St. Andrew's Church of England Primary School

Mental Health and Wellbeing Newsletter

May 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

Think About It

Sometimes you might worry about things. They might be **big** things or **small** things. It can make you feel anxious and scared. Next time you are worried, question your thoughts. Write down what you think WILL happen. Then step back and think about whether this is true. What MIGHT actually happen, write that down. Then come back later and write down what actually happened. Quite often our worries are just that—thoughts that don't come true.

Use the sheet attached to try out this activity and then read them all from time to time to reassure yourself.

"Worrying is like walking around with an umbrella waiting for it to rain."

Wiz Khalifa



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Unhappy Tired Withdrawn Tearful	Positive Proud Calm Focused	Excited Nervous Frustrated Annoyed	Mad Furious Yelling Aggressive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

Book Recommendation— 'The Huge Bag of Worries' by Virginia Ironside

A reassuring picture book that encourages children to open up about their fears and anxieties to help manage their feelings. The perfect book to soothe worries during stressful times.



Signs of Stress:

- Withdrawn behaviour—children who are struggling with stress can act withdrawn. They don't seem to enjoy the same things they used to, or seem a little hesitant to join in with their peers.
- Unexplained aches and pains—stress can manifest in physical ways as well. Children under stress tend to complain about unexplained headaches and stomach aches when they have a perfectly clean bill of health.
- Sleep—any change in sleep patterns can indicate that your child is stressed. For instance, all of a sudden they can't wake up in time for school. Or, they've suddenly become a night owl who refuses to go to bed before midnight.
- Eating patterns—likewise, any change in eating patterns can indicate stress. Your child may eat much more than usual or seem to exist on nothing at all.
- Irritability—is your child suddenly acting out? Do they seem more irritable or cranky than usual? Children who feel stressed don't know how to express what they are feeling, so they tend to act irritable or moody instead.
- They tell you—some children will complain about their worries or stressors, while others will clam up. Be sure to talk to your child about stress to get a better handle on if they are feeling any. Ask questions like, "Do you know what stress means?" "Do you ever feel stressed?" "What makes you feel stress?" "How do you deal with it?"

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/

Strategies to Support Your Child:

- Give your child effective strategies to deal with the stress, such as physical activity, breathing exercises or meditation. Older kids might also like journaling or creating artwork to express their feelings.
- As with most things when it comes to parenting, actions speak louder than words. Make sure you are appropriately managing your own stress and your child will be more likely to follow suit.
- Take some time to talk to your child about stress and the ways they can cope



Get Going!

Regular exercise can lift your mood and increase your energy levels. It doesn't have to be strenuous or sporty to be effective. Now that the days are warmer and longer, it's time to get outside and get active!

Pick something you enjoy so you're more likely to stick with it.
For example:

- Going for a walk during the day
- Going for a bike ride
- Den building with a friend
- Playing games in the park
- Take part in a scavenger hunt. Choose a theme such as signs of spring, colours or textures.

Student Wellbeing Champions Section.....

Here are some relaxation techniques for you to try:



Blow a feather from hand to hand:

Your breaths have to be gentle and slow.

This will help your heart to beat slower.

Watching clouds:



Taking time to watch clouds can be very calming and relaxing. It steadies your breathing and gives you time out so that you can control your emotions.