

# Children and Young People's Newsletter



**Happy November everyone! We hope you had a lovely half term break. In this edition we are talking about Anti-bullying week, the Marylebone Christmas light switch on event and the dates of our Forums that are happening this month.**

## Anti-bullying Week

Anti-bullying week is taking place this month from **Monday 13th November to Friday 17th November**. This year's theme is 'Make a noise about bullying', with the aim to raise awareness of bullying and learn ways to identify it, prevent it and respond to it.

Bullying is the repetitive and intentional hurting of one person or group by another person or group, where the relationship involves an imbalance of power. It can happen face to face or online. Bullying can affect ourselves physically and emotionally, that is why it is very important we all work together to reduce it. Below are some examples on how you can do that:

### **Let your friends know when you think they are not behaving nicely towards other people.**

Sometimes we might see our friends saying something that is not nice to someone or hurting other people. As their friend, you can talk to them and explain how the other person might be feeling.

### **Speak to a trusted adult if you think someone is being bullied or you are being bullied.**

Talking to an adult can help stop the bullying from continuing, and prevent this from happening again. You can ask the adult to not say that it is you who has shared that information if that will make you feel more comfortable.

### **Offer support if you know someone is being bullied.**

You can ask them how they are feeling, if you can help in any way, encourage them to speak to an adult or offer them the option to speak to an adult together.

### **Show kindness to those who are being bullied.**

You can invite them to play with you, sit with them at lunch time, ask them if they want to work together on a task during a lesson. If someone notices your act of kindness, it can inspire them to do the same for someone else!



These little actions can make a huge difference and help everyone to feel safer and happier. Remember that we don't have to be friends with everyone, but we can be friendly and respectful to everyone.

If you have further questions about what bullying is, how it can look and how you can prevent and respond to it, speak to an adult you trust.



## 1 Minute of Mindfulness



When walking, pay attention to each step. Notice how many steps you take during each inhale and exhale and how fast or slow you are walking. You can also match your steps to your breath. For example, as you breathe in, count 1, 2, 3 and 4 steps. As you breathe out, count 1, 2, 3 and 4 steps.

This is called 'Walking meditation' and you can start practicing at any time of the day.

# Marylebone Village lights switch on

We'd love to invite you to join us on the **9th of November (3pm - 8pm)** as we celebrate the beginning of the Christmas season at the **Marylebone Village Christmas lights switch on!** We are the chosen charity partner for this event, run by The Howard de Walden Estate, to bring you an evening brimming with festivities for all friends and family.

Enjoy heaps of activities, such as wreath making, live music and the ever-popular charity tombola. Adventure through artisan markets with roaming music, take a trip to Santa's Grotto or experience fun at the ferris wheel.

The Christmas lights will be switched on by a soon-to-be-announced celebrity guest, located in the heart of Marylebone Village at 6pm on Devonshire Street. We'll have our own stall so come say hello and join us on this unforgettable experience.



## Autumn Term Forums

See below the dates and times of this Autumn Term's Forums. The forums are a great way to share your experiences and contribute to the future development of our service. For more information or to show your interest regarding the forums, contact our Whole School Approach Advisors: **Isaac** ([irowan@bwwmind.org.uk](mailto:irowan@bwwmind.org.uk)) and **Iris** ([ifernandez@bwwmind.org.uk](mailto:ifernandez@bwwmind.org.uk)).

**Staff Forum:**  
22/01/2024  
@4:00pm

**Parent and  
Carer's Forum:**  
15/11/2023  
@4:30pm

**CYP Forum:**  
16/11/2023  
@4:30pm

## Meet Our Team Corner

In this issue I am happy to introduce **Louise**. She is an **Educational Mental Health Practitioner** in the Mental Health Support Team.

### Meet Louise:

I grew up in London and moved up north to study Psychology at Newcastle University. Whilst there, I worked alongside my BSc to support young people with ASC and completed a placement as a research assistant exploring how best to support families with neurodisability. After graduating, I moved back to London and continued supporting people with learning difficulties whilst completing my MSc in Mental Health Studies at King's College London, where I learnt about the importance of early intervention in preventing mental health difficulties. The past year I have been training as Educational Mental Health Practitioner with UCL at the Anna Freud Centre and I have felt very privileged to be able to support young people and their families experiencing mental health challenges. I believe that everyone should be able to access mental health support, so I am excited to be qualified and I look forward to supporting more young people and families this year!

### A few things Louise likes:

I love cosy nights in watching films, windy walks in the countryside, cold swims in the sea, trying new foods, and cooking for my friends. I enjoy yoga and I am starting to enjoy running. I like trying new things and exploring new places, and over the summer I learnt to dive!

### Louise's perfect day:

My perfect day would involve waking up in the countryside or by the beach. I would start the day eating yummy brunch foods whilst enjoying the view, and then spend the day outdoors, enjoying the sunshine by going for a walk. I would then finish the day with an evening with my friends or family, playing games, watching movies, and eating sushi!



**Thank you for reading!**