

Joseph Hood Primary School

Mental Health and Wellbeing

Newsletter 3



Mental Health and
Emotional Wellbeing



Key dates



- 26th - 30th June - Wellbeing Week
- Thursday 6th July - Parent and teacher meetings
- Some Y6 transition days will also be happening. Please ensure you know when your child's day is.

Contact us



If you feel you would like to speak to someone about support for either your child's or your own mental health and wellbeing please email mentalhealthlead@josephhood.merton.sch.uk.

The Impact of Social Media



In our ever changing world, social media is becoming more and more accessible to younger children with over 61% of the world's population having a social media account with figures expected to surpass five billion. Over time, more research is being done into the impact this is having on people. In 2022, the average amount of minutes spent on social media per day was over 150 - 2 and $\frac{1}{2}$ hours. That is around 24 hours every 10 days.

Social media is getting smarter with algorithms that quickly learn lots about you, making echo chambers and feeding you content that it knows you will love. TikTok is one of the apps that does this best. It is highly immersive with personalised content that is specifically designed to capture your attention for extended periods. Different brain regions are engaged in response to personalised and non-personalised content.

Research shows that around 1 in 6 children between the ages of 10 and 15 have spoken online with someone they have never met. An estimated 1 in 50 children have spoken to someone who they thought was their age but turned out to be much older. An estimated 5% of this age group have also met up with a person they have only met online.

An OFCOM 2022 report, which detailed a study into children's social media and online habits, showed that 4 in 10 children aged 8-17 had experienced online bullying. The bullying occurred through messaging apps (56%), social media (43%) or online games (30%).

Summer Holidays



The summer holidays are getting closer and this can be an anxious time for both adults and children. If there is anything you are worried about or would like support with please email us.

Useful resource

Keep up to date on eventbrite to see the Education Wellbeing Service's menu of free online webinars for Primary school parents.

<https://www.eventbrite.com/cc/primary-parents-nhs-wellbeing-workshops-682309>

Key adults

Mrs Saville: Executive Headteacher, Head DSL

Ms Shepard: Head of School, SENCO and Inclusion Lead, DSL

Mr Smith: Head of School, DSL

Miss Earl: Year 6 teacher, Mental Health Lead

Mrs Childs: EYFS lead, DSL

Mrs Helen, Mrs Jade, Miss Claire, Miss Shelby: ELSA

Worry Ninja

Year 6 successfully completed their three week Worry Ninja Workshop with the NHS wellbeing service.

Well done Year 6!



Cyber Security

On Monday 12th June, JP Morgan did a presentation to both parents and KS2 students about cyber security and the importance of online safety.

Some of the topics that were covered were:

- Cyber bullying
- Internet safety
- Importance of passwords and privacy