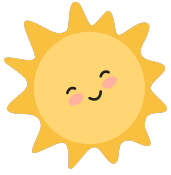


Children and Young People's Newsletter



Happy September everyone! We hope that you enjoyed your Summer Holidays! In this issue we will be talking about the importance of routine, our interventions and the dates of the first forums of this academic year!

Welcome back!

We know that returning to school can be a bit difficult as we have to adapt again to the routine. At the same time, it is very exciting to reunite with friends again, meet new people if you are changing schools, start learning new things and see what this academic year will bring to us!

In this issue we want to talk about the importance of having a good day and night routine to make this a smooth transition back to school.

Wake up early to have enough time to prepare yourself for school, have a nutritious breakfast and leave your home to get to school on time. Try to pack your bag the night before, so you don't have to worry about that in the morning.

Make sure that you **eat all your meals** and that you **stay hydrated** throughout the day by drinking plenty of water. These simple but crucial habits are vital for your overall wellbeing and will help you feel more energetic during the day.



Create a schedule for the week. Just as you have a timetable for the school day that tells you the lessons that you are doing and at what time, it can be helpful to schedule your evenings and weekends to organise yourself and make sure you have time to do everything that you have planned to do. It would be good to schedule time for homework or studying, but also save time to do things that you enjoy as well as time to simply relax.

Plan a bedtime routine. It can be difficult to have to wake up early again every day for school, therefore a bedtime routine can help you to go to bed calm and ready to sleep. Some things that can be part of your bedtime routine could be having a bath or a shower, putting on your pyjamas, brushing your teeth and doing something relaxing, like reading, journaling or listening to calm music.

Finally, write down three things you feel grateful for at the start or end of the day to remind yourself of all the good things you have.

We hope that these tips are useful and we wish you all the best for this academic year!

New workshop

Transition to Reception (for parents)

We are very happy to announce that we have developed a new workshop on "**Transition to Reception**" for parents. This workshop is an opportunity to understand the changes that can be observed in children during this time and learn tips to support them to have a smooth and positive transition to reception. If you would like to attend this workshop, please speak to your class teacher or Designated Mental Health Lead, who will be able to book it to be delivered in your school.



Our interventions

We are currently working with 43 primary and secondary schools across Westminster, providing mental health services to children and young people, parents and carers and school staff. As an early intervention service, our aim is to promote wellbeing and prevent the development of mental health problems. These are the services that our Mental Health Support Team offers:

- **1:1 evidence-based CBT interventions in primary and secondary schools** delivered by our Practitioners (EMHPs/CWPs) and Assistant Psychologist. Interventions are delivered via parents in primary schools and directly with the young people in secondary schools.
- **Evidence based interventions for parents/guardians of children aged 0-5** delivered by our Infant Mental Health Practitioners, offered to our primary schools and three family hubs in Westminster.
- **Psychoeducational workshops** for children and young people, parents and carers and school staff delivered by our Whole School Approach Advisors.
- **CBT Step 3 Interventions** delivered by our CBT therapist and CBT therapist trainee to pupils from Y6 onwards.
- **Short term Family Work Interventions** offered to primary and secondary schools and delivered by our Systemic Therapist.
- **Psychoeducational wellbeing support** by Mental Health Youth Workers based in Youth Clubs across Westminster.



If you want to find out more about our interventions, speak to your class teacher, Designated Safeguarding Lead or Designated Mental Health Lead at your school or visit our website by clicking [here](#).

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) and **Iris** (ifernandez@bwwmind.org.uk).

Staff Forum:
Date and time to
be confirmed

**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 **Elena**. She is an **Assistant Psychologist** in the Mental Health Support Team.

Meet Elena:

I was born and raised in Madrid, Spain, but came to the UK for 6th form. After that, I went to uni in the Netherlands, and then came back to London where I've lived ever since, doing research and working in mental health services. In our team, I'm an Assistant Psychologist, which basically means that I have a bit of a mix in the tasks that I do: sometimes I have sessions with young people and sometimes I work on data projects that help us see how the team is doing in supporting children and young people. I believe everyone should be able to access mental health support and learn to develop tools to face challenges and manage difficulties early on, so I'm glad to be part of the BWW Mind team.

A few things Elena likes:

I love bouldering and regularly go to my local climbing gym. It really helps me relax after a stressful or busy day! I also like puzzles, crosswords and trivia and go to a weekly quiz with some of my friends. I love food, both eating and making it, and recently went to a French baking course, which means my loved ones will be getting lots of baguettes whether they like it or not!

Elena's perfect day:

I would wake up early-ish and go for a walk and a climb. Then I would have a nice lunch with family and friends, either for Dim Sum, Sichuan food or somewhere I've never been before, followed by ice cream outside. I would go for a walk and meet lots of friendly cats and dogs that would come over to say hi. I would finish the day by having all of my friends over to my house, where we would chat, play some games and eat all kinds of snacks.



Thank you for reading!