

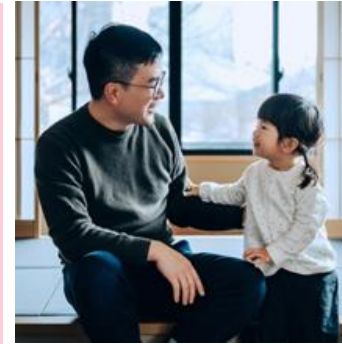
## WELCOME TO THE NEW SCHOOL YEAR!

**We hope you and your family enjoyed your summer holiday.**

It can be daunting returning to school or college after a long break, especially if your child has started at a new place or is going into exam years.

Take time to regularly check in with your child and observe their moods.

If they're feeling overwhelmed, they might not want to talk right away; try not to force a conversation but let them know you're open to talk when they're ready. Just knowing that you're available and open to listen non-judgmentally will have a positive impact on their emotional wellbeing.



## 19<sup>th</sup> September is **Youth Mental Health Day!**

This year, the theme is **#ControlYourScroll**. 93% of children and young people feel concerned by online content, including bullying, fraud, or fake news. These worries can affect our mental and emotional health so encourage your child to:

- Reflect on the amount of time they spend on social media and websites – is it healthy, or could they mix it up with more offline activities?
- Block users or content that don't make them feel good
- Remember that people post pictures, comments, and strong views to get more followers – their content isn't always a true reflection of their life
- **Download** Stem4's young person's guide to using the internet safely

**Ask your school to invite us to deliver a parent/carers workshop on safer internet use.**



## 27<sup>th</sup> September is **National Teaching Assistants' Day!**

A time to reflect on the essential, yet often under-recognised, role of teaching assistants and celebrate the many ways they contribute to the educational, behavioural, and mental wellbeing of our children.

Perhaps encourage your child to write 'thank you' notes and take the time to say thank you at the school gates.



## Amazing Opportunities for secondary and college students!

We've added 2 posters to this bulletin, one for 11-18-year-olds and the other for 16-25s.

Please share them with your children and friends.

Both opportunities are organised by staff with lots of experience of working with young people who might have mental or emotional wellbeing challenges so your child will be in very safe hands!



# DREAMLINE

FREE ONE-DAY ART INITIATIVE FOR YOUNG PEOPLE

Are you aged 16 - 25?,  
Do you live in Hammersmith &  
Fulham, Ealing or Hounslow?

Using different artistic techniques  
such as printmaking and collage, joins us to  
**design your dream tube line**

All the ideas will be displayed at  
the LTM Open Depot Weekend for  
thousands of visitors to see

Most importantly...  
you don't need to be into arts already.  
This is for anyone!

When:  
**Saturday, September 14, 2024**  
10am-4pm  
(lunch & snacks provided)

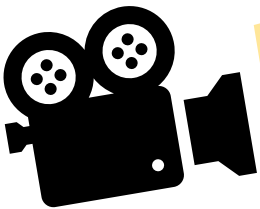
Where:  
**London Transport Museum Depot**  
2 Museum Way  
118-120 Gunnersbury Lane, W3 9BQ

Questions?: [communities@ltmuseum.co.uk](mailto:communities@ltmuseum.co.uk)



Hammersmith,  
Fulham, Ealing  
and Hounslow





# HELP US MAKE A SHORT FILM about mental health care!

## We're making an animation film!

Researchers at Imperial College London are making a short film about what's important in mental health services for young people. This will let hospitals know how young people would like to see mental health care improved.

### *An in-person half-day workshop to:*

- Say what's important in hospital care
- Create a film narrative and storyline
- Design and create a film animation

**You will receive travel expenses, lunch, and payment for your time.**

**Want more information?  
Register on the QR code!**  
Or email [motis@imperial.ac.uk](mailto:motis@imperial.ac.uk)

## Am I the right person for the role?

- You want to help to improve mental health care
- You're aged 11-18 years
- You, or a friend, has been to hospital or a doctor for a mental health problem

### *Join us to HEAR MORE!*

Our first online meet: Aug/Sept 2024.

Under 16s will need permission from a guardian

**Register your interest using the QR code:**

