

Well-being Newsletter.



Issue 5: April 2021

Welcome to our April wellbeing newsletter. It has been wonderful to see the children return back to school feeling refreshed and ready to learn after their Easter break.

Each classroom now has a dedicated wellbeing area which includes a 'daily check in.' This allows the children to share with their teacher if they need a quiet chat to help alleviate any worries, however big or small that they may have.

Below are ideas with helpful web links to support your child's wellbeing while they are at home.

What is Mental Health?

We all have mental health. Mental health is about our feelings, our thinking, our emotions and our moods. Looking after our mental health is important. We all have small feelings every day; these can sometimes feel strong and overwhelming, whether happy or sad, but they go away before too long. Sometimes we experience big feelings; these feel strong and overwhelming for a long time. They stop us doing what we want to in our lives.

Tips for talking to your child about their Mental Health

1. Make conversations - Anywhere is a good place to talk; in the car, walking the dog or cooking together. Model everyday talk about feelings such as by talking about a TV character's feelings.
2. Give your full attention: We all know it's horrible to be half listened to. Keep eye contact, focus on the child and ignore distractions.
3. Ask open questions: Such as "How did your day go today?" This will help to extend the conversation.
4. Look for clues about feelings: Listen to the child's words, tone of voice and body language. #
5. Some ways to start a conversation about feelings might be: "How are you feeling at the moment?" "You don't seem your usual self. Do you want to talk about it?" "Do you fancy a chat?" "I'm happy to listen if you need a chat."



Our well-being focus this term.



What is learning?

Learning is about gaining new knowledge, developing skills and having new experiences that enrich our lives. Learning is about challenging ourselves to do something different or improve upon what we've done before.

Learning can take many shapes and forms – it could mean taking a new skill or refining existing skills, challenging ourselves to develop new ones or approaching new tasks and events that we've not tried before.

Broadening our minds helps us gain insight into life, ourselves, and the world around us, which are all good things for our mental wellbeing.

At school, the children will be learning new skills such as karate, sign language and new languages.

We would love to see anything the children are doing at home for the first time! Please send in a photo or upload on to Seesaw for us to see!

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Carrying a positive sense of calm in the palm of your hand

1. First ask your child to trace their hand on a sheet of paper.
2. The child then thinks of a positive memory that would help them feel safe and calm to remember even in the midst of stressful and triggering situations.
3. Write each of the five senses (seeing, hearing, tasting, touching, smelling) on each of the five fingers.
4. The child (or adult can write it down for the child) will draw and/or write about the memory in the palm of the hand.
5. Encourage your child to identify how the memory is experienced using each of the five senses on each finger and write or draw a picture for each.
6. Last but not least, talk about how thinking of this memory can help your child feel a sense of safety and inner calmness despite outer life circumstances.




Remember that we are always here for you all. 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.

Please speak to your child's teacher or if you would prefer to speak to Mrs. Zaman, our Family Support Worker.

In school
Support
and Advice.

Useful Websites

Young Minds – 
<https://youngminds.org.uk/>



This website from the NHS offers expert advice and practical tips to help you look after your child's mental health and wellbeing as well as the rest of the family.
<https://www.nhs.uk/oneyou/every-mind-matters/>



Place2be – <https://www.place2be.org.uk/>



Anna Freud – National Centre for children and families
<https://www.annafreud.org/>

