St. Andrew's Church of England Primary School

Mental Health and Wellbeing Newsletter

November 2023

St Andrew's Wellbeing Team

At St Andrew's, we are able to offer a wide range of pastoral support for children who are encountering emotional difficulties.

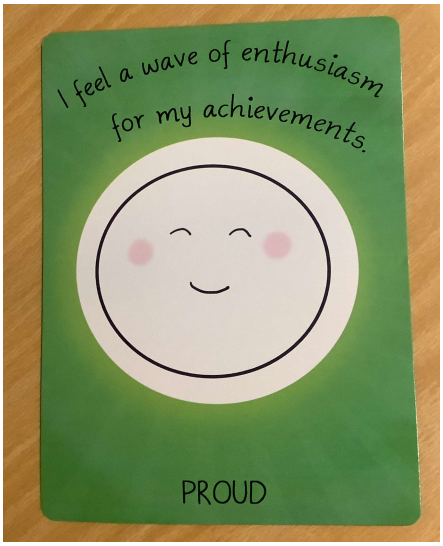
If you have any concerns regarding your child, please don't hesitate to talk to your child's Class teacher, Mrs Haskins (Additional Needs Leader) or Mrs Leeson (Assistant Headteacher responsible for Pupil Welfare).

Mrs Haskins	Additional Needs Leader
Mrs Leeson	Assistant Headteacher with responsibility for pupil welfare
Mrs Jackson	Class teacher
Miss Hornsey	ELSA trained Teaching Assistant
Jess Turncroft	CASY Counsellor
Mrs Fisher-Scott	Wellbeing Governor

Student Wellbeing Champions

We are pleased to announce that we have a new team of Student Wellbeing Champions. Over the year, they will be helping to promote the importance of positive wellbeing and mental health throughout school.





Why talk to children about mental health?

Calmly and confidently opening up conversations can encourage children and young people to understand that mental health is something we all have, and that we should be aware of it and learn skills to look after it.

Importantly, we can also ask for help when we need support.

When children are younger, it's important that they understand how there can be changes in their bodies which are connected to their feelings and thoughts. For example, when our heart beats very quickly after we have been running, the same is true when we are nervous or scared.



Equality and Diversity



This term during 'Cheery Tuesday' Collective Worships, we have been talking about diversity and the importance of being unique. This half term, we would like to give everyone the opportunity to share proud moments. This could be an award your child has achieved outside of school, sharing news about a new family member being born or showing a special piece of art work made. Children will be encouraged to speak to either their Class teacher, Mrs Haskins or a Student Wellbeing Champion if they would like to get involved. Parents /carers will be notified of the date.

Mindfulness and Creativity

Creative activities can be fun for all the family, and sitting down together to create something can be a good bonding exercise; stimulating conversation and encouraging sharing. Here is a simple idea to try. Take a clean jam jar, decorate it and fill it with things that will cheer you up and make you feel positive. They could be written affirmations, little toys, sparkly gems or smooth pebbles: anything that brings you joy and makes you feel calm.



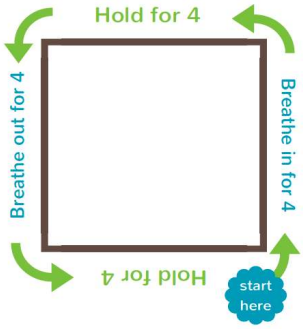
Useful information

Please look on our school website for a wealth of information about mental health and wellbeing:

https://www.standrews-woodhallspa.org.uk/emotional-social-and-mental-wellbeing/

Student Wellbeing Champions Section.....

Have a go at 'square breathing'



Wellbeing Tip.....

Spend time in Nature

Why not make the most of what autumn has to offer? Colours, smells, sounds... everything changes at autumn time! The golds, reds, purples, russets and oranges that provide a burst of joy before the winter months are particularly vivid this year. Spending time in nature outdoors can help improve your mood and reduce feelings of stress and anger.



Try to pay attention to your surroundings and find things to see, hear, taste, smell and touch. Lots of people find that being with animals is calming and enjoyable. You could try pet-sitting or dog walking, feed birds from your window, or visit a local community farm. You can even bring nature indoors! This can give you the benefits of nature without having to go to a park or public garden. You could buy flowers, potted plants or seeds for growing on your window sill. Or you could collect natural materials from outdoors, such as leaves, flowers, feathers, and use them to decorate your living space.

Don't forget ...

This month's 'Action for Happiness' Calendar:

New Ways November 2023

