



# GOODWIN ACADEMY

## MENTAL HEALTH AND EMOTIONAL WELLBEING

### NEWSLETTER

Together, we can help our young people grow with confidence, resilience, and hope

At Goodwin Academy, we are committed to supporting the mental health and emotional wellbeing of every student. Our aim is to create a nurturing environment where young people feel safe, understood, and empowered.

## Craft and Connect

Our Craft and Connect sessions offer a gentle, relationship-building pathway back into school for students experiencing Emotionally Based School Avoidance (EBSA).

### What these sessions involve:

- Students attend school with their parent or carer.
- A relaxed, creative craft activity, led by our Mental Health Team.
- A focus on rebuilding confidence, resilience, and positive associations with school.
- Opportunities for parents and carers to connect with staff and share experiences.



These sessions have already helped many students feel more comfortable returning to the school environment.

## INSPIRE MINDS

We are proud to be working closely with **INSPIRE**, a local therapeutic counselling service. Through this partnership, over **30 students and their families** are currently receiving 1:1 therapeutic support.

### INSPIRE provides:

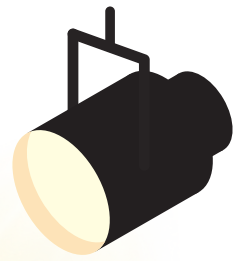
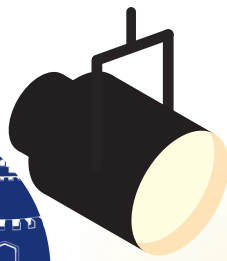
- Tailored emotional support
- Trauma-informed counselling
- Strategies for managing anxiety, low mood, and school related stress
- Support for families navigating challenging times



This collaboration strengthens our whole-school approach to wellbeing and ensures students receive the right help at the right time.

SELF REFER FOR  
AFFORDABLE COUNSELLING

# Local Mental Health Support in Deal



## SPOTLIGHT SUBJECT

There are several community services available to support young people and families.

### For Students

#### **Kent Children & Young people's Mental Health Services (CYPMHS)**

Support for anxiety, low mood and emotional difficulties.

#### **Kooth**

Free online counselling and wellbeing resources.

#### **The Mix**

Advice and support for under 25s.

### For Parents & Carers:

#### **Early Help Services**

Guidance for families facing challenges.

#### **Parenting Support Groups**

Local sessions offering advice and connection.

#### **Young Minds Parent Helpline**

Emotional support and guidance.

These services can be accessed directly or with support from our Mental Health Team.

**In each newsletter, we will shine a spotlight on a specific mental health or emotional wellbeing need, helping to support our school community.**

In this issue, we are shining a light on...

### **Supporting a child who self-harms**

Self-harm can be frightening for families but compassionate, calm support makes a significant difference. Here are some guiding principles:

#### **What helps:**

- Stay calm and listen without judgement.
- Acknowledge their feelings rather than focusing only on their behaviour.
- Encourage them to talk about what triggers the urge to self harm.
- Help them identify safer coping strategies (E.g. grounding techniques, creative outlets)
- Seek professional support early.

#### **What to avoid:**

- Reacting with anger or panic.
- Issuing punishments or ultimatums.
- Minimising their feelings or telling them to "just stop".

If you are concerned about your child, please reach out to our **Mental Health Lead** or a trusted member of staff.

We are here to help.

For more information about how Goodwin Academy support our students Mental Health and Emotional Wellbeing. Please visit our [website](#).

[VISIT OUR WEBSITE](#)