



# GAA Emotional health & wellbeing - families' newsletter



ACHIEVING ★ TOGETHER

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## Kooth & Qwell:

### Supporting mental health & wellbeing

With 1.2 million young people referred to NHS mental health services last year according to YoungMinds (2023), access to continuous support is essential. This festive season, Kooth (for young people) is here to help - offering free resources and webinars to support young people's mental health and Qwell has tailored tools for adults.



EXCELLENCE ★

EXCELLENCE ★

## TikTok update:

Teenagers are facing wide-ranging new restrictions over the use of beauty filters on TikTok amid concern at rising anxiety and falling self-esteem. Under-18s will, in the coming weeks, be blocked from artificially making their eyes bigger, plumping their lips and smoothing or changing their skin tone. The restrictions will apply to filters – such as “Bold Glamour” – that change children’s features in a way that makeup cannot. TikTok also announced it was tightening its systems to block users under 13 from the platform, which could mean that thousands of British children are turfed off the platform. Before the end of 2024, it will launch a trial of new automated systems that use machine learning to detect people cheating its age restrictions. See <https://www.theguardian.com/technology/2024/nov/26/tiktok-to-block-teenagers-from-beauty-filters-over-mental-health-concerns>



RESPECT ★

RESPECT ★

## National grief week December 2 - 8<sup>th</sup> 2024 :

If you, or anyone close to you, is struggling with bereavement and grief then as it is National Grief Week you might consider checking out The Good Grief Trust - which has an excellent page on its website, where you can find links to a variety of national and local support. These organisations can provide assistance for different circumstances and with the loss of different people within someone’s life. They also have specific support for the newly bereaved, for young people who have been bereaved and for those belonging to specific communities e.g. LGBTQ+. You can go straight to this page by following this link <https://www.thegoodgrieftrust.org/>



# December 2024

Thank you for reading.



GENUINE ★

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Every week in Form Time registration students have: **Wellbeing Wednesday**. This is where students are given tips on how to manage things that may cause them worry and concern – some are school-related, and some are more general. So far this year since September, we have looked at:

- Returning to school
- How to boost confidence
- (Not) getting on with your family
- Growth mindset
- Coping with homework
- FOMO – fear of missing out
- Choosing respect
- Feeling lonely



Last week students looked at the wellbeing advent calendar below to identify things they might want to try to help improve or maintain their emotional health and wellbeing as we start the festive period.

## Wellbeing Advent Calendar 2024

360 SCHOOLS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>25. JINGLE &amp; JIVE DANCING</b> Dance to fun, festive songs to lift everyone's mood.	<b>26. POSITIVE WINTER CARD</b> Make a card with a positive message, uplifting drawings – or doodles for someone special!	<b>27. COMPLIMENT CHALLENGE</b> Challenge students to give three compliments to classmates or family to spread positivity.	<b>28. CHRISTMAS THEMED WORKOUT</b> Create a '12 days of fitness' challenge where each day focuses on a different fun exercise or stretch to keep active.	<b>29. MINDFUL WALK</b> Take a mindful walk around the school or local area - paying attention to the sights, decorations and smells of winter.
<b>2. COSY ZONE</b> Create a calm zone using cushions, fairy lights, blankets, soft lighting and calming activities such as puzzles and colouring sheets.	<b>3. END OF YEAR GLOBAL WISH LIST</b> Ask students to write down wishes for others - e.g the environment or world peace.	<b>4. GRATITUDE LETTER</b> Ask students to write a heartfelt letter to someone who has made a positive impact on them this year.	<b>5. HOLIDAY JUMPER DAY</b> Have a festive jumper day where everyone can wear a fun or favourite item of clothing.	<b>6. MINDFUL HOT CHOCOLATE</b> Make a comforting cup of hot chocolate with students – encouraging them to practice mindfulness when drinking it together.
<b>9. FESTIVE SELF-CARE BINGO</b> Create a bingo card with self care activities like listen to a favourite song, take a walk. Encourage students to tick as many of as they can in the week.	<b>10. HOPES AND DREAMS</b> Create a Vision Board filled with their dreams, goals and things that inspire them. Play holiday music in the background to encourage a joyful atmosphere.	<b>11. JOLLY STORY TIME</b> Gather together and have a story time with festive books and poems that capture the warmth of the season.	<b>12. PERSONAL REFLECTION</b> Encourage students to spend 10 minutes journaling on their personal growth this year. What are they proud of? What challenges did they overcome? What special moments did they have?	<b>13. WINTER AROMATHERAPY</b> Create winter fragrance bags using seasonal herbs such as cinnamon sticks, cloves, pine cones, dried cranberries, vanilla and essential oils.

SECONDARY SCHOOL

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YOUNGMINDS

**Parenting isn't always easy.** Although it's often amazing and rewarding to watch your children grow up, and to help them learn to be independent, it can also be really hard work. YoungMinds organisation offers tips for looking after your child while also looking after yourself. Click here to read: <https://www.youngminds.org.uk/parent/parents-guide-to-looking-after-yourself/>

## December 2024

Thank you for reading.