



MAYFIELD
SCHOOL
DREAM • BELIEVE • ACHIEVE

SAFEGUARDING NEWSLETTER

Welcome to the Mayfield Parents Safeguarding Newsletter

Hello and welcome to the latest edition of our Parents Safeguarding Newsletter. This week we are looking at 'World Mental Health Day'. **World Mental Health Day is celebrated every year on 10th October.**

Talking about our mental health can help us cope better with life's ups and downs. So, on World Mental Health Day and beyond it, why not check in with your friends, family, peers, or colleagues?



At Mayfield School we work together to create a happy, safe and secure learning environment where everyone is valued and respected. We are passionate about making a difference to the lives of the young people in our school and our whole school community. We aim to promote positive mental health for every pupil and member of staff and respond to need as it arises.

Creating good mental health can be achieved in a variety of ways.

Supporting the wellbeing of pupils at Mayfield

THRIVE

At Mayfield school we use the THRIVE approach to support pupils social and emotional development. THRIVE supports children with their emotional health, well-being and social skills, all of which are needed to enable learning to take place. The THRIVE Approach draws on the latest research from current neuroscience, recent attachment research, current studies of effective learning and current models of child development to help us understand the needs of children's behaviour.

We are proud to have three fully licensed Thrive practitioners who can provide support for all our pupils throughout the school, from early years to adolescence. In addition to one-on-one sessions, our practitioners offer staff training and support and run the Thrive for Parents course.

Licensed Thrive Practitioners are Carl Foster and Jackie Johnson. If you are interested in attending a Thrive Parenting course in school or online, please contact carl.f@cholreymayfield.lancs.sch.uk

ELSA Support

Our school's ELSA, **Lin Broxson**, offers personalised support to students who need help with emotional skills, including self-awareness, social interactions, and managing difficult emotions.

NHS: 5 Ways to Wellbeing

Enhance your mood and well-being with these simple steps:

- **Connect:** Foster meaningful relationships with others.
- **Give:** Contribute positively to your community.
- **Be Active:** Incorporate physical activity into your daily routine.
- **Notice:** Appreciate the present moment and your surroundings.
- **Keep Learning:** Continuously expand your knowledge and skills.

Health Support Services

The **Learning Disability Service** offers tailored support for individuals of all ages, recognising that lifelong care is often essential. Their experienced team specialises in addressing the unique health needs and challenges faced by people with learning disabilities. They've developed specialised pathways for physical health, mental health, behavioral concerns, and offending behavior. A key component of each pathway is promoting annual health checks and personalised health action plans. The learning disability nurses collaborate closely with children, young people, and their families or caregivers to enhance health and well-being.

For more information or to self-refer, please visit the [Community Learning Disability Service](#)

CAMHS - Child and Adolescent Mental Health Services.

CAMHS is the NHS mental health services for children and young people.

CAMHS support covers [depression](#), [problems with food and eating](#), [self-harm](#), [abuse](#), violence or [anger](#), [bipolar disorder](#), [schizophrenia](#) and [anxiety](#), and other difficulties.

There are local NHS CAMHS services around the UK, with teams made up of nurses, therapists, psychologists, child and adolescent psychiatrists (medical doctors specialising in mental health), support workers and social workers, as well as other professionals.

CYPMHS - Children and Young People's Mental Health Services

You might also see CYPMHS used which stands for Children and Young People's Mental Health Services. This is a new term and it includes all the services that might be available to help you as well as CAMHS.

Online national directory of support services

Hub of Hope - [The biggest mental health support directory in the UK, to direct people to relevant services and groups.](#)

IS...	ISN'T...
Something we need to look after	Something you can snap out of
Something everyone has	Something you decide to have
Worth making time for	Always something negative
Positive and negative	An interchangeable term
Part of being human	Feeling bad all the time
On a continuum	A sign of weakness
Changeable	All in your mind
Important	Fake news
Complex	Shameful
Real	Fixed