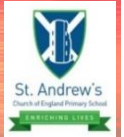


St. Andrew's Church of England Primary School Mental Health and Wellbeing Newsletter

July 2023



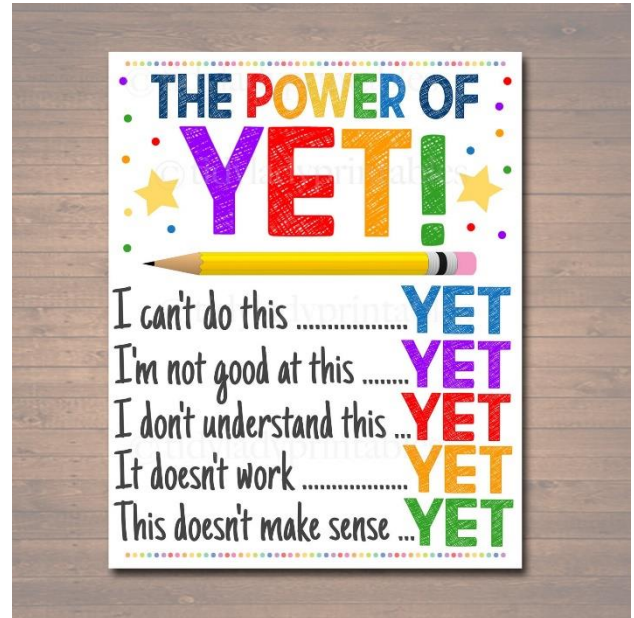
At St Andrew's, we are able to offer a wide range of pastoral support for children who are encountering emotional difficulties.

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



This term we have been talking about...

Growth Mindset



The term mindset describes how we approach and face challenges and how we deal with setbacks. There are two different types of mindsets, **FIXED** and **GROWTH**. A child with a fixed mindset will believe that they are not be able to improve no matter how much they try, they may say, 'I can't do it,' or 'it's too hard, I give up,' when faced with difficulty. A child with a growth mindset will be able to stay positive and keep going when faced with difficulties, they may say, 'I'll try again,' or 'I can find a different way of doing it,' when they make mistakes.

We can train our brains to have more of a growth mindset rather than a (sometimes) limiting fixed mindset. Here are some ways to develop a growth mindset:

- Acknowledge and embrace imperfections – hiding from weaknesses mean we can't overcome them.
- Replace the word 'failing' with 'learning' - if we make mistakes or miss a target we have not failed, we're learning.
- Celebrate growth and progress – celebrate others' growth as well as your own.
- Reward actions not traits – give praise for trying and working hard not just because they're smart.
- Use the word '**YET**' – when a child says, 'I can't do it,' repeat back that they can't do it yet. They can if they persevere.

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 the adults they are familiar with 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, they have recently been awarded the 'Healthy Minds' Gold Award from Becky Allen, 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 can 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.guidetolife.co.uk/summer-break-wellbeing/>



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

