St. Andrew's Church of England Primary School

Mental Health and Wellbeing Newsletter

July 2024

St Andrew's Wellbeing Team:

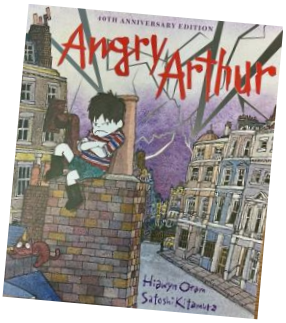
At St Andrew's, we are able to offer a wide range of pastoral support for children who are encountering emotional difficulties.

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

Book recommendation:

Angry Arthur
By Hiawyn Oram

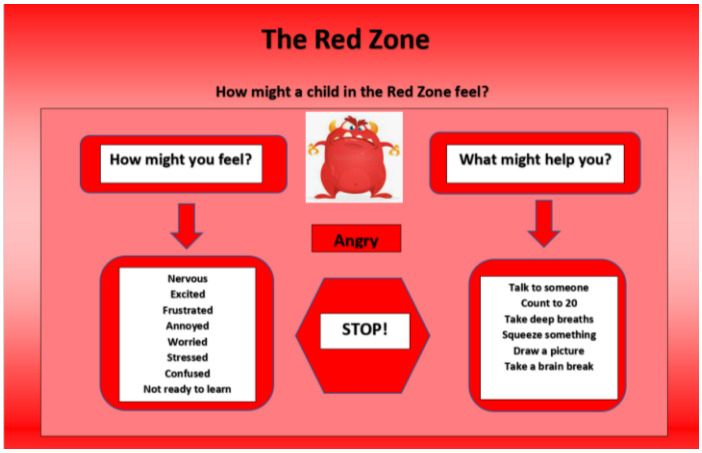




Zones of Regulation:

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

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



Self Soothe Box:

A self soothe box can help your child feel safe, relaxed and grounded. The box should contain items that are fun to touch, see, listen to, taste, smell or move about.

Items could include:

- Playdough, fidget cubes or spinners, stress balls, bubble wrap
- Comforting smells like hand cream, peppermint, perfume
- Activities like reading and colouring
- Bubbles
- Photographs of people, animals or places that have positive memories
- Things to safely chew, suck or bite
- Soothing music or wind chimes



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/



Supporting Your Child with Transition:

Just like adults, children cope with changes and transitions in different ways, some people breeze through with excitement and others feel anxious and need more support. At St Andrew's, we are very mindful of these differing needs and we plan our transition to new classes carefully and with a great deal of thought. However, parents/carers play a vital role in helping this to be a positive experience for our children.

Here are some tips for supporting your child with this:

- Be positive! How you react to change will strongly influence your child and if you feel anxious they will too. Talk about the positive elements of change— new experiences, new opportunities, new topics and meeting new people.
- Focus on the constants for your child, the things that will be the same. They will be moving class with many of their peers so their friends will still be with them, they will still see familiar adults and many routines will be the same.
- Look at our website and check out the topics they will be covering in their new year group to make them excited about what is ahead of them.
- Listen to any concerns but don't go looking for them— remember that most children will be excited about the move and are more than ready for it.
- If your child is moving from KS1 to KS2, talk about what this will look like at drop off and pick up times.
- Keep in touch with their friends over the holidays so that those connections remain strong.

Student Wellbeing Champions:

Over the year, our six Student Wellbeing Champions have done such a fabulous job of promoting wellbeing throughout school. Recently, they have been awarded the 'Healthy Minds' **Gold Award** from Angela Ashley, a practitioner from the outreach service 'Healthy Minds'.

We are currently in the process of recruiting new Student Wellbeing Champions for next year.



School Summer Holidays:

Whilst it will be lovely for families to spend quality time together during the summer holidays, it may also be a time that can cause stress for some families due to clashes with work or finances. This is a link to a useful article which includes tips and ideas for parents/carers:

https://www.familylives.org.uk/advice/your-family/holidays/how-to-entertain-your-children-in-the-holidays



Don't forget this month's Action for Happiness Calendar: Jump Back Up July!

