St. Andrew's Church of England Primary School

Mental Health and Wellbeing Newsletter

March 2024

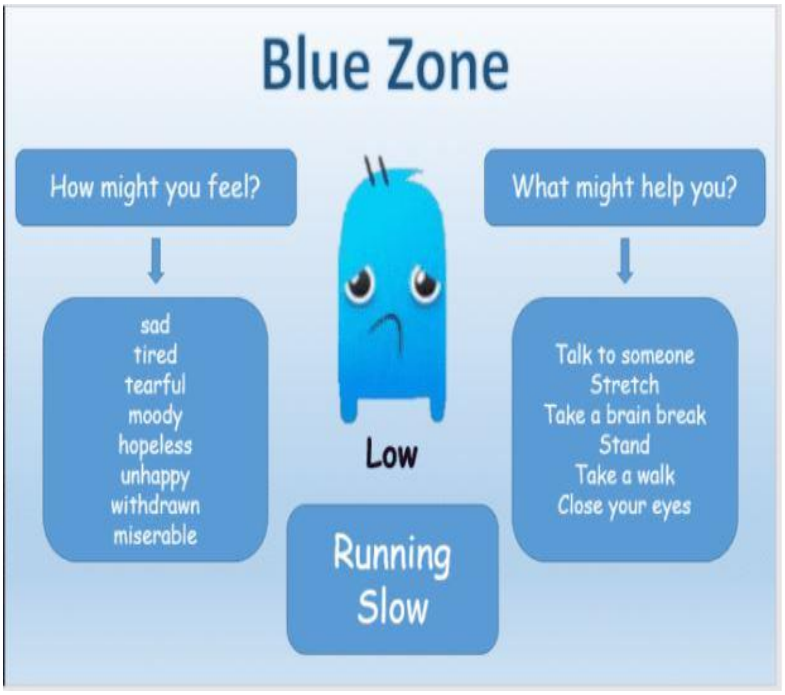
St Andrew's Wellbeing Team

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





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Unhappy Tired Withdrawn Tearful	Positive Proud Calm Focused	Excited Nervous Frustrated Annoyed	Mad Furious Yelling Aggressive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

This term during Collective Worship on Tuesdays, we are focusing on the **Blue Zone** of the 'Zones of Regulation. '

What are the different Zones?

Blue Zone: low level of arousal; not ready to learn; feels sad, sick, tired, bored, moving slowly.

Green Zone: calm state of alertness; optimal level to learn; feels happy, calm, feeling okay, focused.

Yellow Zone: heightened state of alertness; elevated emotions; has some control; feels frustrated, worried, silly/wiggly, excited, loss of some control.

Red Zone: heightened state of alertness and intense emotions; not at an optimal level for learning; out of control; feels mad/angry, yelling/hitting, elated, out of control.

What strategies can you use at home?

- Listen to upbeat music
- Complete some cardio based exercise
- Get up, get showered and get dressed
- Jump on a trampoline
- Talk to a friend
- Do something creative
- Cuddle or play with pets
- Go for a walk
- Plan a fun activity
- Look through old photographs or snap some new ones
- Re-watch a funny or inspiring YouTube video

Wellbeing Tip.....

Get outdoors to improve your wellbeing! There is lots of fun to be had in the woodlands and countryside around us.
Why not:
Build a den. Take along some old blankets or tarpaulins, some string and some pegs.

Go wildlife spotting. Take a camera, or download a spotters' guide from the internet.

Take part in a scavenger hunt. Choose a theme such as signs of spring, colours or textures.

Be inspired to create some woodland art using only what you find around you.



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/

Is your child managing their emotions?

From the time our children are born, they're trying to communicate how they're feeling. It starts with the basics—feeling hungry, tired, wet, or cold—but as our babies grow into children, they begin to experience emotions they don't yet have the words to articulate. These feelings can come out in tears, temper tantrums, clinginess, or acting out. Throw in a disruption to routine or an unexpected hurdle and we might see the emotions in our children magnified. We can help them by acknowledging their feelings, helping them notice changes in their body when they feel a certain way, like clenched fists or a racing heart, and naming what we think they're feeling.



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

BBC Bitesize

Student Wellbeing Champions Section.....

Here are some relaxation techniques for you to try:

Tennis Ball:

Lie on your tummy on the floor. Ask someone to roll a tennis ball on your back. The shoulders, neck and lower back are prime areas when tension sits, so focus there.



Tummy breathing:

When lying on your back, place a small soft toy on your tummy. Feel the toy rise up and down when you breath deeply and slowly in and out.

