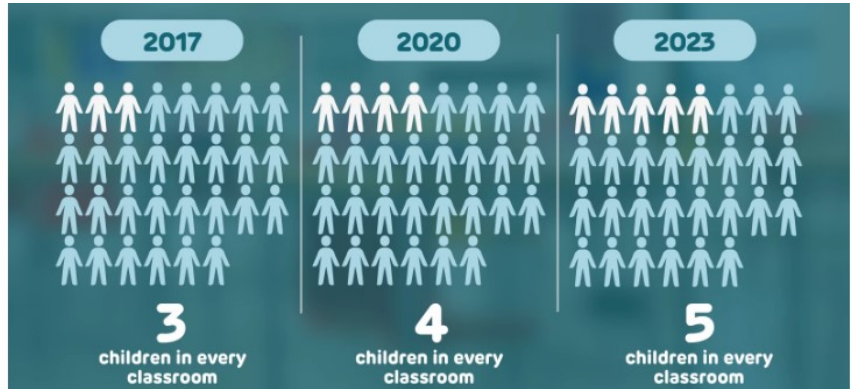


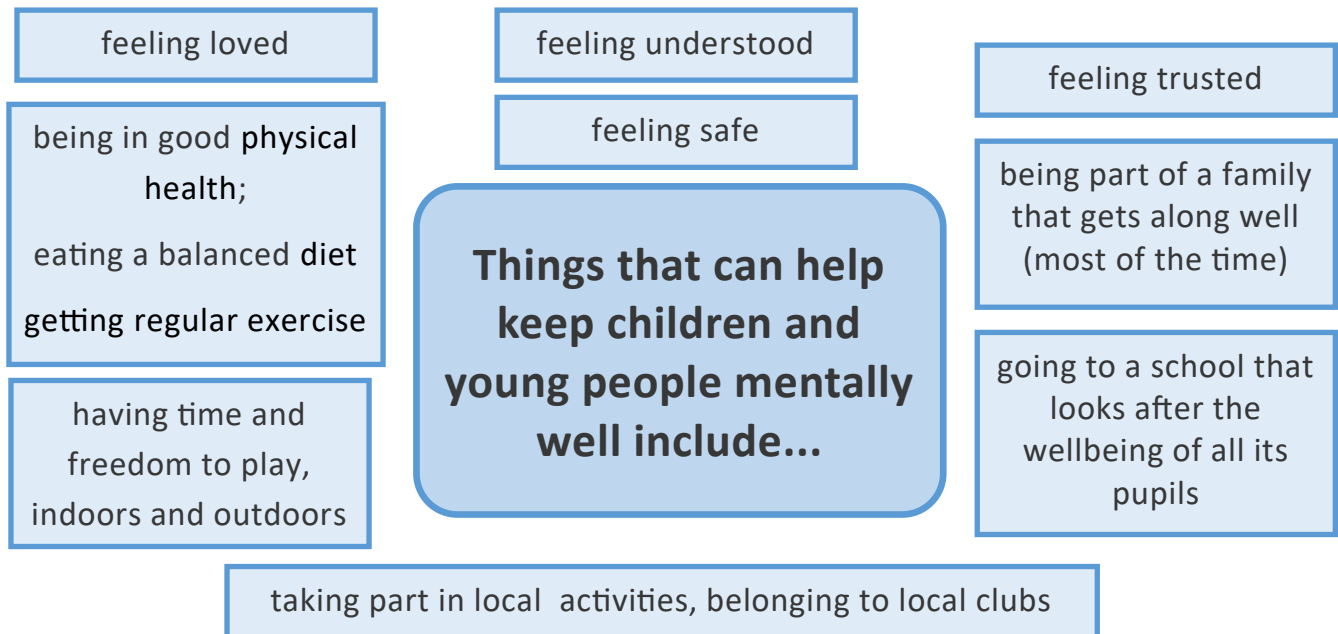


## Supporting Children's Mental Health

At Minchinhampton, we believe that good mental health starts at infancy. Poor mental health among children is on the increase and due to this increase and services not having capacity to support children, schools are being relied on to provide this support (31.9% of all support given to children and parents is from the education sector, 2023).



Children's emotional well-being is just as important as their physical health. Good mental health helps them develop the resilience to cope with whatever life throws at them and grow into well-rounded, healthy adults.



**Children who are optimistic, and resilient, have some control over their lives and feel like they belong are more likely to have good mental well-being.**

## What can affect children and young people's mental health?

Changes such as moving home, changing school or the birth of a new sibling, etc., may act as triggers. Some children who start school feel excited about making new friends and doing new activities, but some may also feel anxious.

Certain risk factors can make some children and young people more likely to experience mental health problems than others. However, experiencing them doesn't mean a child will definitely – or even probably – go on to have mental health problems. These factors include:



## Attendance

When it comes to school attendance, children with a probable mental health condition were 7 times more likely to have missed more than 15 days of school in the autumn term of 2022.

Children only get one chance at school, by not attending regularly they may:

- Miss out on the social side of school life. Poor attendance can affect children's ability to make and keep friendships; a vital part of growing up.
- More likely to have increased levels of anxiety due to inconsistencies and uncertainty in their routine.
- More likely to have reduced self-esteem due to finding learning increasingly hard having missed out on key information.

### It all adds up!



## Financial worries and the cost of living

The cost-of-living crisis is continuing to take its toll on children, young people and families. In 2023, 44.5% of children aged 8 to 16 years had parents who reported being worried about money, and 12.4% of children agreed with the statement 'My family struggle more than other families to afford the things we need'. The survey also found that:

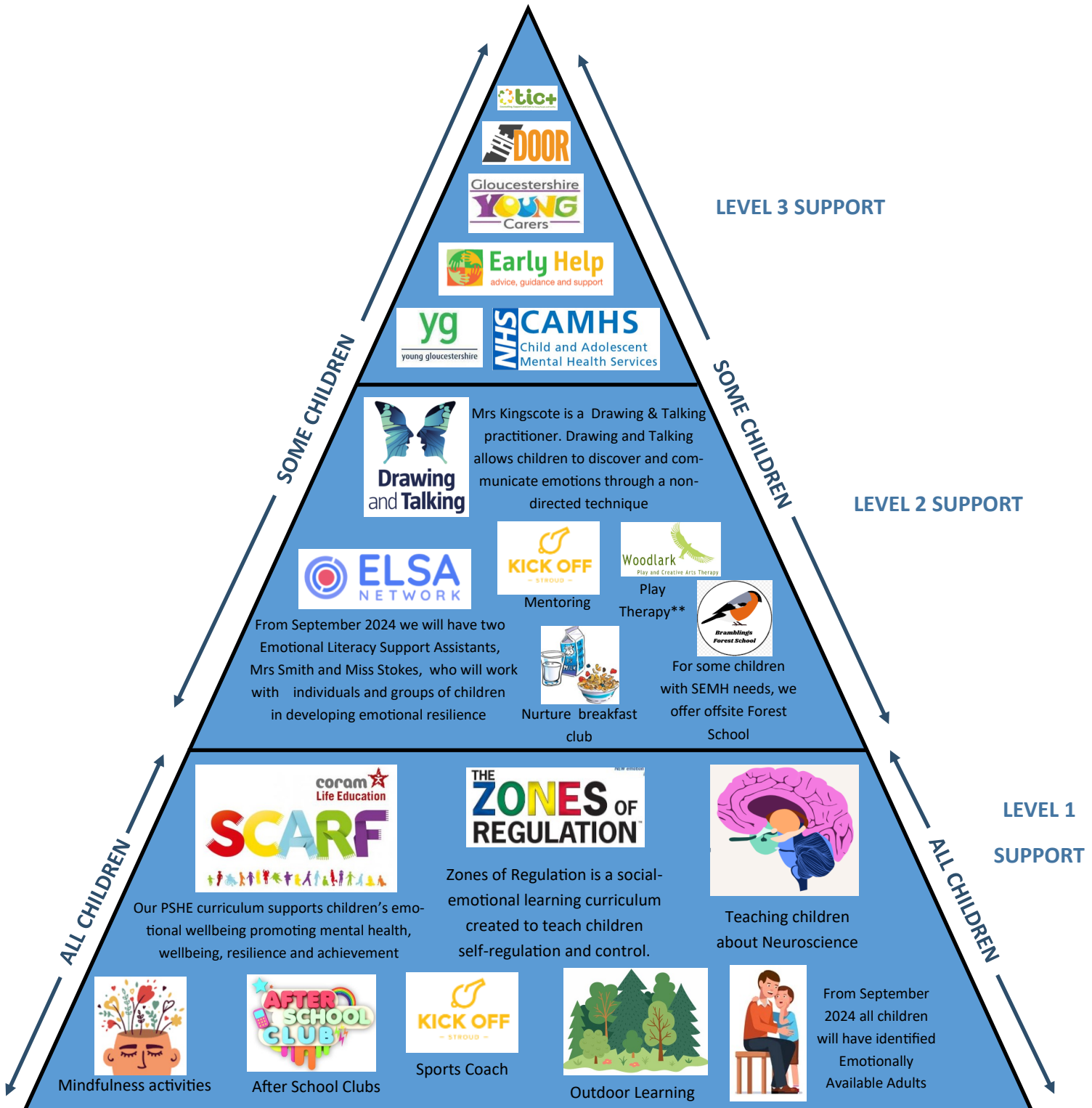
- more than 1 in 4 children aged 8-16 (26.8%) with a probable mental condition had a parent who could not afford for their child to take part in activities outside school, compared with 1 in 10 (10.3%) of those unlikely to have a mental condition.

At Minchinhampton we acknowledge the value of children taking part in activities outside of school to promote resilience and positive mental health. If your child is unable to take part in after school or community clubs due to this, please get in touch—we may be able to support you.



# Minchinhampton's Mental Health and Wellbeing Support

We recognise the importance of good mental health, as underpinning your child's learning. We therefore offer a graduated response for your child's wellbeing needs. Please see below for our tiered offer which is designed to meet children's needs at different times in their life. Our Designated Mental Health Lead is Amy Kingscote, who works with all Minchinhampton staff members to promote the importance of good mental health and support your child's emotional needs.



\*\* at additional cost to parent/carer or via community funding

## What other Support Services are there?

To further help your child, our Designated Mental Health Lead (Mrs Kingscote) may request advice from a variety of services. The list is not exhaustive with the school actively seeking additional/alternative support when needed;

- \* Education Inclusion Team, School Nursing Team, Paediatricians, Children and Adolescent Mental Health Service

Our Designated Mental Health Lead is available to support and guide families who may be going through a difficult time and recognises the need to support the whole family in order to meet the child's needs.

Mrs Kingscote can sign post children and families to additional services if further support is required, organisations and charities such as these below.



**Early Help**  
advice, guidance and support

**WINSTON'S  
WISH** **WW**



**Families First**  
Providing support for families