



# INIS Newsletter

February 2022 - Issue 10



## Children's Mental Health Week

Mental Health is important for all of us all of the time but what we aim to do in Children's mental health week is to highlight positive ways of maintaining positive mental health. Our Personal, Social and Emotional Education scheme jigsaw deals with lots of themes over the school year but this week gives us the opportunity to give the children more ideas to think about being kind to themselves and others and ways of boosting positive mental health in nature, together with others or doing something they love on their own.

I think for all of us when the mornings are dark and it seems as soon as the children are home it is dark, it seems even more difficult to maintain that strong mental purpose. Please see the tips that we can all benefit from. There is lots of information on this website too. <https://www.nimh.nih.gov/>

The Place to Be has lots of resources to support parents with their child's mental health and well being. I have sent a top tips letter along with this newsletter. The theme this year is called "Growing Together". We have a Dress to Express yourself day on Friday 11th February to raise money for children's mental health and mindfulness books for school. So Dress to Express in return for a donation!! The donations will go straight to buying new books!

Look on the Place to Be website

<https://www.childrensmentalhealthweek.org.uk/>



### My Mental Health: Do I Need Help?

First, determine how much your symptoms interfere with your daily life.



#### Do I have mild symptoms that have lasted for less than 2 weeks?

- Feeling a little down
- Feeling down, but still able to do job, schoolwork, or housework
- Some trouble sleeping
- Feeling down, but still able to take care of yourself or take care of others



#### If so, here are some self-care activities that can help:

- Exercising (e.g., aerobics, yoga)
- Engaging in social contact (virtual or in person)
- Getting adequate sleep on a regular schedule
- Eating healthy
- Talking to a trusted friend or family member
- Practicing meditation, relaxation, and mindfulness

If the symptoms above do not improve or seem to be worsening despite self-care efforts, talk to your health care provider.



#### Do I have severe symptoms that have lasted 2 weeks or more?

- Difficulty sleeping
- Appetite changes that result in unwanted weight changes
- Struggling to get out of bed in the morning because of mood
- Difficulty concentrating
- Loss of interest in things you usually find enjoyable
- Unable to perform usual daily functions and responsibilities
- Thoughts of death or self-harm



#### Seek professional help:

- Psychotherapy (talk therapy)—virtual or in person; individual, group, or family
- Medications
- Brain stimulation therapies

For help finding treatment, visit [www.nimh.nih.gov/findhelp](http://www.nimh.nih.gov/findhelp).

If you are in crisis, call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255), or text the Crisis Text Line (text HELLO to 741741).



[www.nimh.nih.gov/findhelp](http://www.nimh.nih.gov/findhelp)

## Always start by being kind to yourself!



# Children's Mental Health Week

"Growing together" to encourage positive mental health and wellbeing, reminded me of the wonderful work our children do when they go to the nature area, exploring, making relationships and taking risks- all wonderful ways to boost our well being!

Here are a few photos from our nature area!



At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one issue of many which we believe trusted adults should be aware of. Please visit [www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) for further guides, hints and tips for adults.

## 12 Top Tips TO SUPPORT MENTAL WELLBEING THROUGH NATURE Online and Offline

'Nature' is a superb choice as the theme of this year's Mental Health Awareness Week, as there's clear evidence that getting access to nature is excellent for our mental health. With Covid-19 restrictions beginning to ease, it's the perfect time of year to rediscover the natural world and give ourselves a calming, uplifting treat. You don't have to drag the family on a four-hour hike, either – just 10 minutes each day in the garden, in the local park or your nearest green space could really help. Here are 12 suggestions for ways you can benefit from nature ... both online and off.

### ONLINE

- 1 Give something back to nature**

A swift internet search should bring up details of any local conservation projects you could volunteer for, or litter-picking events that you could enrol the family in. It doesn't have to be a long-term commitment: most schemes are grateful for every bit of help!
- 2 Tranquil streams**

Search your preferred music player for some soothing natural sounds. A few minutes' gentle audio of rainfall, ocean waves or birdsong are all great ways of unwinding at the end of the day to get you ready for an excellent night's sleep.
- 3 Give geocaching a go**

If you've not heard of it, geocaching is a modern twist on the traditional treasure hunt. Participants look for items hidden in outdoor locations, using a GPS-enabled device like a mobile phone or tablet. We'd recommend that an adult accompanies young adventurers!
- 4 Share what you see**

While you're out exploring nature, take a photo or video of anything you find that inspires you. Not only will it be a nice memory for you to look back on, but you could also share it safely on social media and maybe motivate others to engage with the natural world!
- 5 Watch the stars**

Looking at the night sky can be incredibly calming. There are some comprehensive stargazing websites and apps to help you locate and recognise different stars. It can take 20 minutes or so before you can see stars fully in the dark, even on clear nights, so allow your eyes time to adjust.
- 6 Wildlife on the web**

A Google search will bring up lots of sites that stream webcam footage of nature. From seals to barn owls, rabbits to badgers, you can get an intimate, heart-warming view of all kinds of animal communities from inside the comfort of your own home.

### OFFLINE

- 1 Ditch the phone**

Now the weather's improving, go for a walk in a green space nearby. If you're already familiar with your chosen route, you could always leave your phone at home to be completely free of the usual distractions and notifications.
- 2 Put down some roots**

Planting flowers, shrubs, herbs or vegetables can be extremely rewarding. Not only does it help us to connect with nature – it also provides an ongoing project to draw pleasure from. If your home doesn't have a garden, no problem: a window box will do the job just as well!
- 3 A different kind of tweet**

Most gardens in the UK attract a wonderful variety of birds, and just watching them for a few minutes can be immensely therapeutic. There are some excellent apps and sites to help you name any species you don't already know or even play a game: identifying bird song, like bird song bingo!
- 4 Feed your feathered friends**

Hang a bird feeder where you can easily see it from a window. Then enjoy the feelgood factor of satisfied avian visitors perching where you can see them. For something more advanced, you could try building a nesting box to fix onto a fence or under a window sill.
- 5 Park your worries**

If you're lucky enough to live within easy travelling distance of a park, you'd benefit from using it. Whether it's to play ball games, get on your bike, walk the dog or just get some fresh air into your lungs, the potential bonuses for mental health are enormous.
- 6 Art and soul**

Younger children will enjoy drawing or painting animals or nature scenes, or writing a poem or song lyrics about nature. For extra art or crafting fun, you could collect natural materials – leaves, feathers, tree bark or seeds, for example – to use in your creations.

**Meet Our Expert**  
Anna Bateman is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and beyond. She is also a member of the advisory group for the Department for Education, advising them on their mental health green paper.

**National Online Safety**  
#WakeUpWednesday

Sources: <https://nhf.org.uk/coronavirus-lockdown-we-need-nature-now-more-ever> | <https://www.nationalgeographic.com/magazine/article/call-to-wild> | 'Mental Health and Nature', Mind, 2018



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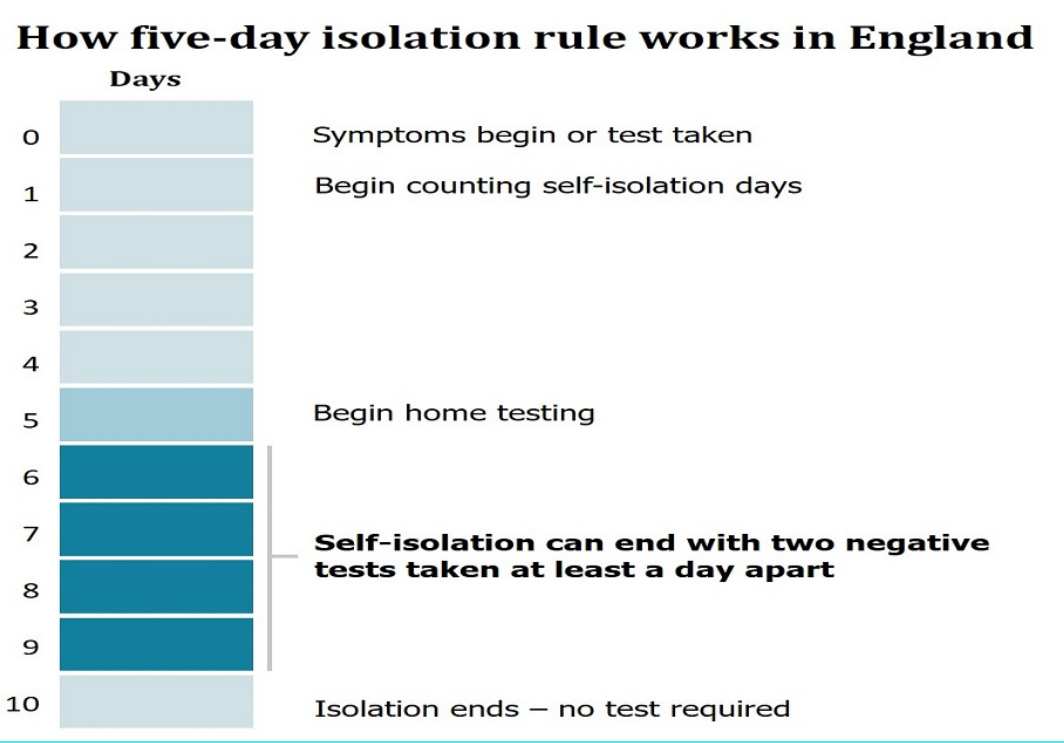
# COMING SOON...

**NORTHAMPTON TOWN WOMEN v LOUGHBOROUGH STUDENTS WOMEN**



**SIXFIELDS STADIUM / SUNDAY 13th MARCH 2022**  
**KICK OFF 14:00**  
**SEASON TICKET HOLDERS FREE / U18's FREE / OVER 18's £3 (ONLINE), £5 (ON DAY)**



## Covid update

We are very pleased to say that our number of Covid cases with staff and children are reducing. Thank you for being vigilant and supporting the school to keep classes open by taking your children for PCR tests when required.

Please see the diagram regarding how people can end isolation early after two negative covid LFD tests from day five.

**If you have a concern or have seen any Safeguarding issues that you are worried about, this is the school's Designated Safeguarding Lead and her deputies. Please ask at the office to speak to them in confidence or call 01933 654900**

### Designated Safeguarding Lead



**Mrs Marshall - Head Teacher**  
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**Miss Chapman - Deputy**  
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**Penny Reading - Safeguarding Director**  
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## Please remember no smoking or vaping on site

Have a lovely, safe half term break and remember be kind to yourself!