

St. Andrew's Church of England Primary School

Mental Health and Wellbeing Newsletter

January 2025



Happy New Year!

Wishing all our families a very happy new year and hoping that 2025 is a year full of kindness, happiness and optimism for everyone.

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).

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

'January Blues'

January can often be a difficult month for many people - Christmas is over, the weather is cold with winter stretching ahead of us still and the nights are longer. Many of the things that we do to cheer ourselves up (walks in the countryside, outdoor exercise, playing in the park, enjoying the sunshine...) are all harder to achieve. However, there are some ways that we can help ourselves beat those '**January Blues**'. See the tips below for some ideas to try out.



You are more likely to stay eating healthier if you have a treat during the week. Remember to also include Vitamin D into your diet to boost your mood.



Reading has many health benefits. So why not making reading a necessity not just a luxury!



Do something new, perhaps get creative? Paint, draw, write or begin a new hobby.

How to Beat the January Blues!



Why not take a walk and take notice of your surroundings? This not only has great physical health benefits but mental health benefits too!



One great way to improve wellbeing and mood is exercise. Exercise doesn't have to mean going to the gym, it could be a nice bike ride, or taking part in some yoga or pilates.



Take time out for you! Even if it's 10 minutes, just take the time to have a rest and enjoy your cuppa.



Coffee and Catch-Up!



Mental Health Matters!

This coffee morning is an opportunity for parents / carers to meet each other and listen to practitioners from the outreach service 'Healthy Minds' who are visiting us to talk about supporting children with worries and anxiety.

Tuesday 28th January at 9am

Mrs Haskins and Miss Hornsey will be on hand to give advice on support available in school.





Lincolnshire Parent Carer Forum

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

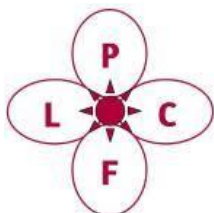
LPCF is a registered Charity working with parents and carers of children with disabilities and SEN in Lincolnshire through its parent carer forum.

LPCF 'Week of SEND' 2025 Monday 27th January to Friday 31st January 2025

They offer lots of support, advice and online workshops regarding sleep, anxiety, promoting positive behaviour, toileting and much more. **Definitely worth a look!**

It's free to join and your child doesn't need a diagnosis.

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



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/>

Growth Mindset

During Collective Worship on Tuesdays, we have started 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 a mistake 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.

Book Recommendation:

'The Magical Yet'

By

Angela DiTerlizzi

