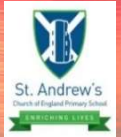


St. Andrew's Church of England Primary School Mental Health and Wellbeing Newsletter

May 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

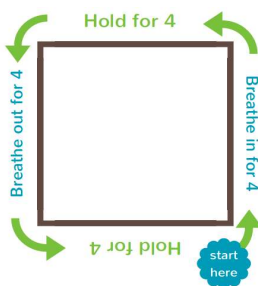


Following the 'Five Ways to Wellbeing' can protect and improve our mental wellbeing. This term we are focusing on the '**Be Active**' strand from the 'Five Ways to Wellbeing'.



Student Wellbeing Champions' Section:

Have a go at 'Square Breathing':



Lincolnshire Parent Carer Forum

Lincolnshire Parent Carer Forum (LPCF) is recognised by the Department for Education.

LPCF is a registered Charity working with parents and carers of children with disabilities and SEN in Lincolnshire through its parent carer forum.

They offer a range of support, advice and online workshops. **Definitely worth a look!**

<https://www.lincspcf.org.uk/>

Be Active...

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.

Diet, Sleep and Exercise

It is important to remember that physical health and mental health are closely linked. For example – if we don't eat a balanced diet, we may end up with vitamin deficiencies that can leave us feeling lethargic and depressed. If we don't sleep sufficiently, we feel tired and emotional and this can lead to problems both physically and mentally.

Sleep – Children and young people need significantly more sleep than adults to support their rapid mental and physical development. Sleep routine is important for us all to feel refreshed and motivated. Encourage your child to go to bed at the same time each night and to get up at the same time each morning. To get a good night's sleep, it needs to be dark and don't allow electrical equipment being used in the bedroom. As well as being over stimulated, light from this equipment prevents melatonin production which the body makes to control our natural sleep and wake cycles.

Children age 6 – 13 need 9 – 11 hours of sleep a day.

Exercise – we all know that exercise and physical activity is beneficial for our physical health. It helps us maintain a healthy weight, strengthens our bones, muscles and internal organs and reduces the risk of some disease.

Exercise also increases our ability to deal with stress, gives us more energy and improves our sleep. When you are active, your brain releases endorphins which can calm anxiety and lift your mood. There is good evidence to suggest that increasing activity will reduce your risk of depression by nearly 20%. As your mood improves and you feel fitter and stronger, your self esteem will also improve. Good self esteem has a protective effect that increases life satisfaction and makes you more resilient to stress.

For children and young people aged 5 to 18 the NHS recommends an average of at least 60 minutes of physical activity a day, including some aerobic exercise and some that strengthens muscles and bones.

Diet – Modern diets are often high in sugars, fats and salt and low in fibre, essential fatty acids and vitamins and minerals.

- Children should eat a balanced diet of three meals a day including breakfast.
- Try to avoid artificial additives, reduce pre-prepared meals and take aways.
- If you find it difficult to get your child to eat a balanced diet, consider a multi-vitamin and mineral supplement and essential fatty acids (Omega 3).

Encourage resilience in your child

The key way to survive and thrive is not striving to be happy all the time - which is unrealistic. It is about learning to cope with pain and upset, to bounce back from difficulties and to accept yourself for who you are.

