St. Andrew's Church of England Primary School

Mental Health and Wellbeing Newsletter

September 2023

Welcome to our first Mental Health and Wellbeing newsletter for this academic year!

At St. Andrew's, we are committed to supporting children and staff with their wellbeing and mental health. We know that wellbeing, physical and mental health are all vital to successful learning.

Our aim with these newsletters is to provide information, tips and resources to support both adults and children with their mental health and wellbeing.

What is Wellbeing?

Feelings of **wellbeing** are fundamental to the overall health of an individual, enabling them to successfully overcome difficulties and achieve what they want out of life.

Past experiences, attitudes and outlook can all impact wellbeing as can physical or emotional trauma following specific incidents.

Relaxation Activity: Stress Balls



This exercise releases muscle tension and massages your hands. Make your own stress ball(s) by filling balloons with dry lentils or rice.

- Take the ball(s) in one or both hands and squeeze and release.
- Experiment with squeezing the ball. Find a way that is right for you, adjusting the speed, pressure and timing of your squeezes to whatever way you like.



At St Andrew's, we are able to offer a wide range of pastoral support for children who are encountering emotional difficulties. If you have any concerns regarding your child's mental health and wellbeing please don't hesitate to talk to your Child's Class teacher, Mrs Haskins (Additional Needs Leader) or Mrs Leeson (Assistant Headteacher responsible for Pupil Welfare).

Meet our Wellbeing Team

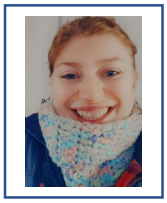
All staff are committed in supporting the mental health and wellbeing of our children. Within school, we are fortunate to also have a dedicated Wellbeing Team.


Mrs Haskins
(Additional Needs Leader)


Mrs Leeson
(Assistant Head)


Mrs Jackson
(Class Teacher)


Miss Hornsey
(ELSA trained)


Jess Turncroft
(CASY Counsellor)


Mrs Fisher-Scott
(Wellbeing Governor)

Spotlight on ELSA:

An Emotional Literacy Support Assistant (ELSA) is a trained, school-based learning support assistant. Their role is to support the emotional wellbeing of pupils. They are trained by a team of Educational Psychologists and receive ongoing group supervision.

Our ELSA is Miss Natalie Hornsey. She carries out interventions with children either on a 1:1 or small group basis. Work aims to build resilience in children and cover social skills, anger management, self-esteem, counselling skills, such as solution focus, and friendship.

Student Wellbeing Champions

We are pleased to announce that we have a new team of Student Wellbeing Champions. They will receive training from the outreach service 'Healthy Minds' and over the year they will be helping to promote the importance of positive wellbeing and mental health throughout school.

Spotlight on CASY:

CASY (Counselling and Support for Young People) is a registered charity and provides confidential counselling support to young people. The service offers young people an opportunity to speak to a trained counsellor in confidence about any issue of importance to them. CASY counsellors are carefully selected for their experience and their ability to understand the pressures and conflicts young people face today. All counsellors are checked through the Criminal Records Bureau to assess their suitability to work with young people.

Our CASY counsellor is Jess Turncroft.

The ethos of counselling is to help children learn how to help themselves in a safe, supportive environment.

The main aims of counselling are:

1. To support the child to make changes in their life.
2. To learn to understand and cope with difficult emotions.
3. To identify specific problems.
4. To identify goals the child would like to work on.

For further information on CASY, please visit their website: www.casy.org.uk

Useful websites

As well as a wealth of information available on our dedicated webpage: https://www.standrews-woodhallspa.org.uk/emotional-social-and-mental-wellbeing/, some of the following websites may be useful for you to access: