



Tithe Farm Primary Wellbeing Newsletter Summer 2024



Heading into our Summer term, busy time for our young children. SAT's, new schools/classes, sports days and school trips can all present with their own worries and concerns. We will be implementing interventions and support to help our young people through the term. Most of all we want then to enjoy and make the most of this last term and look forward to their summer holidays!

Key Dates

World Laughter Day: 5th May

Everybody knows that laughing feels good, but few realise how valuable these simple tools can be in improving our everyday wellness and wellbeing. Discover a new happiness workout and learn about what happens during World Laughter Day

<https://www.daysoftheyear.com/days/world-laughter-day/>

Mental Health Awareness Week: 13th-19th May

1 in 4 of us will experience a mental health problem. Over 2 million people are waiting for NHS mental health services and since 2017 the number of young people struggling has nearly doubled.

<https://www.mind.org.uk/get-involved/mental-health-awareness-week/>

Global Wellness Day: 8th June

All of us would like to be healthier, to look better, and to live well both physically and spiritually.

<https://www.globalwellnessday.org/about/what-is-gwd/>

**You are invited to Mental Health School
Team
Drop in afternoon.....**

Date: Wednesday 5th of June

Time: 2.30pm - 3.30pm.

Venue: Tithe Farm Primary

MHST and Tithe Farm Primary are inviting you to
come along
and gain advice and enquire on ways to support our
children
who can struggle with anxieties.

Watch "Inside Out" - it is a great insight into our emotions. A great platform to discuss our emotions with children.

*It's okay not
to be okay
sometimes.*



Inside Out Quotes~

*A smile is the
prettiest thing
you can wear.*




Inside Out Quotes~



Kids need to believe...

I am **amazing**
 I am **important**
 I am **special**
 I am **kind**
 I am **precious**
 I am **supported**
 I am **loved** and...
 I can do **anything**
 I put my mind to!

 Ripple Kindness Project
 — For Schools —
www.ripplekindness.org

Health – eat well, feel well.

Emotions – when things get you down, share your worries.

Active – play games, run around, get moving.

Learn – discover more about the world we live in.

Think – treat others how you would want to be treated.

Happy – laugh – it's good for you!

You – look after yourself – you're one of a kind!

SCHOLASTIC
Junior

Stay Grounded Using Your 5 Senses

Relax Your Body, Take a Few Deep Breaths and Focus on the Following...

- 5** Things You Can See 
- 4** Things You Can Feel 
- 3** Things You Can Hear 
- 2** Things You Can Smell 
- 1** Thing You Can Taste 

theoriginalgrounding.com
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Physical Grounding Techniques

1. Savor a food or beverage
2. Hold ice
3. Sprint quickly
4. Try breathwork
5. Smell something nice
6. Designate a safe object
7. Find something funny
8. Feet on the floor
9. Focus on coloring
10. Create a grounding space



 CHOOSING therapy

SUMMER FUN

Word Search Puzzle

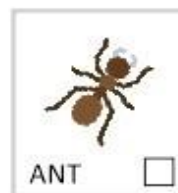
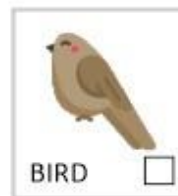


W A T E R P A R K V A C A T I O N
F R I E N D S W S T Z G H N A I G
T S A Z Q P A B Q C N P N M D C S
E W O N C H I I Y I A S U R X E N
B I C Y C L E C P C R Y O Z M C F
O M P W I Z J M N E F J A A P R R
U M E I F M A T L I U I G M O E I
T I H G A C O K X C C B S N P A S
D N N J X O N P S M B K E H S M B
O G W V F I I P X D R T R A I X E
O O U E R R O C O O K O U T C N E
R A R P T L F U W S S C V Q L H G
S A S D F O L E M O N A D E E T A
B A A P E Q R S U N S H I N E M N
W O I F A I R G R O U N D P X B M
R L W N F E K N B A S E B A L L X
F B B M Y P M V T D G I S W O R V



BAREFOOT	FISHING	PICNIC
BASEBALL	FLIP FLOPS	POPSICLE
BEACH	FRIENDS	ROAD TRIP
BICYCLE	FRISBEE	SPRINKLERS
CAMPING	GAMES	SUNSHINE
COOKOUT	ICE CREAM	SWIMMING
FAIRGROUND	LEMONADE	VACATION
FIREWORKS	OUTDOORS	WATER PARK

Nature Scavenger Hunt



Crisis Cafe !



Update: If you or someone you know needs urgent or crisis support with their mental health, we are here for you. Our Crisis Café operates 365 days of the year, seven days a week, between 5.00pm – 11.00pm. If you find yourself in crisis or need support with your mental health in the evening we are here to listen and help you in your time of need.

Mind BLMK are delighted to be working collaboratively with the East London Foundation Trust (ELFT) across Luton and Bedfordshire, and Central North West London Trust (CNWL) in Milton Keynes, to provide crisis services for individuals in need of mental health support.

Our Crisis Cafés are safe, non-judgemental spaces that you can come to if you find yourself in crisis or mental distress in the evenings. You will be met by a trained mental health worker who will listen and help you identify ways to address the problems you are facing.

Who are the Crisis Cafés for?

Adults (18+) who are experiencing severe mental distress or crisis.

What can you expect?

- **A safe, calm and relaxed atmosphere**
- **A one-to-one session with a trained mental health worker**
- **Support to identify positive mental health coping strategies**
- **Advice and guidance about other support services available in your area**

Do you need an appointment?

Each Crisis Café is now operating a drop-in service and an appointment is not required.

Where is the Houghton Regis Crisis Café based?

- **Townsend Court, Mayer Way, Houghton Regis, LU5 5BF**

What are the opening times?

Our Houghton Regis Crisis Café is open (Saturday, Sunday, Monday, Tuesday & Wednesday) 5:00pm – 11.00pm.

Useful website Links

Tithe Farm Pastoral offer: [Pastoral Offer](#)

Tithe Farm Pastoral webpage: [Pastoral Support](#)

Tithe Farm Supporting families webpage: [Supporting Families](#)

Local Resources and Useful Websites

CHUMS Mental Health & Emotional Wellbeing Service for Children and Young People provides therapeutic support in a variety of ways to young people.

Website: <https://chums.uk.com/>

SORTED/FORTIS Sorted offers a free and confidential counselling service for young people aged 5-25 Website: <https://sortedbedfordshire.org.uk>

Central Bedfordshire Youth Services Information and Services for young people Website:

https://www.centralbedfordshire.gov.uk/info/113/youth_services

Family Lives Online parenting advice and support. Website:

<https://www.familylives.org.uk/>

ChildLine – 0800 1111 Talk to a counsellor for free anytime by calling 0800 1111. You can also log in for 1:1 chat. Website: <https://www.childline.org.uk/>

YoungMinds Crisis Messenger – Text ‘YM’ to 85258 A free crisis messenger service – support across the UK. If you are experiencing a mental health crisis and need support, you can text YM to 85258

Samaritans – Call 116 123 Talk to a trained volunteer anytime for free non-judgemental support.

NHS direct – Call 111 NHS direct can help if you have an urgent medical problem and you are not sure what to do.

Accident and Emergency If you feel you cannot keep yourself safe, it is best to attend your local A&E so they can help to keep you safe.