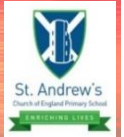


St. Andrew's Church of England Primary School Mental Health and Wellbeing Newsletter

March 2023



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

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

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

Five Ways to Wellbeing



This term we are focusing on the '**Take Notice**' strand from the 5 Ways to Wellbeing.



Take Notice...

Taking notice and being present is another way of saying 'to be in the moment'. The NHS website says, "Paying more attention to the present moment can improve your mental wellbeing. This includes your thoughts and feelings, your body and the world around you."

Being present can help give us a sense of calm and can also help us to become more aware of the world around us, but also more aware of our feelings and thoughts at a given moment. There is a lot of information in the world about being present and it is also referred to as mindfulness. Though being present can be a helpful practice if we're feeling anxious or frustrated, it is good to focus on being present on a regular basis.



Here are some examples of staying present:

- Take a moment to pause and focus on your thoughts.
- Close your eyes and take some deep breaths – in through the nose and out through the mouth.
- Focus on your senses: What can you see? What can you hear? What can you taste? What can you smell? What can you touch?
- Take a moment to focus on your surroundings. What can you notice? Is there a breeze? Can you smell the grass? Is it a cloudy day?

Positive Thinking

Good news! Did you know that science suggests that positive thinking is a learnable skill?

Three Good Things Exercise:

Research suggests that thinking of, and listing, three good things each day can contribute to increased happiness in the short term and longer term. Even better, this exercise is simple to do. Just spend a few minutes each evening reflecting on the day until you think of three good things. Spread the positive vibes, and think about sharing your three things with those that you love!



Student Wellbeing Champions' Section:



My Happy Place!

Sometimes we may feel sad, worried, angry or lonely and it is important to know that it is ok to feel all of these emotions at times. We just need to develop ways to manage these trickier feelings.

A useful strategy is to have a 'happy place' that you can escape to—this can be a real place or a place pictured in your mind.

Ask yourself:

- Where is your happy place?
- When you think of your happy place, who is with you?
- What do you have with you in your happy place?
- What is it about your happy place that cheers you up?

Then visit your happy place or close your eyes and imagine you are there. Keep this happy place with you and remember it when things are tricky. Don't forget—your happy place can change at any time. It's up to you!

Keep Learning

Last term, as part of our focus on 'Keep Learning' the Student Wellbeing Champions invited children in EYFS, KS1 and KS2 to talk about one of their interests / hobbies during either our 'Cheery Tuesdays' or 'Thoughtful Thursdays' Collective Worship.

The response was fantastic - we had children from Nursery to Year 6 talking about what they enjoy doing outside of school. The following were some of the wide range of activities talked about:

Rainbows, Brownies, Cubs, Beavers, Scouts

Swimming, Dance, Gymnastics, Football, Taekwondo, Martial Arts, Tennis, Golf

Art, Chess, Theatre

The children spoke with confidence and certainly inspired others to take up a new hobby or to find out more about joining a club.



Don't Forget ...

This month's Action for Happiness Calendar: 'Mindful March'

