



MENTAL HEALTH SUPPORT TEAM



School Termly Newsletter

**SUMMER
EDITION
2026**

"Self-care is not self-indulgence, it is self-preservation"

-Audre Lorde

As we approach the final term and your well earned summer break we invite you to reflect upon your current self-care- Are you doing enough to look after yourself? If not, we hope this newsletter offers some helpful ideas and tips to get you closer.

Spring Term Successes

Click here to watch a YT video about it!

MHST and Nottingham Forest Football Club Pilot Project

The MHST and NFFC players teamed up to deliver secondary school workshops on performance anxiety and mental health.

The workshops aimed to normalise typical anxiety, distinguish pre-performance nerves from chronic anxiety, and support emotional wellbeing in Nottinghamshire.

Whole School Approach

We have reached 125,463 children this year (so far!) with over 3,549 hours of workshops and groups that don't require referrals into the MHST!

Well done to all you wonderful schools that have used our WSA offer!!

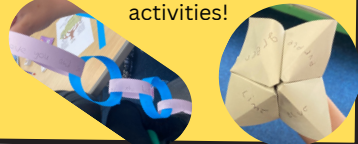
Well done Carnarvon Primary!



The Carnarvon Primary School Peer Mentors (pictured) representing the school to accept the the bronze, silver and gold MHST Mentally Healthy Schools awards.

Transition Days

Our Support Workers recently organised a 2-day Transition event at Sherwood Pines for primary schools in Mansfield, Newark, and Bassetlaw. Around 200 students attended the workshops and activities!



Staff Corner

Life is so fast-paced it can be hard to keep up with everything we have to do. Here are 5 Quick Tips with their basis in Cognitive Behavioral Therapy to help out...

- Cut morning stress and decision fatigue by preparing the night before. Streamline your routine by picking clothes, packing bags, and prepping lunch ahead of time** 
- If you struggle to focus when there's clutter but have little time or motivation to tidy, use every trip on the stairs to move something to its rightful place** 
- Break the habit of avoiding tasks by following the rule "if it takes less than five minutes, do it now!"** 
- Reduce overwhelm and boredom by tackling annoying life admin like paperwork, and booking appointments in one monthly half-day session.** 
- Build in multiple small wins for yourself by breaking big tasks down. For example, "tidy the kitchen" becomes "put away dishes," "wipe surfaces," and "sweep the floor."** 

Summer Term Theme

Self-Care Summer

NottAlone Live 2026's Theme is **"Self Care Summer"**. Self-care is prioritising your health, wellbeing, and happiness. Showing self-compassion when our cup is running low, and taking time for valued activities. This can build resilience and help us to cope with life's challenges.

Classroom Self-Care Activities ideas:

- Make a self-care paper chain
- Create a self-care jar
- Create a self-care bingo card

[CLICK HERE FOR MORE SELF-CARE RESOURCES FOR YOUNG PEOPLE](#)

Self-Care for Teachers



Click links for Downloadable Resources:

[Self Care Plan \(Secondary\)](#)

[Self Care Plan \(Primary\)](#)

School of the Term National Church of England Academy

Congratulations for achieving the MHST Bronze Healthy Schools Award. Your application shone a light on all your wonderful work. Particularly your Elevate team who start conversations and challenge stereotypes around male mental health in school.



MENTAL HEALTH SUPPORT TEAM



School Termly Newsletter

SUMMER
EDITION
2026

Staff Workshops...

- Mental Health Awareness for Staff
- Staff Wellbeing
- Neurodiversity and Anxiety for Staff
- Co-Regulation & Self-Regulation for Staff
- Loss and Bereavement (video recording)

Please discuss booking workshops
in with your link worker.

Spotlight on Trainee EMHPs

As the MHST expands and develops across Nottinghamshire we are delighted to share that we have now appointed 8 trainee EMHP's into our service. They are mainly covering Mansfield & Ashfield and Bassetlaw localities.

They have been splitting their time at university and in service each week. They are all doing brilliantly with learning the evidence-based interventions, assessment skills, and Whole School Approach! You may have seen some of them in your schools delivering workshops or starting to work with young people in groups or 1:1.

Our trainees had this to say about their university journey so far:

"It's been a rewarding experience so far, with lots of opportunities to learn, develop new skills and get involved in university life. The support from everyone, along with the camaraderie among the other trainees, has made even the more challenging moments feel much easier and has been a real highlight of the year."



Feedback

Thank you that was a lovely session. The children have really learned lots and have enjoyed joining in. I really enjoyed listening too.

-KS1 Resilience Workshop
Teacher Feedback

They learned a lot and found the group experience really validating. Their house is now much calmer in the evenings. They would recommend the course to anybody, even if they are worried about doing it.

-Parent verbal feedback
(following ND&A Group)

"The course was really eye-opening. My husband and I can really appreciate why you work with parents now - it has been so useful for us. My daughter... is now on her 4th week of attending school every day without feeling anxious. The mornings for our family feel normal again"

- Parent (following MAC Group)

How the MHST can help....

Please talk to your link worker if you require support or want to book in whole school approach activities



Respond to audit results

Consultations



Whole School
Approach

Mental Health
Link Meetings

MEETING



bit.ly/37qtfoZ



bit.ly/37xsn1P

Useful Contact Details

ChildLine: 0800 1111
Samaritans: 116 123

If you develop significant concerns about your child's safety and wellbeing, you can call these numbers for advice and support:

CAMHS Crisis Team: 0808 1963779
24 Hour All Ages Crisis Number: 0808 196 3779

Always dial 999 or visit A&E in emergencies