

OUR WELLBEING NEWSLETTER | FEBRUARY 2025

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CHILDREN'S MENTAL HEALTH WEEK 2025 'KNOW YOURSELF, GROW YOURSELF'

Last week we celebrated Children's Mental Health Week, the theme was 'Know Yourself, Grow Yourself'. Our students took part in reflective activities during form and watched the Here4You video hosted by Roman Kemp, that promoted the positive impact reaching out for support can have on children's mental health.



Students had the opportunity to join our 'Mindful Mondays' meditation club and learn strategies to manage stress and anxiety.



We had a great turn out for our 'Grow Yourself, Know Yourself' workshop. Students planted their own seeds and explored how the action of caring for a plant requires the same nurture with their own mental health and wellbeing.





Students reflected on their own thoughts and feelings during our art workshop, designing a positive feelings hand and an uncomfortable feelings hand.



UNDERSTANDING AND GETTING SUPPORT WITH SELF-HARM

Supporting someone who is self-injuring or self-harming can feel huge, and be accompanied by questions, strong emotions and worry. Take a deep breath, and be reassured that they are looking for help, and there is plenty out there for them, and for you, too. This booklet is full of information and resources for parents and carers who may be supporting someone with their self-harm.

[Self-injury-support-booklet-for-Parents-and-Carers.pdf](#)

[Self-harm-A-guide-for-Parents-and-Carers.pdf](#)



Let's make a Coping Skills Toolbox!

What is it?

A Coping Skills Toolbox is a place for you to keep things that calm you down in periods of distress. If you have everything gathered in one place, it's easier to remember to use your coping skills, rather than using negative behaviors.

Self-Soothing

(Comforting yourself through your five senses)

1. Something to touch
(ex: stuffed animal, stress ball)
2. Something to hear
(ex: music, meditation guides)
3. Something to see
(ex: snowglobe, happy pictures)
4. Something to taste
(ex: mints, tea, sour candy)
5. Something to smell
(ex: lotion, candles, perfume)

Distraction

(Taking your mind off the problem for a while)

Examples:

Puzzles, books, artwork, crafts, knitting, crocheting, sewing, crossword puzzles, sudoku, positive websites, music, movies, etc.

Opposite Action

(Doing something the opposite of your impulse that's consistent with a more positive emotion)

1. Affirmations and Inspiration
(ex: looking at or drawing motivational statements or images)
2. Something funny or cheering
(ex: funny movies / TV / books)

Emotional Awareness

(Tools for identifying and expressing your feelings)

Examples:

A list or chart of emotions, a journal, writing supplies, drawing / art supplies

10 Top Tips for Parents and Educators

SUPPORTING CHILDREN TO DEVELOP EMOTIONAL LITERACY

Emotional literacy refers to the ability to recognise, understand and express our feelings effectively. It plays a crucial role in strengthening a child's wellbeing by enhancing their relationships and resilience. However, emotional literacy is not necessarily an innate talent, and its development may present challenges. This guide gives parents and educators practical tips on supporting children to cultivate this essential skill.

1 NAME THE EMOTION

Encourage children to identify and name their emotions. This helps them understand what they're feeling and why. Use simple language and relatable examples to make it easier for them to share their emotions. This builds a foundation for emotional understanding and open communication.



2 MODEL EMOTIONAL EXPRESSION

Demonstrate healthy emotional expression by sharing your feelings visibly. When children see adults properly displaying how they're doing and what they're thinking, they learn to do the same. Discuss how you handle emotions in different circumstances, providing a real-life framework for young ones to follow.



3 MINDFULNESS ACTIVITIES

Teach children mindfulness practices to help them stay present and manage their emotions during more challenging moments. Activities like deep breathing, meditation or yoga can reduce stress and enhance emotional regulation. Regular practice can improve focus and emotional stability, which can significantly help children both as they're growing up and throughout their adult life.



4 USE STORYTELLING

Incorporate storytelling to help children understand emotions. Stories can offer relevant scenarios illustrating how the characters experience and manage their feelings. Discuss the emotions depicted in stories and ask children how they might feel in similar situations.



5 PRACTISE EMPATHY

Teach children to consider others' views and emotions – and to explore why they might think or feel this way. Role-playing and discussing various scenarios can enhance their ability to empathise. Understanding others' emotions helps children to develop compassion and improves their social interactions.



6 ENCOURAGE JOURNALING

Suggest keeping a journal to make note of thoughts and emotions, as writing can provide an outlet for self-reflection and emotional processing. Encourage children to write about their daily experiences and feelings, helping them gain insight into their emotional world. Do this alongside them, so they can see and experience how to do it effectively.

Girls roar

A GROUP PROJECT FOR GIRLS AGED 11-16
THE HUB (ORFORD YOUTH BASE)
THURSDAY 6:30-8:30PM
DELIVERED BY WBC YOUTH WORKERS

WHAT TO EXPECT:

DISCUSSIONS AND ACTIVITIES FOCUSING ON WOMEN
EMPOWERMENT, STAYING SAFE ONLINE AND WHEN OUT IN THE
LOCAL COMMUNITY
ARTS AND CRAFTS
COOKING/BAKING
EXCITING ACTIVITIES

INTERESTED? JUST COME ALONG TO ONE OF OUR SESSIONS
OR CONTACT LEAD WORKER MARTA ON 07920270014

Girls roar

WINTER 2025 PROGRAMME

13TH FEBRUARY

LOVE IS IN THE AIR! WHAT A LOVING, RESPECTFUL RELATIONSHIP SHOULD LOOK LIKE

20TH FEBRUARY

THE LEGAL STUFF - WHAT THE LAW SAYS ABOUT LOVE

27TH FEBRUARY

IS IT OKAY? WHAT IS HEALTHY, UNHEALTHY OR ABUSIVE IN A RELATIONSHIP

6TH MARCH

WHY PEOPLE STAY IN ABUSIVE RELATIONSHIPS - PUSH AND PULL FACTORS

13TH MARCH

HOW TO END A RELATIONSHIP OR DEAL WITH A BREAK UP

20TH MARCH

ADVANTAGES OF STAYING SINGLE



MINDFUL MONDAYS

MONDAY LUNCHTIMES
IN THE GYM

STUDENTS AND STAFF
ARE ALL WELCOME





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



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'



Warrington
Youth Zone
Dallam Lane
Warrington
WA2 7NG



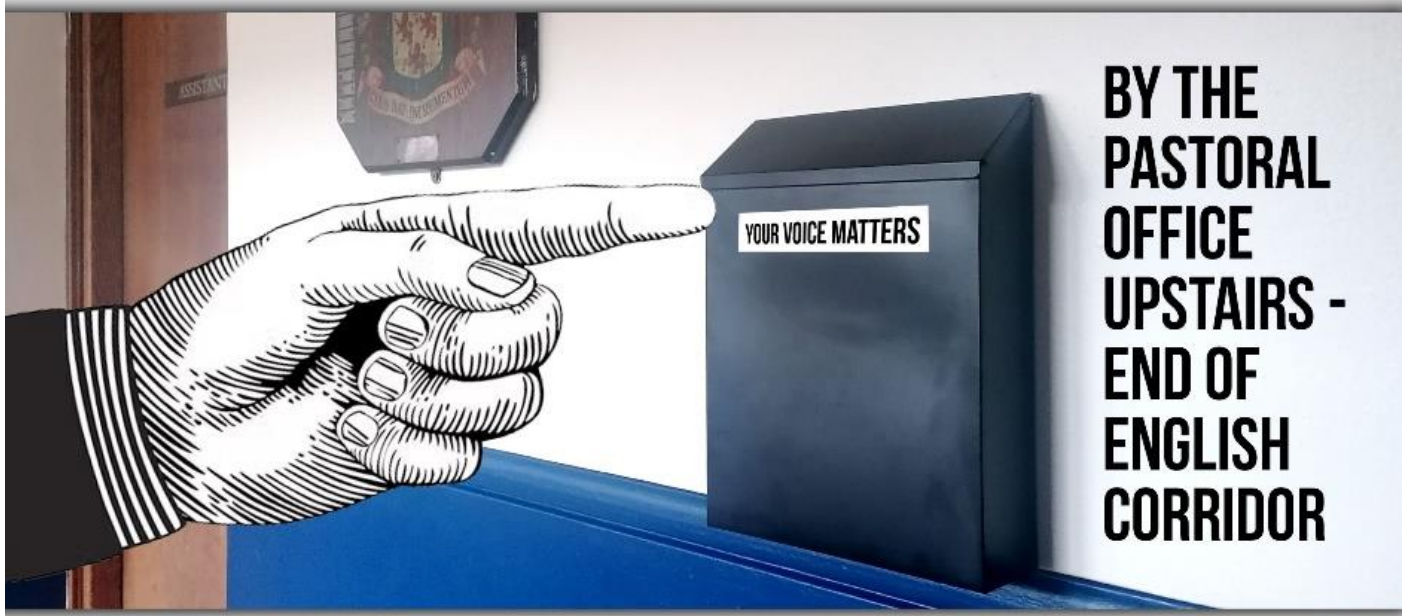
warringtonyouthzone.org



Department
of Health &
Social Care

YOUR VOICE MATTERS

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



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 mediation video for you to do at home and help build in healthy mental health habits that support managing our students impulsivity and restlessness.

[10-Minute Meditation to Reframe Stress - YouTube](#)



Key contacts/ Help:

Life Signs: 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/>

A promotional banner for the Kooth app. The background is a solid teal color. In the top left corner is the Kooth logo, which consists of the word 'kooth' in a bold, lowercase sans-serif font, with two stylized speech bubble icons above the 'o's. In the top right corner is a white rounded rectangle containing the text 'Log in' in a teal sans-serif font. On the left side, there is a video player interface. It features a black play button icon on the left, a progress bar in the middle, and a timestamp '01:30' on the right. Above the video player is a black box with the white text 'What is Kooth?'. The video player shows a smartphone screen with the Kooth app interface. The screen displays the text 'Hey, how do you feel today?' followed by a dropdown menu showing 'Today I feel...' and a button that says 'You can also write how you feel and why'. On the right side of the banner, the text 'Whatever you're feeling, we're here to help' is written in a large, bold, white sans-serif font. Below this text, in a smaller white font, is the phrase 'Get free, safe and anonymous support.' At the bottom right of the banner is a yellow rounded rectangle with the text 'Sign up for free' in a bold, black sans-serif font.