

# Chaigeley School

# NEWSLETTER



THERAPEUTIC SUPPORT FOR PARENTS AND CARERS

## Children's Mental Health Week 2024

It's Children's Mental Health Week 2024. The theme is *'Your Voice Matters'*.

We would like to highlight the many ways in which children express their voice. For they don't always talk or communicate in the ways that we expect.

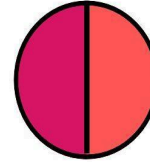
They often express their voice through their behaviour. Sometimes as adults it feels loud, chaotic, erratic or irrational. They might communicate with us by refusing to do something, or by being increasingly disruptive.

Children show us how they feel and what they think all the time, but if adults don't deem that to be appropriate then children can feel dismissed and sometimes punished for using their voice.

This children's mental health week, let's not put the onus on children by telling them to use their words, let's put the onus on us adults to really listen.

Listening and validating their feelings is one of the most valuable ways to support a child or young person.

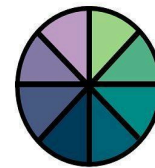
What People Think Support Sounds like:



You'll be fine!

Don't worry, it's not a big deal...

What Support Actually Sounds Like:



I'm sure that is really difficult

I am here for you

How can I help?

I can't imagine how that feels

Thank u for telling me

Give them a hug

This week, all form classes have been given resources to carry out *'time to talk'*.

Pupils are being encouraged this week by all staff to take time and check in with their peers. This could be with a hot chocolate and biscuit, in the dining room while having lunch or simply just walking to their next lesson. This promotes emotional intelligence and also stimulates an open space for our pupils to talk about anything they wish that might just help them that day feel a little more connected to others and happier. Check in with your child this week and see what interesting conversations might be had!