

St. Andrew's Church of England Primary School

Mental Health and Wellbeing Newsletter

March 2025



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

Is your child managing their emotions?

Your child may have come home talking about the **Zones of Regulation**... these Zones help children identify their emotional state and they learn ways to get back to the optimum zone, the **Green Zone**. As humans, our mood and internal world can change multiple times a day. This can impact all aspects of our lives.

Zones of Regulation

Blue Zone	Green Zone	Yellow Zone	Red Zone
			
Low	Happy	Wobbly	Angry
Running slow	Good to go	Caution	STOP!
Unhappy Tired Withdrawn Tearful	Positive Proud Calm Focused	Excited Nervous Frustrated Annoyed	Mad Furious Yelling Aggressive

Understanding your child's triggers, bodily sensations and preparing a helpful toolkit can help you to notice patterns, understand their process and further assist them in the moment when heightened. Also, modelling the use of strategies yourself, will help your child to learn directly from you.

A few helpful tips:

- Attach the Zones to your fridge/ a visible place in the house to refer back to
- Explore **where** your child feels each **emotion** in their body and **how** it feels to them

Explore your **child's triggers** for each zone



Draw a gingerbread man and explore **bodily sensations** in each zone.

Draw a **toolkit** for each zone and list strategies that help...
For a few examples;

Yellow Zone: (when worrying) worries can become bigger and bigger the more attention we give them. Finding a distraction can help; what distractions could they use? Finding answers to worries can help calm down a worry. Drawing, writing or expressing your worries can help. Having a cuddle, doing some exercise etc.

Red Zone: (when feeling angry) talking/drawing/writing about how you feel can help, exercise can help release frustration, deep breathing can help reset a fast-beating heart.



Join Us! Coffee and Catch-Up



Mental Health Matters!

This coffee morning is an opportunity for parents / carers to meet each other and find out more information about provision in school – with a spotlight on ELSA intervention and CASY Counselling.

Tuesday 18th March at 9am

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

Donna Richmond, Area Coordinator Lead from CASY Counselling Service will also be attending.

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 your day

Going for a bike ride

Den building with a friend

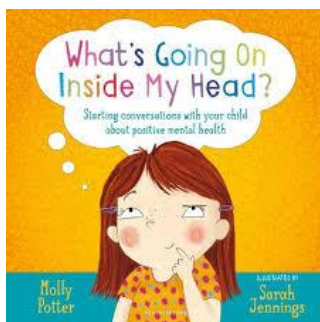
Playing games in the park

Take part in a scavenger hunt. Choose a theme such as signs of spring, colours or textures.



Book recommendation:

This book has been designed to help open up conversations about mental wellbeing with children. It explores the ways that children can keep their minds healthy, exploring topics such as positive self-image, emotional intelligence, relationships and mindfulness. It could prove a great foundation for some positive habits.



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!



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Student Wellbeing Champions Section.....

Self Soothe Box

A self soothe box can help you to feel safe, relaxed and grounded. The box should contain items that are fun to touch, see, listen to, taste, smell or move about.

Items could include:

Playdough, fidget cubes or spinners, stress balls, bubble wrap

Comforting smells like hand cream, peppermint, perfume

Activities like reading and colouring

Bubbles

Photographs of people, animals or places that have positive memories

Things to safely chew, suck or bite

Soothing music or wind chimes



When you are feeling angry, cross, worried or anxious try spending time with your self- soothe box and it might help you to feel calm and relaxed again.