



@ St. Joseph's

Dear Parents,

Welcome back to the Spring Term. I hope you all enjoyed some much needed downtime, following a busy Autumn 2 festive period.

Often this time of year can feel rather flat following all the joviality of Christmas. Sometimes referred to as SAD—Seasonal Affective Disorder, it is more important than ever to try to manage negative feelings in a positive way. The NHS top tips are:

1. Stay Active
2. Get outside
3. Keep warm (more difficult in the current climate)
4. Eat healthily
5. Stay in touch with friends and family
6. Talk it through
7. Take up a new hobby
8. Take up journaling, to help you document the positives to each day
9. Seek professional help if all of the above has not helped.

Take time to reflect on the good that happens every day - no matter how small and be thankful for it.

We will be celebrating Children's Mental Health Week starting 6th February and our next newsletter will detail the learning that the children participated in.

Ms. Wilson and the Wellbeing Team

One small
positive
thought
in the morning
can change your
whole day

**With the new day
comes
new strength and
new thoughts.**

- Eleanor Roosevelt



Hints & tips

Conversation Starters

Talking to your child about how they are feeling can be tough, especially if you're concerned that they're having a hard time. You might not know what to say, or feel worried about how your child will react. It doesn't matter what topic the conversation starts with— it's about the opportunity it gives you to talk about feelings and provide comfort. Whilst the activity is underway, what's the best way to encourage your child to open up? Have a look below at some of the conversation starters.

Here are some ways to get the conversation started:

What was the best part of your day?
What was tricky today?
What did you do today that made you feel proud?
What would you like to talk about?

If your child is having a hard time, you can try to find out how they'd like to be supported by asking gentle questions like:

How can I support you through this?
Do you want to talk about what's going on?
What made you feel proud?
Is there anything you need from me? Space, time to talk, time to do something fun?
What was the biggest problem you had today and what helped?

CAMHS Parent Virtual Drop-in Sessions

You can talk to us about lots of things regarding your child including:

Worries/ Anger / Emotions/ Sleep/ Bullying/ Coping skills

The next parent drop-ins will be on: 8th February 2023

Please speak withMs Wilson – Inclusion Lead

if you would like to book a 15 minute slot.

BCCS—Brentwood Catholic Children's Society

Counselling Services

Child and Family Counselling Services

Parents are now able to access direct support for their child by referring them into the safe hands of our Child and Family Counselling Services (CFCS). We have a team of highly experienced Counsellors, Specialist Child and Adolescent Counsellors and Play Therapists available within the counselling team who work in our specially adapted therapy rooms.



We offer support to children, young people and parents through talking, play and art therapy.

CFCS provides therapy to children, young people and families. We support many different issues such as:

- Self-harm
- Identity
- Anxiety
- Bullying
- Bereavement
- Parental separation and family issues or conflict.

The pathway is overseen by our Head of Child and Family Counselling Services, who is supported by a team that are both passionate about and dedicated to the wellbeing of children and young people. The team has achieved very positive and reparative outcomes for children and families.

What can you expect?

After an initial contact, we will arrange an assessment to explore the issues your child may be experiencing and will then identify which model best supports the difficulty your child may be facing.

Who do you contact?

If you are worried about your child and would like to talk to us further, please either email Catherine cmunns@bccs.org.uk or call on 07792 732206 and we will be pleased to help.

Take a moment to read about the experience a parent shared with us:

*I had contacted a number of professional services to assist me in helping my daughter. At the suggestion of my daughter's school a referral was made to **BCCS** and it was then that I met one of their counsellors. After months of unanswered questions and "hitting brick walls" I finally had answers, structure and a profound understanding of how a small little girl's mind works.*

*For me, there has been nothing so worrying as watching your child struggle and the **BCCS** counsellor's help has enabled me to help her for which I will be forever grateful.*



www.bccs.org.uk



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Brentwood Catholic Children's Society - Registered Charity Number: 1000661



BCCS

a children's charity for
Essex and East London

Happier January 2023

SUNDAY

1 Find three things to look forward to this year

8 Say positive things to the people you meet today

15 Get outside and notice five things that are beautiful

22 Plan something fun and invite others to join you

29 Say hello to a neighbour and get to know them better

MONDAY

2 Make time today to do something kind for yourself

9 Get moving. Do something active (ideally outdoors)

16 Contribute positively to your local community

23 Put away digital devices and focus on being in the moment

30 See how many people you can smile at today

TUESDAY

3 Do a kind act for someone else to help brighten their day

10 Thank someone you're grateful to and tell them why

17 Be gentle with yourself when you make mistakes

24 Take a small step towards an important goal

31 Write down your hopes or plans for the future

WEDNESDAY

4 Write a list of things you feel grateful for and why

11 Switch off all your tech at least an hour before bedtime

18 Get back in contact with an old friend

25 Decide to lift people up rather than put them down



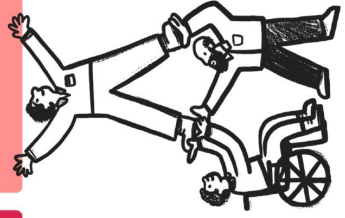
THURSDAY

5 Look for the good in others and notice their strengths

12 Connect with someone near you - share a smile or chat

19 Focus on what's good, even if today feels tough

26 Choose one of your strengths and find a way to use it today



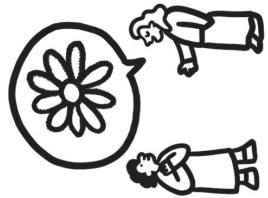
FRIDAY

6 Take five minutes to sit still and just breathe

13 Take a different route today and see what you notice

20 Go to bed in good time and allow yourself to recharge

27 Challenge your negative thoughts and look for the upside



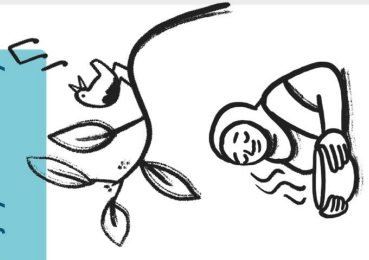
SATURDAY

7 Learn something new and share it with others

14 Eat healthy food which really nourishes you today

21 Try out something new to get out of your comfort zone

28 Ask other people about things they've enjoyed recently



ACTION FOR HAPPINESS

Happier · Kinder · Together



ACTION FOR HAPPINESS