



### What is mental health?

Mental health is about how we think, how we feel and how we behave. Having good mental health means that you are able to make the most of your life, reach your potential and cope with the ups and downs of life.



### Communicate any concerns with school

If you have any worries or concerns about your child's emotional behaviour or wellbeing, then please let school know. There will be things that we can do to help and support you.

We would love to know if this newsletter is useful to you or if there are other support ideas you might need.

Please let us know by speaking to a member of SLT or by emailing the school at [office@johnperry.bardaglea.org.uk](mailto:office@johnperry.bardaglea.org.uk)



### Parenting Smart

In 2021, Place2Be (a children and young people's mental health charity with almost 30 years' experience working with pupils, families and staff in UK schools) launched Parenting Smart. This website features practical advice for parents of 4–11-year-olds. Here you will find practical tips to support your child's wellbeing and behaviour. Among others, you will find information about:

- How to raise a resilient child
- How to help a child who struggles to come to school
- How to support a child after a traumatic event
- De-escalation techniques with children
- How to help your child develop talents... and many more!



For every topic you will find a short article and a video, making it accessible to all. We strongly encourage all parents and carers to visit their website: <https://parentingsmart.place2be.org.uk/>

### Coping with Parenting

Being a parent is the best job in the world, but it can also be one of the most stressful. There will be days when it all feels a little too much. To help you manage the challenges ahead, Parent Club has some tips on [coping with being a parent](#) and keeping calm with your little one so you can build a rewarding relationship together.



## What is a digital detox?

We are constantly plugged in to the virtual world. Our daily lives consist of regularly checking emails, responding to texts from friends, mindlessly scrolling through Instagram or TikTok, and getting news alerts. Since the pandemic, we've become used to socializing, going to school, and meeting with colleagues online as well. That makes the question "What is a digital detox?" even more essential.

Our hyper-connectivity can greatly enhance our efficiency and communications, as well as being convenient. However, being constantly plugged-in can also be a time drain on productivity and focused action, because we're constantly distracted by the information overload. Furthermore, we may feel disconnected from real-life moments because we're staring at our devices rather than engaging in eye contact. This can result in issues with family, romantic, platonic, and school relationships.

There is a wealth of evidence which explores the links between excessive mobile phone/technology use and poor mental health. Which is why it is so important to try and balance your use. Why not try one or two of the tips below and see if you notice any difference:

### ***Be realistic with limits.***

For many forgoing all forms of digital communication might not be possible so instead of completely disconnecting, pick a time at the end of the work or school day where you can relax technology free.

### ***Start small.***

Start on the first day by not looking at your phone for 15 minutes. The next day, unplug for 30 minutes. Work up to a half day or full day every week when you stay away from digital media and social platforms.

### ***Turn off notifications.***

Constantly being reminded that you have a new email or text message can be helpful, but it can also create stress and pressure to respond to the message right away. Turning off notifications for emails, social media, and texts means that you can respond when you are available, rather than experiencing a constant interruption to other activities.

### ***Leave the phone behind.***

Sometimes it's better to have the phone in a completely different room, like when you are going to sleep at night, to avoid the natural tendency to pick it up and check it. If you're brave enough, leave it at home for short periods, like taking a walk or other occasions where there's no need for it. Or put it in your bag or backpack rather than your pocket, so it takes more effort to get it out and you're more likely to skip the phone check.

### ***Tell others.***

There may be some friends that you only communicate with via technology. Give those people a heads-up that you will not be using your phone during certain hours. Moreover, enlist others in your digital detox experience. Have a no-phones dinner or hike with friends, where you can hold each accountable for sticking with the agreement.

### ***Don't wake up to your phone.***

Invest in an old-fashioned alarm clock rather than using your phone. Also, try not to check your phone for the first half hour that you are awake. Rather, practice a self-care routine and make a healthy breakfast, cultivating a relaxed, digital-free mindset before plugging in.

### ***Plan tech-free activities.***

Whether it's going camping for a weekend or taking a bike ride or a walk with a friend, try to plan real-life activities with others that don't involve technology. This allows you to engage in the activity with your full attention and have fun with others along the way.

