

OUR WELLBEING NEWSLETTER | MARCH 2025

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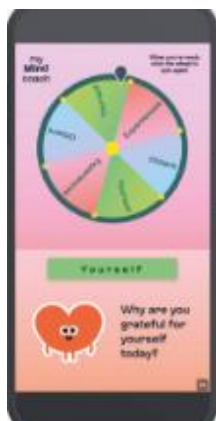


MyMindcoach

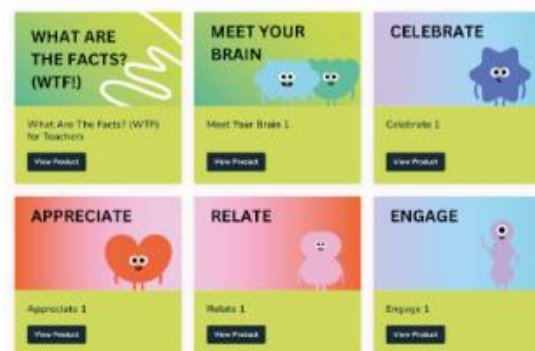
Our whole school app for mental health & Wellbeing:

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.

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.

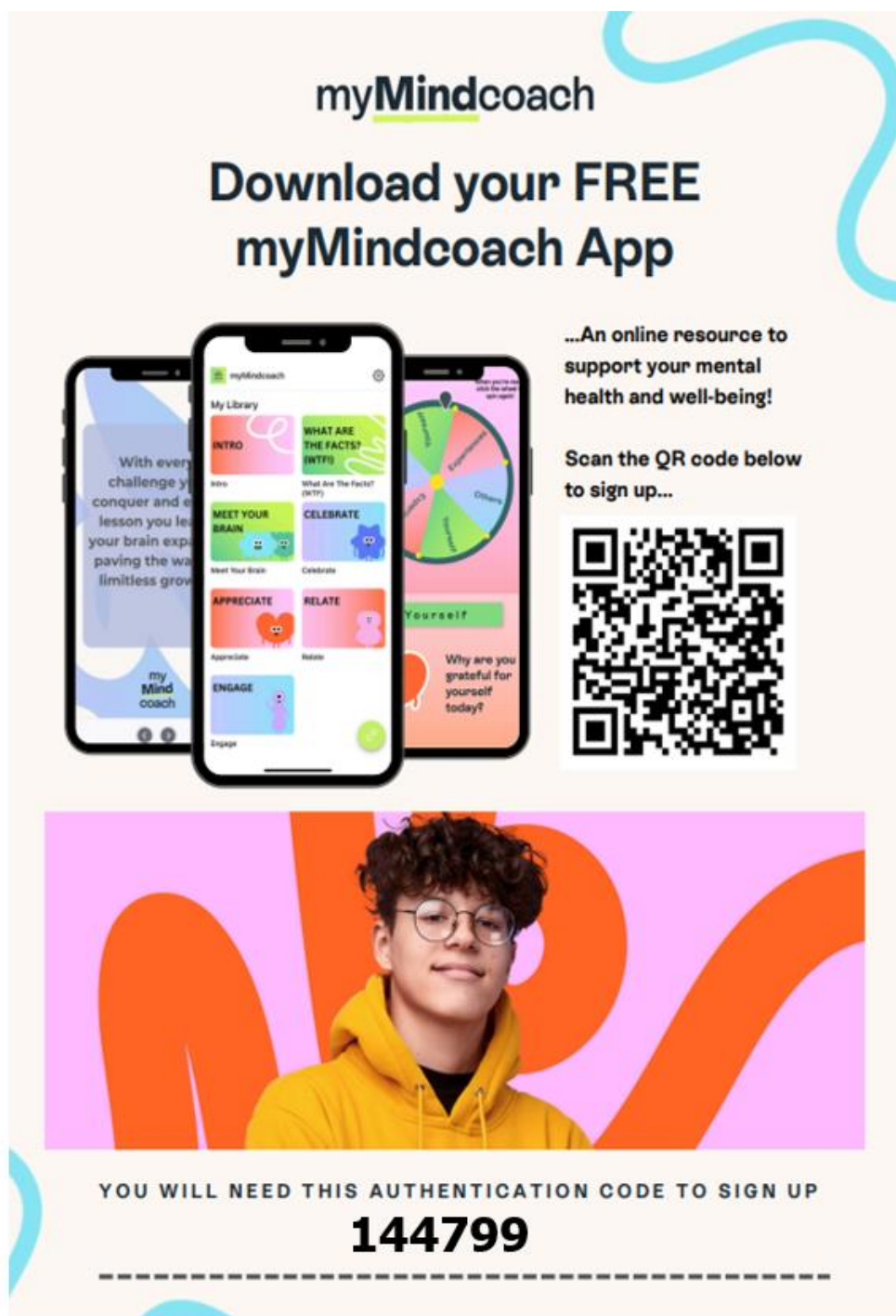
3. Appreciate: Teaches gratitude, helping children to see the good in their lives, and builds resilience through positive thinking.

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.

How to create an account:

1. Scan QR code
2. Enter a username, school email, authentication code (144799) click 'get resources' button
3. Download apple or android app to phone
4. Check school email for MyMindcoach email to create password
5. Use school email and created password to log onto app



The advertisement features the myMindcoach logo at the top, followed by the text "Download your FREE myMindcoach App". Below this, three smartphones display the app's interface, which includes sections like "My Library", "WHAT ARE THE FACTS? (WTF?)", "MEET YOUR BRAIN", "CELEBRATE", "APPRECIATE", "RELATE", and "ENGAGE". To the right of the phones, text reads "...An online resource to support your mental health and well-being!" and "Scan the QR code below to sign up...". A QR code is provided for scanning. At the bottom, a young man with glasses and a yellow hoodie is shown against a pink and orange background. Below him, the text states "YOU WILL NEED THIS AUTHENTICATION CODE TO SIGN UP" followed by the code "144799" in large, bold letters.

myMindcoach

Download your FREE myMindcoach App

...An online resource to support your mental health and well-being!

Scan the QR code below to sign up...

YOU WILL NEED THIS AUTHENTICATION CODE TO SIGN UP

144799

Self-injury

It can be difficult to talk about self-harm with other people, but it is important not to suffer in silence. People often hide self-harm because they feel ashamed which can get in the way of asking for help, but self-harm is not something to be ashamed of. Getting support to manage the reasons for the difficult feelings and discovering different ways of coping can help you to overcome self-harm. Sometimes, young people can find that they are using self-harming behaviours to manage upsetting thoughts and situations more frequently. Often, this can mean that they feel as if they are in a 'negative cycle' they find it difficult to break.



Resources and support for students and parents and carers:

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

[Alumina | Selfharm](#)



24/7 support: Crisis helplines in Cheshire and Merseyside

They provide emotional support for any worries you may have 24 hours a day, 365 days a year.

Helpline: 116 123

Get help and advice about a wide range of worries. You can call them on **0800 1111**, talk to a counsellor online, send them an email or post on the message boards. [Childline](#) | [Childline](#)

For children and young people under the age of 35 who are experiencing thoughts of suicide or anyone concerned that a young person could be thinking about suicide. Contact **HOPELINE247** for confidential support and advice.

(open 5pm to midnight, 365 days a year). Support also available via live chat and WhatsApp

Shout is a free, confidential 24/7 text message service for anyone in the U.K who needs support. If you are struggling to cope and need to talk trained volunteers are there for you

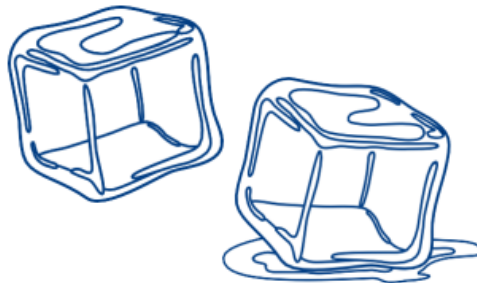
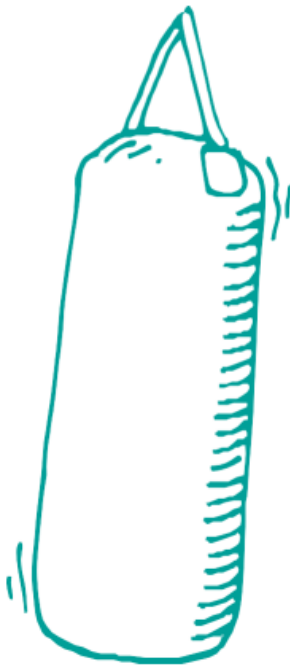
Text SHOUT to 85258

Your GP

You can speak to a GP if: You're self-harming, you're having thoughts about harming yourself, you're worried about minor injuries, such as small cuts or burns - without treatment there is a risk of infection. It's important to get support or treatment as soon as possible to help with the underlying cause and prevent suicidal thoughts developing.

Releasing emotions

- Clenching an ice cube in the hand until it melts
- Sports or physical exercise
- Using a punchbag
- Hitting a pillow or other soft object
- Writing things down
- Talking it out with a trusted person



“Don’t ever be ashamed of talking about self-harm... I guarantee there are loads of other people feeling the same way”

Youth in Mind

Youth In Mind is a seven-day-a-week programme delivered from 3:30pm to 7:30pm each day, for young people aged 7-19 or up to 25 with additional needs. We also run Youth In Mind during our Springboard Project on Sundays from 11am to 3pm for SEND young people.


It is a youth-led programme enabling young people to speak openly about their thoughts, feelings, and behaviours. Our Youth In Mind Key Workers listen carefully to each young person and offer bespoke support by facilitating one-to-one sessions and group activities, by sharing support information and crisis numbers, and by making referrals to in-house programmes or external services.


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'




YOUTH in MIND





Warrington Youth Zone
Dallam Lane
Warrington
WA2 7NG






warringtonyouthzone.org

f i X d in

Department of Health & Social Care



YOUTH in MIND



WARRINGTON
YZ
An OnSide Youth Zone

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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

f i X d in

Department of Health & Social Care

What is Youth In Mind Digital?

Youth In Mind Digital will allow young people to access support from a location they are comfortable with, whether this is at home, school, college, or somewhere else. Youth In Mind Digital will be delivered to young people via Teams Call, Phone Call or Email depending on their preference. The young person will be supported through weekly one-to-one sessions for up to an hour at an allocated time, exploring various wellbeing topics and developing their confidence and self-esteem.

What is Youth In Mind Digital?

A free 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.

Youth In Mind Digital will allow young people to access support from a location they are comfortable with. Sessions will be delivered via Teams, Zoom, phone call or email depending on the young person's preference. The young person will be supported through weekly one-to-one sessions for up to an hour at an allocated time to explore various wellbeing topics and develop their confidence and self-esteem.

When ready, young people will be invited to engage in Youth In Mind Mentoring within Warrington Youth Zone and in the community. The Mentor will help the young person to access Warrington Youth Zone activities, face-to-face Youth In Mind support, and offer wider support with day-to-day activities.



ONLINE TIMES

Mondays to
Thursdays and
Sundays

If you are interested, please contact
Fiona.Gould@wyz.org.uk or
Alice.Fairhurst@wyz.org.uk.
or call 01925 977277

Warrington Youth Zone
Dallam Lane
Warrington
WA2 7NG

warringtonyouthzone.org

 Funded by
UK Government



**YOUTH IN MIND
DIGITAL**



NHS
Mersey Care
NHS Foundation Trust

WARRINGTON
YZ
An OnSide Youth Zone





 Funded by
UK Government

When ready, young people will be invited to engage in Youth In Mind Mentoring within Warrington Youth Zone and in the community. The Mentor will help the young person to access Warrington Youth Zone activities and face-to-face Youth In Mind support, and offer wider support with day-to-day activities such as going to the shop or ordering food.

For the young person to access Youth In Mind Digital they must be a Youth Zone member or be willing to sign up as a member. This is something we can do with the information off the referral form. A one-year membership can be provided free of charge for young people experiencing financial hardship. This service requires consistency and regular communication between the young person, the parent/carer, and the Mentor/Key Worker.

Anxiety Webinar for Parents:

[Mental Health Support Team - Understanding anxiety \(parents\)](#)

Mental Health Support Team

Wellbeing webinars



Mersey Care
NHS Foundation Trust

Your MHST is running a series of mental health and wellbeing webinars.

TOPICS AND DATES

Understanding Low Mood - **25 February**

Neurodiversity - **18 March**

Parenting Skills for Behaviour - **29 April**

LGBTQ+ - **10 June**

Emotional Regulation - **13 May**

Body Image - **8 July**

WHEN

Tuesdays 3.30pm to 4.15pm on Zoom
(link will be emailed once you register)

Webinars will be recorded. No chat function will be available for safety purposes.

We have two webinars available on our website. These sessions focus on Understanding Anxiety will give you a flavour of what to expect from a session.

To register please email which webinar you want to attend to events@merseycare.nhs.uk



Happy? Ok? Sad? Service



Happy? Ok? Sad?

[Happy? Ok? Sad? | warrington.gov.uk](http://warrington.gov.uk)

We all deserve to enjoy life and feel good about ourselves but sometimes life can be tough!

Whether you're feeling great and want to stay that way, you're a bit tired and fed up or you're struggling to manage your feelings, we can point you to local and national information and resources. You can find tips ranging from how to boost your mood to where to get help if you're unable to cope.

If you or someone you know is struggling with their mental health, know that you are not alone and there are places you can go to get help. Visit '[I need help right now](#)' or our [Support Directory](#) to get the most appropriate mental health advice for you or a loved one. For information and advice about how to start a conversation about mental health, visit '[I'm looking for mental health training and resources](#)'.



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://healthline.com/health/breathing-exercise)
FOR SOME CALMING BREATHING EXERCISES

What Parents & Educators Need to Know about

ROBLOX

AGE RESTRICTION
PEGI
7

Roblox is one of the most popular video games among children. In 2020, the game's developers claimed that more than half of the USA's children had played it. As a 'sandbox' title, the game lets players create their own gaming experiences with Roblox Studio to build custom levels, which can then be shared online.

WHAT ARE THE RISKS?

ONLINE PLAY RISKS

Because Roblox connects random players across the world, it can put younger players into an environment with anonymous users who could use the platform for nefarious reasons. For example, some role-play games are used for online dates and mature role play, which could expose youngsters to inappropriate messages in the public chat box.

MATURE CONTENT

Content is difficult to moderate throughout Roblox, due to the number of games available. This is particularly notable on smaller games and experiences, but in summary, some of the games and experiences offered on the platform contain age-inappropriate content that could easily be seen by young players.

IN-GAME SPENDING

The majority of games within Roblox have extensive monetisation options, usually through season passes or microtransactions. Purchases can range in value from a few pennies up to much larger sums of money. While some games offer a lot of content via purchases, others can offer very little for real world money, causing younger players to end up out of pocket.

ANONYMOUS PLAYERS

The anonymity of users can leave players vulnerable to bullying, harassment, and predatory behaviour. Without the right parental controls or monitoring, users can connect with each other via personal messages or friend requests, and it is very difficult to know who's behind a username in this vast online world.

RISK OF ADDICTION

Roblox games can feature rewarding or satisfying mechanics that keep players coming back – or persuade them to stay logged-in for much longer. Like most games, they focus on interactivity, with constant rewards via in-game unlocks and currencies, which can sometimes lead to an addictive need to remain online for long periods of time.

SCAMS

Many of the games on Roblox feature collectible items, pets, or characters. These objects, while digital, are worth a lot of real money on certain online markets. Scammers will attempt to trade with younger users in the hopes of getting rare items that can be sold for real money, manipulating the child into handing them over, usually via misleading information.

Advice for Parents & Educators

MONITOR THE CONTENT

While Roblox does implement plenty of moderation tools and parental controls, it's up to parents and guardians to monitor the types of games a child or impressionable player is experiencing. If a youngster wants to play Roblox, be sure to check out which specific games they want to play within it, and get a good idea of their content.

TAKE ADVANTAGE OF TOOLS

Use the parental controls within the game itself and teach youngsters how to report and block other players. Knowing the powers within their reach will make Roblox a safer, happier experience. You can set age ranges for who's allowed to contact you, close public chat boxes, block spending, and even make your Roblox profile completely private. All these options are helpful in cutting off bad actors from engaging with children.

PLAY TOGETHER

Consider playing Roblox with the children in your care. There are few more effective ways to see how monetisation works, gauge whether the game could lead to addictive behaviours, or even witness how interaction between players works, than sitting down and trying the game for yourself. This should help you figure out whether it's suitable for particular children.

TEACH ONLINE BEHAVIOURS

Have an open conversation about the risks of online play and how to spend money wisely. By being honest and giving tips on how a younger user can protect themselves, you can empower them to not only take care of themselves, but others too. Any user can be reported to Roblox moderators by other players for behaving inappropriately. With this knowledge, younger players can be aware of what to look for and help prevent it.

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.



[Grounding Exercise for Racing Minds: Calming Meditation with Dora Kamau](#)

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 a small icon of two stylized faces above the 'o'. In the top right corner is a white rounded rectangle with the text 'Log in' in a small, dark font. On the left side, there is a video player showing a smartphone screen. The phone screen displays the Kooth app interface with the text 'Hey, how do you feel today?' and 'Today I feel...'. Below the phone screen is a video control bar with a play button, a progress bar, and a timer showing '01:30'. To the right of the video player, the text 'Whatever you're feeling, we're here to help' is written in a large, bold, white font. Below this text, in a smaller white font, is 'Get free, safe and anonymous support.' At the bottom right, there is a yellow rounded rectangle with the text 'Sign up for free' in a dark font.