



Welcome to the next edition of the MHST newsletter, the first for 2025! We expect that by now, you are back in the swing of things for this term and looking forward to longer, brighter days.

This edition of the newsletter will showcase some of the work we have been doing, upcoming changes and considering how our Mental Health Leads Forums have been going so far. We will also consider how we can celebrate upcoming key dates.

## What have we been up to?



We have just rolled out our first training session of Mind Mates to school staff intending to deliver this 7 week intervention to Years 3-6 students. The intervention supports young people with managing their emotions and worries through a small, targeted group.



Congratulations to UTC who have just trained up a new cohort of Youth Mental Health Ambassadors (YMHA)!



Keep an eye out for our updated Whole School Approach menus! The team have been working hard making some tweaks to this offer and we will soon be starting to roll out new and improved assemblies for young people and workshops for parents/carers and staff.



So far, we have networked and covered topics such as the MHST offer (including YMHA). We have also enjoyed having guest speakers on topics such as motivational interviewing. We are open to suggestions for what you might want to see at our future forums. Please use the QR code or link to secure your place for next one!

A big wave and farewell for now to Caroline who will be on maternity leave from March this year. Wishing you all the best Caroline, you will be missed by all of the team here at MHST as well as the schools with whom you have built such fantastic working relationships.

Say hello to...



Brogan



South Locality  
Education Mental Health  
Practitioner

Caroline



Central Locality  
Education Mental Health  
Practitioner

Siobhan



North Locality  
Education Mental Health  
Practitioner

February 2025

please turn over!

Did you know?

Saint Valentine was a 3rd-century Roman priest known for performing secret marriages, commemorated on February 14th. Now, we recognise the day by showing love through cards and gifts.



At MHST, we recognise the importance of showing self-love and thinking about different ways we can do this, including:

- Celebrating our accomplishments
- Pursuing our passions
- Focusing on positive self-talk
- Practicing self-care
- Doing what makes you happy!



We have included some handouts you may wish to use to support young people with 'self-love'.

## Dates for your calendar

### SPRING TERM

#### February

3rd-9th: **Race Equality Week & Children's Mental Health Awareness Week** #CMHAW24

6th: **Time to Talk Day** #TimeToT

6th: **Safer Internet Day** #SaferInternetDay and #SID2024

24th-2nd March: **Eating Disorder Awareness Week** #EDAW

#### March

1st: **Self Injury Awareness Day** #SIAD

1st – **Zero Discrimination Day**

20th: **International Day of Happiness** #InternationalDayOfHappiness



We encourage you to consider key periods within the school year for your staff and pupils, when they may need some additional support. It can also be useful to think about key dates for your diary and whether you would like to arrange something to raise awareness for the occasion. This can be discussed during consultation and arranged.

The Anna Freud website has lots of resources to find practical ways to look after your mental health, allowing you to choose what works best for you. Whether you're just starting to explore self-care or looking for new ideas, this guide is here to help.

[www.annafreud.org/resources/children-and-young-peoples-wellbeing/self-care/](http://www.annafreud.org/resources/children-and-young-peoples-wellbeing/self-care/)



### Children's Mental Health Week

Children's mental health week 2025 explored the theme **'Know yourself, Grow yourself'**

During that week we shared daily emails with schools around topics including transitions, wellbeing and anxiety. If you haven't already shared, we would love to hear how your school celebrated children's mental health week.

### International Day of Happiness



Suggestion: Lets spread some happiness! Give someone you know (or don't know) a positive statement.

To add to this you could also consider booking in one of our assemblies or workshops on positive self-talk or well-being.