St. Andrew's Church of England Primary School

Mental Health and Wellbeing Newsletter

January 2024

Happy New Year!

Wishing all our families a very happy new year and hoping that 2024 is a year full of kindness, happiness and optimism for everyone.

Please remember that if you have any concerns regarding your child's mental health and wellbeing 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).

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.

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

Parents' Toolkit: Wellbeing

Check out **BBC Bitesize** for their wellbeing tips designed for parents to help you support a healthy, happy childhood - with advice on food, sleep, mindfulness, handling the after-school meltdown, as well as ways to look after you and your child's mental health.

Parents' Toolkit - BBC Bitesize

Zones of Regulation

Blue Zone	Green Zone	Yellow Zone	Red Zone
			
Low	Happy	Wobbly	Angry
Running slow	Good to go	Caution	STOP!
Unhappy Tired Withdrawn Tearful	Positive Proud Calm Focused	Excited Nervous Frustrated Annoyed	Mad Furious Yelling Aggressive

Zones of Regulation

Through Collective Worship on Tuesdays we are introducing **Zones of Regulation**.

Zones of Regulation categorises all the different ways we feel and states of alertness into four coloured zones:

1. The Red Zone is used to describe extremely heighted states of alertness and intense emotions. A person may be elated or experiencing anger, rage, devastation or terror when in the Red Zone.

2. The Yellow Zone is also used to describe a heightened state of alertness and elevated emotions, however a person will have more control when they are in this zone. They may be experiencing stress, frustration, anxiety, excitement, or nervousness when in the Yellow Zone.

3. The Green Zone is used to describe a 'calm' state of alertness. A person may be described as happy, focused, content or ready to learn when in the Green Zone. This zone is where 'optimal' learning occurs.

4. The Blue Zone is used to describe low states of alertness, or 'down' feelings such as feeling sad, sick, tired, bored, fed up etc. In this zone, children are going to be reluctant or negative about completing work, however it is also the zone where the body has time to rest and recover.

Zones of Regulation is a framework designed to foster self-regulation and emotional control….. it teaches children how to recognise different emotions and gives them strategies to help manage how they react or behave as a result of those emotions i.e. how to self-regulate.

January Blues

January can often be a difficult month for many people—Christmas is over, the weather is cold with winter stretching ahead of us still and the nights are longer. Many of the things that we do to cheer ourselves up (walks in the countryside, outdoor exercise, playing in the park, enjoying the sunshine…) are all harder to achieve. However, there are some ways that we can help ourselves beat those 'January Blues'. See the tips below for some ideas to try out.



You are more likely to stay eating healthier if you have a treat during the week. Remember to also include Vitamin D into your diet to boost your mood.



Reading has many health benefits. So why not making reading a necessity not just a luxury!



Do something new, perhaps get creative? Paint, draw, write or begin a new hobby.

How to Beat the January Blues!





One great way to improve wellbeing and mood is exercise. Exercise doesn't have to mean going to the gym, it could be a nice bike ride, or taking part in some yoga or pilates.

Why not take a walk and take notice of your surroundings? This not only has great physical health benefits but mental health benefits too!



Take time out for you! Even if it's 10 minutes, just take the time to have a rest and enjoy your cuppa.

mind for better mental health in Mid Herts

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……

Staying in the Here and Now…….5 Senses Grounding



Look around the room…

Name 5 things you can see

Name 4 things you can hear

Name 3 things you can feel

Name 2 things you can smell

Name 1 thing you can taste

Message in a Bottle (With a twist!)

What are you most looking forward to this year? As a family, write down 2 or 3 (or more!) things that you are looking forward to in 2024. You can do this collectively or have individual ideas. Then roll them up and put them in a bottle. You can check these at the end of the year. It's good to look forward to things and have dreams!



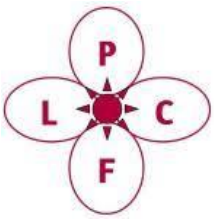
Lincolnshire Parent Carer Forum

Lincolnshire Parent Carer Forum (LPCF) is Lincolnshire's Parent Carer forum recognised by the Department for Education.

LPCF is a registered Charity working with parents and carers of children with disabilities and SEN in Lincolnshire through its parent carer forum.

They offer lots of support, advice and online workshops. **Definitely worth a look!**

https://www.lincspcf.org.uk/



Don't forget…

This month's 'Action for Happiness' Calendar:

Happier January 2024

