

St. Andrew's Church of England Primary School

Mental Health and Wellbeing Newsletter

January 2022



Welcome to our first Mental Health and Wellbeing newsletter!

At St. Andrew's, we are committed to supporting children and staff with their wellbeing and mental health. We know that wellbeing, physical and mental health are all vital to successful learning. Our aim with this newsletter is to provide information, tips and resources to support both adults and children with their mental health and wellbeing.

What is Wellbeing?

Feelings of **wellbeing** are fundamental to the overall health of an individual, enabling them to successfully overcome difficulties and achieve what they want out of life.

Past experiences, attitudes and outlook can all impact wellbeing as can physical or emotional trauma following specific incidents.

What are our emotions of the week?

Since September 2021, as a school, we have been exploring the language related to emotional wellbeing. Each week, as chosen by our Student Wellbeing Champions, the children learn about a new emotion and have classroom discussions based on this. Last term, we explored...



Who are our Student Wellbeing Champions?

To support staff in promoting the importance of positive wellbeing and mental health throughout school, we have appointed 8 Student Wellbeing Champions. Children applied for the role by completing application forms and the successful candidates selected then received training from practitioners from the outreach service 'Healthy Minds'. The Student Wellbeing Champion role includes supporting our Mindful Monday Collective Worship, keeping an Emotional Wellbeing Information Board up to date with information and helping other children in school access help from an adult if necessary.

Recently, our Student Wellbeing Champions completed the 'Healthy Minds' Bronze Award and are now working towards gaining their Silver Awards later this year. We are extremely proud of our Wellbeing Champions.



Meet our Wellbeing Team

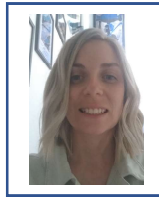
All staff are committed in supporting the mental health and wellbeing of our children. Within school, we are fortunate to also have a dedicated Wellbeing Team –



Mrs Haskins
(Additional Needs Leader)



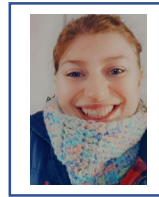
Mrs Leeson
(Assistant Head)



Mrs Jackson
(Class Teacher)



Miss Hornsey
(ELSA trained)

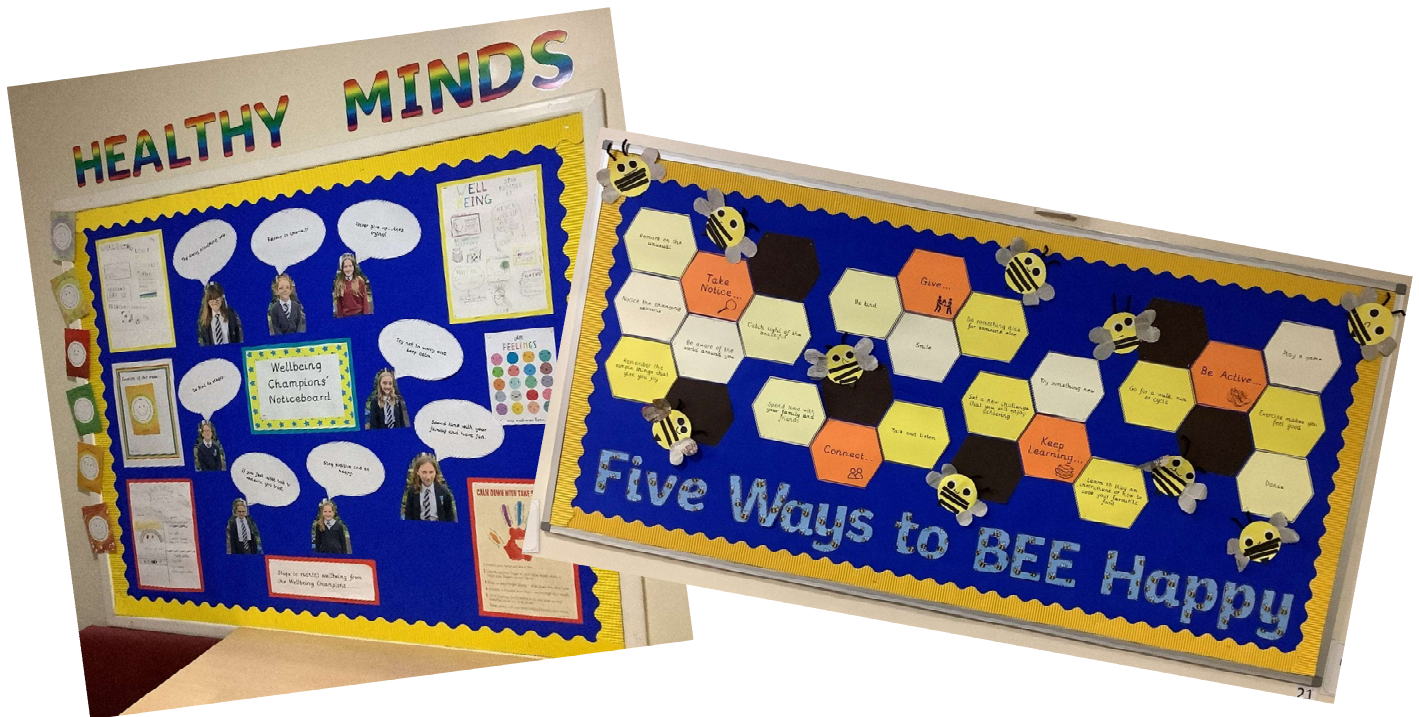


Jess Turncroft
(CASY Counsellor)



Mrs Fisher-Scott
(Wellbeing Governor)

Some of our Mental Health and Wellbeing displays in school



Useful websites

As well as a wealth of information available on our dedicated webpage:

<https://www.standrews-woodhallspa.org.uk/emotional-social-and-mental-wellbeing/>, some of the following websites may be useful for you to access:

