

GAA Emotional health & wellbeing - families' newsletter

GENUINE ★ RESPECT ★ EXCELLENCE ★ ACHIEVING ★ TOGETHER

TOGETHER ★ ACHIEVING ★ EXCELLENCE ★ RESPECT ★ GENUINE



MENTAL HEALTH AWARENESS WEEK
13-19 MAY 2024

This week has been national mental health awareness week and students at GAA have had assemblies, led by Kooth – an online provision which helps children and young people to feel safe and confident in exploring their concerns and seeking professional support.

Some year 7 students have also been taking part in **Active Body Active Mind** events here at GAA which combine physical activity sessions to enhance young people's resilience, problem solving, communication and social skills through a variety of team building activities along with mindful movement, fun and relaxation.

Young Minds has a dedicated support page offering advice to young Muslims.

The page has faith-friendly information and advice, shaped by the voices of young Muslims and created in partnership with Muslim Youth Helpline.



Visit the Young minds site by following the link below:

<https://www.youngminds.org.uk/young-person/coping-with-life/muslim-mental-health/>

The Muslim Youth Helpline is open to calls 7 days a week (4pm-10pm) on 0808 808 2008. The helpline offers culturally sensitive support through live chat, WhatsApp or email.



There are resources, including a Student Wellbeing Guides which can be downloaded. Visit <https://myh.org.uk/>

Exam Stress - How Parents can help: Stress can manifest in many ways. For example, tearfulness, insomnia, a lack of appetite, or eating all the time.

Alternatively young people may show their stress by socialising too much or withdrawing from social activities altogether. Some young people experience blind panic which can be mis-interpreted as laziness.

As parents you can help your child by accessing this website [Supporting young people with exams - BBC Children in Need](#) and directing them to the range of websites below.



Young Minds

Coping with exam stress



BBC Bitesize

Exam essentials and dealing with stress



Mental health & wellbeing resource hub

Support from Children in Need projects and partners



NHS

Help your child beat exam stress



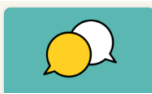
After exams

Guidance from BBC Bitesize on next steps after exams



Parent Zone

Understanding and supporting anxiety in children



Childline

Managing exam pressure

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May 2024
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Thank you for reading.