restlessness.

[https://www.youtube.com/watch?v=pB\\_qUY1dPrs](https://www.youtube.com/watch?v=pB_qUY1dPrs)



## Key contacts/ Help:

Life Signs: [www.lifesigns.org.uk](http://www.lifesigns.org.uk) are a small self-harm charity that have so much information for people who are currently self-harming and for family members or friends of people who are self-harming. They also have information on cleaning self-harm wounds and treating wounds.

Parent Talk: Down-to-earth parenting advice you can trust. We're here for you, when you need us. Find answers to parenting questions in our advice articles. Or talk to a parenting coach about anything that's worrying you.

They can be found at: <https://parents.actionforchildren.org.uk>

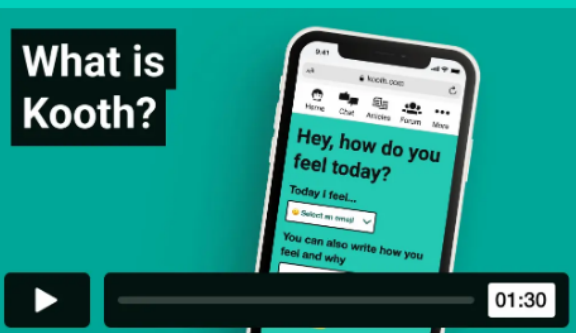
<https://www.youngminds.org.uk/young-person/your-guide-to-support/reaching-out-for-help/#Howtoaskforhelp>

<https://www.kooth.com/>

**kooth**

[Log in](#)

**What is Kooth?**



**Whatever you're feeling, we're here to help**

Get free, safe and anonymous support.

[Sign up for free](#)