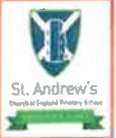


St. Andrew's Church of England Primary School

Mental Health and Wellbeing Newsletter

October 2022



Welcome to the first Wellbeing Newsletter for this academic year.

During the summer term, St Andrew's was delighted to be awarded the Carnegie Centre of Excellence for Mental Health in Schools 'School Mental Health Award' – Silver Status in partnership with Schools Advisory Service. Wellbeing and positive mental health continue to be a priority for us and looking after each other is important on a daily basis.

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).

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

St Andrew's Wellbeing Team

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



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.

Relaxation Activity: The Shoulder Shrug

- Ask your child to sit or stand in a comfortable position.
- Ask them to breathe in and lift their shoulders towards their ears. Hold this position.
- Then they are going to breathe out with a big sigh and release their shoulders.
- Repeat three times.

RELAXATION

Five Ways to Wellbeing



Research has shown that there are five actions we should all do more of to boost our wellbeing and improve our mood.



The 5 Ways to Wellbeing are:

1. Connect
2. Be Active
3. Take Notice
4. Keep Learning
5. Give

This term we are focusing on the *Connect* strand from the 5 Ways to Wellbeing

There is strong evidence that indicates that feeling close to, and valued by, other people is a fundamental human need and one that contributes to functioning well in the world. It's clear that social relationships are critical for promoting wellbeing and for acting as a buffer against mental ill health for people of all ages.

With this in mind, try to do something different today and make a connection.

- If you're at home with your family, try to eat lunch or dinner at the same time - this can be much more fun than all eating separately and gives you an opportunity to chat.
- Speak to someone new.
- Ask how someone's weekend was and really listen when they tell you.
- Talk about your feelings. It is important you don't bottle your feelings up. [Talking Shows Strength.](#)

Student Wellbeing Champions' Section



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.

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/>