

WHAT'S NEW IN MHST?...



Your Mental Health Support Team (MHST) would like to wish school staff, pupils, and families a very Happy New Year!

Within this newsletter you will find links to forecast training and workshop events for school staff, young people, and families. Booking can be made via Eventbrite, by following the links on page 2.

We also include links to our Podcasts – January 2022 focuses on Mindfulness and Brew Monday. Links for this and upcoming podcasts are on page 3. This page also links to our information and resources around awareness days and celebrations.

STAFFING UPDATES

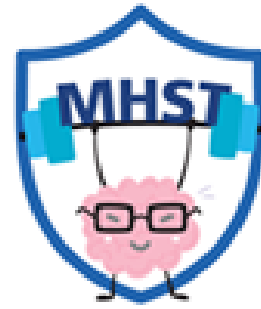
At the end of 2021 the Boston and Skegness MHST trainees completed their studies and graduated from the University of Derby. Congratulations! Our Lincoln and Gainsborough staff also attended their long overdue graduation ceremony in November 2021! Thank you to all schools who offered such valuable support throughout the training year. We wish our current trainees and new staff the best of luck!



We would like to assure our schools that, despite current uncertainties, we will continue to run a fully operational service as we have since the beginning of 2020. We look forward to continuing to develop our relationships within your school communities throughout 2022.

OPEN for
BUSINESS

THIS TERM'S EVENTS.....



TRAINING AND WORKSHOP OFFER

This term we have the following training and workshops available for school staff, young people and families. Please feel free to share these dates among your staff, pupils and parents/carers who attend MHST settings. These will all be conducted virtually on Microsoft Teams and are bookable through Eventbrite. Click on the title of the training in order to be taken to the booking page to reserve a place.

- 09/02/2022 [Mental Health Awareness \(Staff\)](#) 15:30-17:00
- 21/02/2022 [Mental Health Awareness \(Parent/Carer\)](#) 13:30-15:00
- 28/02/2022 [Mental Health, Gender & Sexuality \(Staff\)](#) 15:30-17:00
- 03/03/2022 [Mental Health Awareness \(Parent/Carer\)](#) 18:00-19:30
- 15/03/2022 [Self-esteem \(Secondary pupils\)](#) (16:00-17:30)
- 30/03/2022 [Exam Stress \(Train the trainer\)](#) 15:30-17:00
- 05/04/2022 [Parent & Child worry \(Parent/Carer\)](#) 10:00-11:30
- 14/04/2022 [Exam Stress \(Secondary Pupils\)](#) 13:00-14:30
- 26/04/2022 [Healthy Living \(Staff & Parent/Carer\)](#) 15:30-17:00
- 28/04/2022 [Self-harm \(Staff\)](#) 15:30-17:00

Should you have any queries about any of the above, please discuss with your school Mental Health Lead or Lead MHST practitioner.

MHST WEBSITE

We can now officially announce that our website is up and running. The MHST website is exclusive to MHST schools. The website is aimed at school staff, parents and carers, and young people. There will be downloadable information and updates about the service and much more.

[CLICK HERE FOR ACCESS](#)

PODCAST UPDATES

We are starting the year by introducing Mindfulness in our January podcast. We are hoping to incorporate a small mindfulness activity into each podcast going forward. Other podcasts to look out for this term are:

- January - What is Mindfulness? - Brew Monday (for adults supporting children and young people)
- February - Children's mental health - Mental Health within the LGBT+ community
- March - Transition into university - Improving Sleep
- April - Stress awareness

[CLICK HERE TO LISTEN](#)

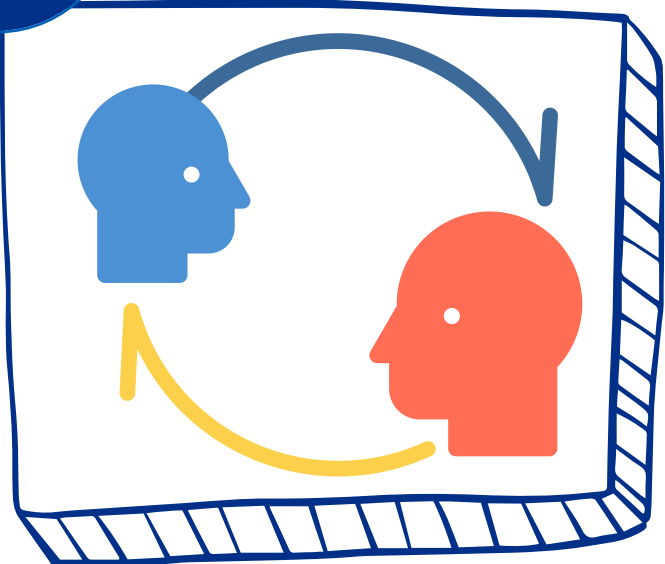
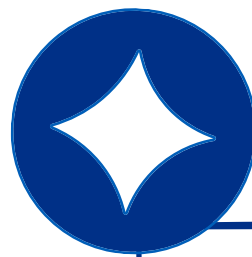
AWARENESS DAYS INFO

We hope you all enjoyed our interactive wellbeing advent calendar. We certainly enjoyed making it!

Awareness days to look out for this term are:

- January - 'Brew Monday'
- February - 'Time to Talk' day & Children's Mental Health Week
- March - International Women's day & Neurodiversity celebration week
- April - Stress Awareness month & and 'On Your Feet Britain'

FOLLOW US ON



[CLICK HERE FOR RESOURCES](#)