

MOUNT  
KELLY

Boarding and Day School  
Boys and Girls, Aged 4-18

# Safeguarding Bulletin

## ISSUE 47

Mount Kelly's Safeguarding Bulletin aims to provide parents and carers with the information needed to have informed and age-appropriate conversations with their children about potential risks and issues in the wider world and online. This week's bulletin provides information about Children's Mental Health Week, the impact of connectedness with nature on wellbeing and online webinars available over half term.

### Children's Mental Health Week

This week we have marked *Children's Mental Health Week*, an important national initiative that raises awareness about the mental health and wellbeing of young people and provides resources and support to help them thrive. Older pupils have watched and discussed a special [broadcast](#) hosted by Roman Kemp and younger pupils have engaged with [resources based on Inside Out 2 characters](#) developed by Place2Be.

This year's theme **Know Yourself, Grow Yourself** encourages children and young people to focus on understanding themselves better and exploring their emotions. By developing self-awareness, children can build resilience and learn how to manage their mental health in positive ways.

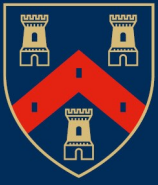
- **Self-awareness:** The importance of children understanding their own thoughts, feelings, and behaviours.
- **Emotional growth:** Encouraging children to develop their emotional skills and learn strategies for coping with challenges.
- **Resilience:** By knowing themselves better, children can build resilience and bounce back from difficult experiences.
- **Empowerment:** Empowering children with the knowledge and tools to support their own mental health.

### A Dose of Nature: Your Prescription for Wellbeing

In today's fast-paced world, it's easy to lose touch with the natural world. Yet, research shows that spending time in nature can significantly boost our mental and physical wellbeing. Indeed, this connection with nature is crucial for both our individual and planetary health.

Pupils across the school have been exploring their nature connectedness this term in tutor sessions by engaging with a **Nature Booklet** in which they record their observations, interactions and connections with the natural world.





## Why Nature Matters

The [WWF](#) emphasises the importance of connecting with nature for our overall wellbeing. It's not just about pretty landscapes; it's about recognising our interconnectedness with the environment and reaping the benefits. Similarly, Thrive's [spring wellbeing calendar](#) highlights nature's role in promoting mental and emotional health, especially during seasonal transitions. Miles Richardson's book '**Reconnection: Fixing our Broken Relationship with Nature**' underscores this, suggesting that our modern disconnection from nature is a root cause of many of our societal and personal ills.

## Benefits of a Dose of Nature

- **Reduced Stress:** Nature has a calming effect, lowering stress hormones and promoting relaxation.
- **Improved Mood:** Spending time outdoors can elevate your mood and reduce feelings of anxiety and depression.
- **Increased Physical Activity:** Outdoor activities like walking or hiking contribute to physical fitness and overall health.
- **Enhanced Creativity:** Nature inspires creativity and can spark new ideas and perspectives.
- **Stronger Connection:** Developing a deeper connection with nature fosters a sense of responsibility towards the environment.



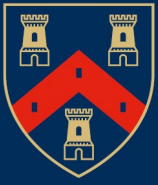
## Pathways to Connection

The '[Pathways to Nature Connectedness](#)' framework offers practical ways to deepen our relationship with nature. It encourages us to engage our senses, find meaning in the natural world, and appreciate its beauty. This connection fosters a sense of belonging and tranquillity, essential for mental wellbeing. Richardson advocates for moving beyond simply *being* in nature to actively *engaging* with it, fostering a reciprocal relationship.

## Daily Nature Prescription

Here are some ideas for promoting connectedness and engagement with nature.

**20 Minutes a Day:** The WWF recommends at least 20 minutes of daily nature exposure. This could be a walk in a park, tending to your garden, or simply observing the birds outside your window. However, as Richardson points out, it's not just about the *quantity* of time, but the *quality* of the connection.

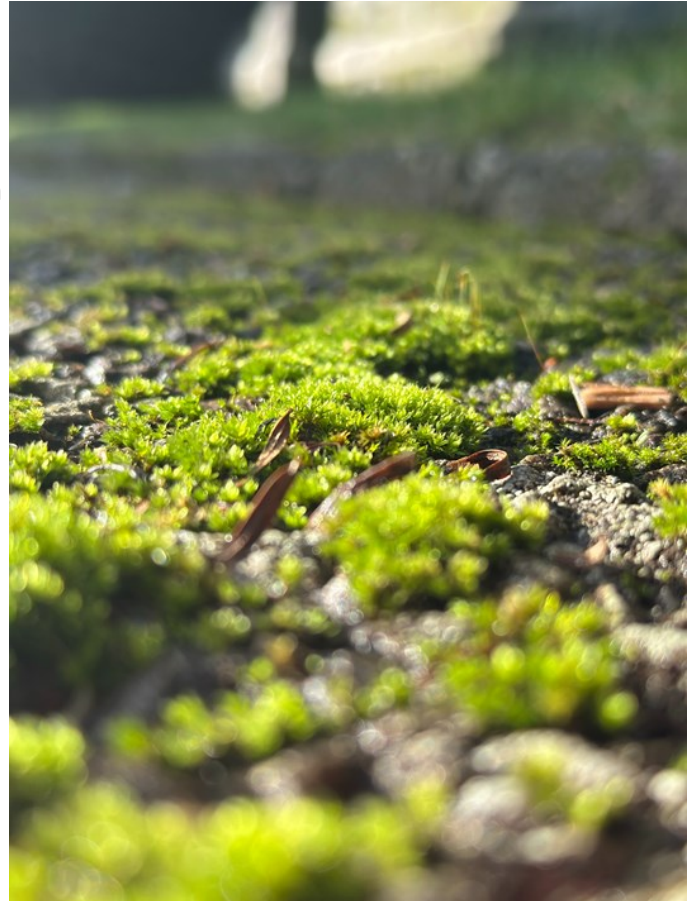


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- **Seasonal Activities:** Thrive's spring calendar suggests activities like planting seeds, creating nature-inspired art, or simply enjoying the budding of spring flowers and blossom. Adapt these ideas to your local environment and the current season. These activities, like those suggested by Thrive, can be a great way to deepen the connection.
- **Mindful Observation:** Engage your senses. Listen to the rustling leaves, smell the earthy scents, and observe the intricate details of plants and animals. Richardson emphasizes the importance of noticing the small things, the everyday wonders of nature.
- **Find Your Pathway:** Explore the "Pathways to Nature Connectedness" and identify activities that resonate with you. This could be anything from nature photography to wildlife watching. Finding your personal pathway to connection is key: there's no one-size-fits-all approach.
- **Reciprocal Relationship:** Consider how you can give back to nature. This could be through volunteering with conservation organisations, planting native species, or simply reducing your environmental footprint.



## Half-term Webinars

Peta Coote from Kooth, in collaboration with the libraries across Devon, will be running free, online webinars for children and young people aged 11-18 and their parents and carers during the half-term break.

### Sessions include:

- 'Young People's Online Safety Session' for parents & carers
- 'What is Kooth?' session for parents & carers
- 'Managing Anxiety with Self-Care' for 11 - 18 year olds

In the sessions they will be talking all about the topics listed above as well as the activities going on in local libraries and the safe, warm, relaxing spaces the libraries offer to young people and parents and carers. Please see the next page of the bulletin for the QR code to access these events.

# Virtual Sessions with Kooth



Book for free here

**Monday 17th February**

**Managing anxiety with self care  
Session for those aged 11-18**

10:00am-11:00am

**Tuesday 18th February**

**What is Kooth?  
Session for parents & carers**

2:30pm-3:30pm

**Wednesday 19th February**

**Managing anxiety with self care  
Session for those aged 11-18**

11:30am-12:30pm

**Friday 21st February**

**Managing anxiety with self care  
Session for those aged 11-18**

2:00pm-3:00pm

**Friday 21st February**

**Young People's Online Safety  
Session for parents and carers**

4:00pm-5:00pm



kooth.com

Kooth provides free, safe, anonymous mental health support and counselling for all 11-18 year olds in Devon

