

St. Andrew's Church of England Primary School

Mental Health and Wellbeing Newsletter

November 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

Student Wellbeing Champions

We are pleased to announce that we have a new team of Student Wellbeing Champions. They have received training from the outreach service, 'Healthy Minds' and over the year they will be helping to promote the importance of positive wellbeing and mental health throughout school.



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.



By helping children with these concepts and getting them to think about how feelings and thoughts are linked to behaviour, we can then explain how a combination of all these elements affects our mental health.

Valuing Differences

Collective Worship on Tuesdays continue to support children's mental health with the overarching theme of 'Valuing Difference.' With the help of the Year 6 Student Wellbeing Champions, we are covering areas such as race, religion, age, disability and relationships whilst providing opportunities to reflect upon British Values and Protected Characteristics. We are continuing to cover emotional literacy through recapping on the 'Five Ways to Wellbeing' and the 'Zones of Regulation'. Where appropriate, we also link to special awareness days.



Parents' Toolkit: Wellbeing

Check out **BBC Bitesize** for their wellbeing tips designed for parents to help you support a healthy, happy childhood - with advice on food, sleep, mindfulness, handling the after-school meltdown, as well as ways to look after you and your child's mental health.

<https://www.bbc.co.uk/bitesize/parents>

BBC
Bitesize

World Kindness Day

Kindness Day is a nationally recognised day for the celebration of kindness in society and day-to-day life. This year it is taking place on **Wednesday 13 November**. Individual acts of kindness are encouraged on this day. There are a huge number of benefits to being kind.



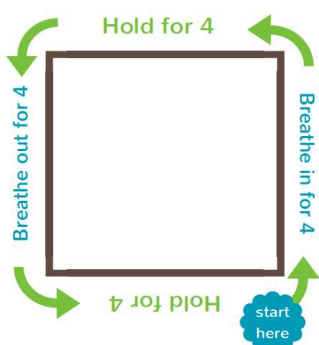
Useful information

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/>

Student Wellbeing Champions section.....

Have a go at 'square breathing':



Wellbeing Tip.....

Spend time in Nature

Why not make the most of what autumn has to offer? Colours, smells, sounds... everything changes at autumn time! The golds, reds, purples, russets and oranges that provide a burst of joy before the winter months are particularly vivid this year. Spending time outdoors in nature can help improve your mood and reduce feelings of stress and anger.



Be inspired to create some woodland art using only what you find around you.



Don't forget

This month's 'Action for Happiness Calendar': New Ways November 2024

