



"We rise to great heights by a winding staircase of small steps."

The Children's Society

RISE team

Summer Term
Edition 2021

Improving Wellbeing in Schools for Children & Young People

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Contact details:

Website:

www.rise-ne.co.uk

Email:

risereferral@childrensociety.org.uk



@rise.ne



@rise_mhst



bit.ly/Rise-ne

READ ALL ABOUT IT ...

There's been lots of changes in the RISE team recently and we are now part of The Children's Society. There will be little to no change to how the Rise team provides support. As lockdown is easing we are all getting back into schools and resuming face to face sessions.

Unfortunately, we have said goodbye to our Education Mental Health Practitioners Sharon Avery, David Masterman, Lucy McRae, Kirsty Smith and Lorraine Thomas. We hope they are well and enjoying their new paths. We have temporarily lost our lovely Hannah Watson who will return after spending time with her new-born son Freddie!

As we are no longer with the NHS we have also had to say goodbye to Fiona Goldsmith, Alexis-Baker Smith, Melissa Baynes, Diane Thirlwall, Alison Manning and Mark Hunter.

We are pleased to welcome our newest EMHP Jenny Reay who will mainly be working in the Newcastle schools. She has recently returned home to the North East after working as an EMHP in London.

The Children's Society

The Children's Society transforms the hopes and happiness of young people facing abuse, exploitation and neglect. We take inspiration from the courage and hope we see in young people every day, fuelling our belief that a good childhood is something every young person deserves.

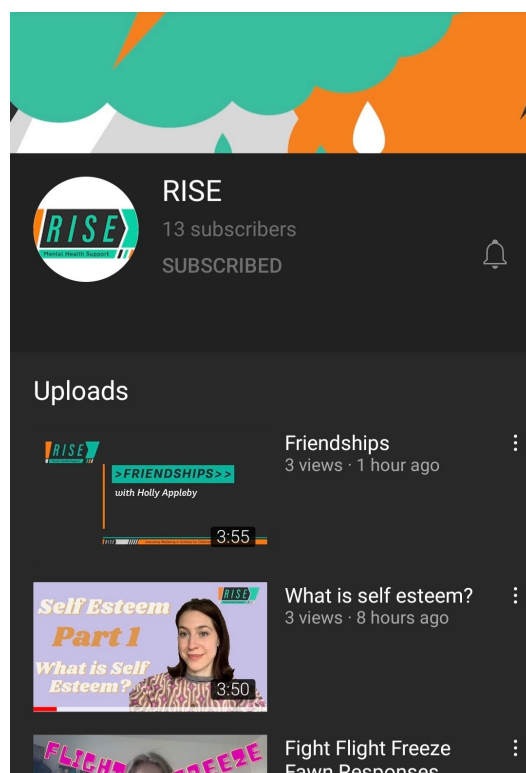
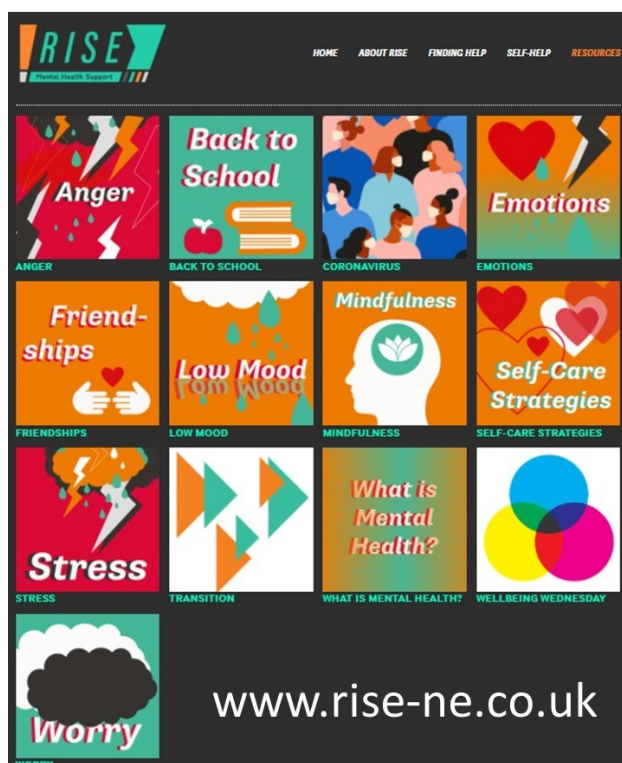
We fight for hope by deeply understanding the needs of young people, supporting them through their most serious life challenges. We campaign tirelessly for the big social changes that will transform the wellbeing of young people, striving to improve the lives of those who need hope most. Driven by hope and working alongside young people and supporters, we will not rest until together, step-by-step, we've created a society built for all children. For more information go to www.childrensociety.org.uk

Rise Website and Socials Update

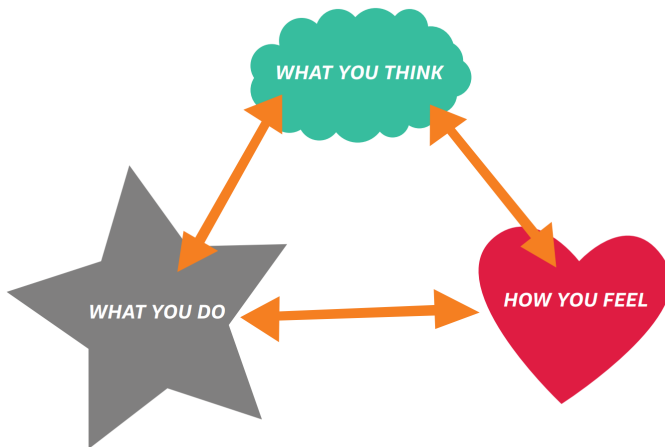
Our website has undergone big changes and hosts more information and resources. We continue to develop and upload new resources with the aim of helping schools, parents, and children. Head over to our website on www.rise-ne.co.uk

Mindfulness has been a focus for us and so our '*Motivation Monday*' posts on our social media pages are now '*Mindful Mondays*'. The project we launched for schools can now be found on our website.

We have also changed our '*Thankful Thursday*' posts to '*Team Time Thursday*' to tell you more about the Rise team. '*Feel Good Friday*' is now '*Feature Friday*' where we focus on recommendations like apps, websites and any amazing work from our kids and schools. If you have any work you would like to share, please email us on risereferral@childrenssociety.org.uk or ask your school to email the EMHP based in your school.



What we're loving this term..



Thoughts, Feelings, Behaviour Cycle (Magic Triangle)

The Magic Triangle shows how our thoughts, feelings and behaviours are linked together. They all influence each other, our thoughts can make us feel and behave in certain ways.

Just taking the time to notice how this cycle impacts us can help us feel, think and behave in a more helpful way.

It makes us realise we can change our thought patterns and behaviours if they are unhelpful and move towards feeling better and empowered.

Check out our YouTube video using which it explains it further.



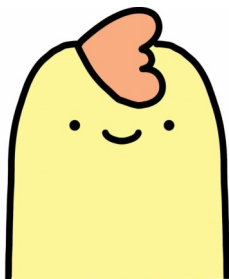
RISE Recommendations

WeHeartCBT

www.weheartcbt.com

A fab website of FREE evidence-based CBT resources aimed to support children and young people who are struggling with anxiety, stress and/or low mood.

There are sections for parents and they are working on resources for schools. You can also join up for their newsletter.



Shout out

To our wonderful schools.

Who are working really hard to support children's learning and mental health in these difficult circumstances.

To all of the children and young people who are settling back into routines and coping with all the changes.

We appreciate all of your hard work.