Safeguarding Newsletter

10th October 2025 - World Mental Health Day

Supporting your child's Mental Health?

If our students are to succeed, we must promote their resilience and mental health- worsened by the pandemic which has caused an upsurge in mental health issues. Good mental health is defined as a 'state of wellbeing in which every individual realises his or her potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community' (World Health Organisation). We all have mental health and therefore it is everyone's business. At Rivers Campus we strive to raise awareness surrounding mental health and wellbeing.

We endeavour to work with families, outside agencies and most importantly our young people as we recognise positive mental health and wellbeing as a key part in keeping our students safe.

At Rivers Campus we support students to have good mental health through our curriculum and support services. We believe it is important that they are aware of trusted resources and contacts if they need help. Families also play a vital role in supporting young peoples' mental health and we know that the best support happens when school, students and families communicate.

Signs your child might be struggling:

All children and young people will experience behavioural or emotional issues at some stage. For some, these will resolve with time, while others will need professional support.

At times it can be difficult to know if there is something upsetting your child but there are some key signs to look for;

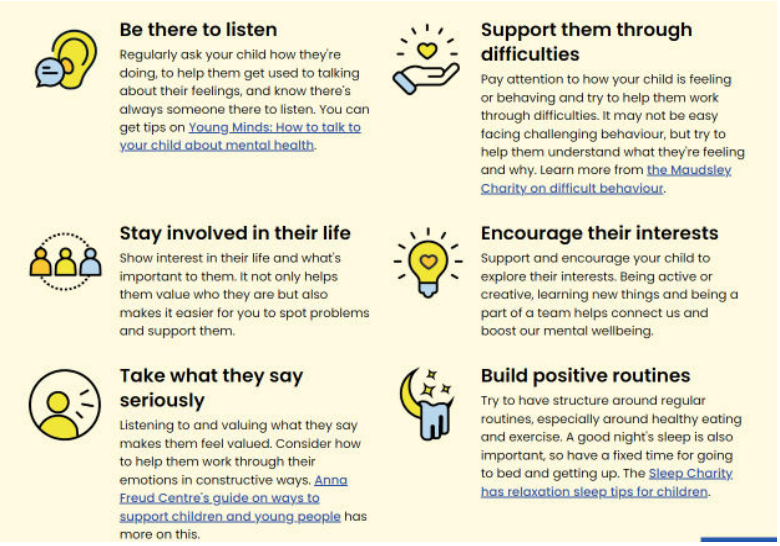
- Significant changes in behaviour
- Ongoing difficulty sleeping
- Withdrawing from social situations
- Not wanted to do thinks they usually like
- Self harming or neglecting themselves

Managing your child's wellbeing:

To give our students the best chance of achieving and maintaining good mental health, they should:

- Get regular and quality sleep
- Exercise daily (even for just 20 minutes)
- Eat a healthy diet
- Keep hydrated
- Get some sunshine (trickier in the UK at times)
- Keep technology interaction (particularly social media) to a healthy level
- Help them practise mindfulness and breathing techniques, as they do work

Top Tips to support your child:



Be there to listen

Regularly ask your child how they're doing, to help them get used to talking about their feelings, and know there's always someone there to listen. You can get tips on Young Minds: How to talk to your child about mental health.

Support them through difficulties

Pay attention to how your child is feeling or behaving and try to help them work through difficulties. It may not be easy facing challenging behaviour, but try to help them understand what they're feeling and why. Learn more from the Maudsley Charity on difficult behaviour.

Stay involved in their life

Show interest in their life and what's important to them. It not only helps them value who they are but also makes it easier for you to spot problems and support them.

Encourage their interests

Support and encourage your child to explore their interests. Being active or creative, learning new things and being a part of a team helps connect us and boost our mental wellbeing.

Take what they say seriously

Listening to and valuing what they say makes them feel valued. Consider how to help them work through their emotions in constructive ways. Anna Freud Centre's guide on ways to support children and young people has more on this.

Build positive routines

Try to have structure around regular routines, especially around healthy eating and exercise. A good night's sleep is also important, so have a fixed time for going to bed and getting up. The Sleep Charity has relaxation sleep tips for children.

Mental Health Support for Children and Young People:

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Young Minds:

https://www.youngminds.org.uk/parent/

Place to Be:

https://www.place2be.org.uk/our-services/parents-and-carers/supporting-your-child-s-mental-health/

NSPCC:

https://www.nspcc.org.uk/keeping-childrensafe/childrens-mental-health/

Action for Children- Parent Talk:

https://parents.actionforchildren.org.uk/?_ga=2.130130061.366929122.1632667100-739996755.1632667100

BBC Bitesize- Parent Support:

https://www.bbc.co.uk/bitesize/articles/zy44bqt

Every Mind Matters - NHS:

https://www.nhs.uk/every-mind-matters/supporting-others/childrens-mental-health