



# MHST

## NEWSLETTER

### MHST News

Since January, MHST has gained 3 new trainee EMHPs, and we now have an Advanced Practitioner in training who is being trained to work with more complex presentations including tics, neurodiversity, and EBSA.

MHST is also in the process of bringing on more schools into the MHST due to a new wave of funding.



### IMPORTANT NOTE

While schools are closed over summer, MHST sessions continue during the holidays. Sessions can continue face to face in nearby venues, or online via Microsoft Teams.



### Keeping well over summer:

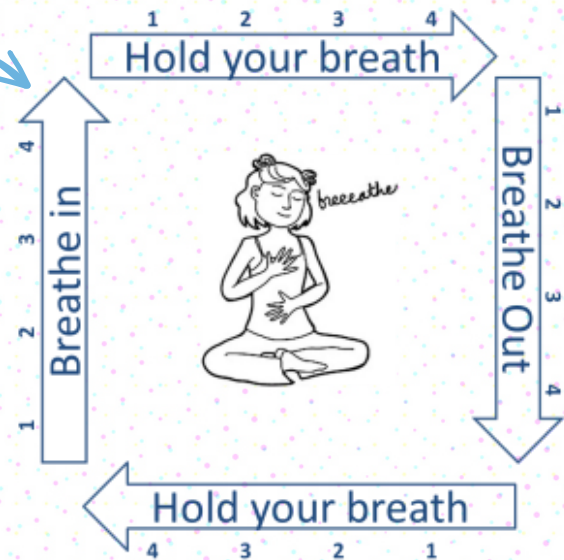
As the school year comes to a close, young people and families can often be faced with the challenge of how to keep well during the long summer holidays. Whilst it's important to allow time for rest, relaxation, and leisure time, it is just as important to remember that many long unstructured days can lead to a "summer slump".

Here are some tips to keep well over summer:

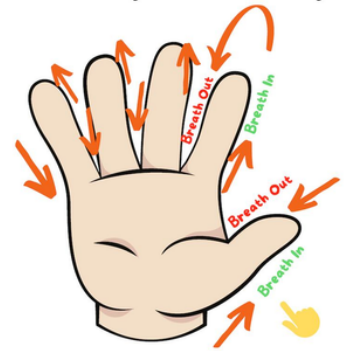
1. Try and keep a consistent routine for bed times and meal times over summer. Children and teens will often tend to sleep in and skip meals over the holidays in long unstructured days but this can impact on mood and energy.
2. Get outside regularly. Sunlight and fresh air and moving your body is a good way to balance your mood over time, even just short walks outside are enough to feel a benefit.
3. Plan in activities. Children don't need trips to theme parks every day, but even small structured activities like crafts or tasks can help children keep focussed and can help the days feel longer and busier to avoid feeling lethargic.

## Having fun with Calming/Grounding techniques :

Using calming and grounding techniques can be really helpful for managing big emotions and calming anxiety. Turning some of these techniques into games can help young people practice the techniques while they are feeling good to make them easier to do when they are feeling out of control. Have a look at some below:



### Five Finger Breathing



**Cooking spaghetti song-** Choose a song that repeats a word a lot in the lyrics, and start the song with everyone standing stiff as an uncooked spaghetti. When people hear the key word, they make themselves as loose and soft as a cooked noodle! Hear the word again, and tense up back into an uncooked spaghetti.

**Longest breath competition-** have a competition on how long each person can pin a tissue to the wall using only their breath (no hands allowed!). Having a steady, long out breath can help regulate the body.

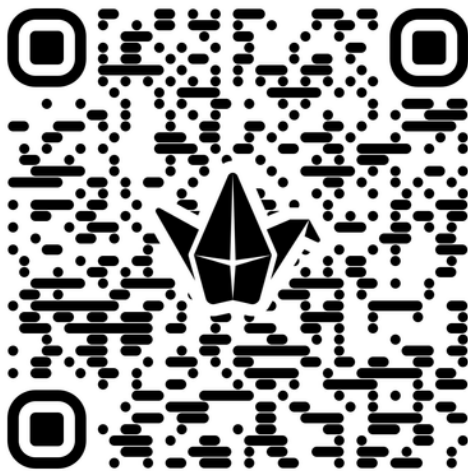
**Alphabet games-** chose a topic. The first person to go has to name something in that topic that starts with A, and the next person must name something in that topic that starts with B, and so on. Topics could include animals, names of people we know, countries, foods, etc...



## WHOLE SCHOOL APPROACH TO TRANSITIONS

We have been doing Transitions workshops to help prepare Year 6s with moving up to secondary school. This workshop helps pupils to have a think about their worries about the change in September. We discuss questions they might want to ask their new schoolteachers and ways to manage their feelings surrounding making new friends, navigating their way around their new environment, and much more. Pupils receive and 'Little book of wellbeing' to help them have some strategies to calm and focus them in moments of worry. Often, there is much anticipation about the changes including how some are excited to get lost as this means they will be out of class for longer! They finish the session having a good understanding of ways to support each other with concerns and worries that are shared with their peers.

**QR code:**



Use this QR code to access MHST's Parent and Carer Wellbeing Toolkit, this is jam packed with information!

*Thank you for reading*