St. Andrew's Church of England Primary School

Mental Health and Wellbeing Newsletter

March 2022

Welcome to this term's Mental Health and Wellbeing newsletter!

At St. Andrew's, we are committed to supporting the mental health and wellbeing of our children. We know that everyone experiences different life challenges, and that each of us may need help to cope with them sometimes. We understand that anyone and everyone may need additional emotional support.

If you have any concerns regarding your child, please do not 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. Read on for further information.

Spotlight on ELSA:

An Emotional Literacy Support Assistant (ELSA) is a trained, school-based learning support assistant. Their role is to support the emotional wellbeing of pupils. They are trained by a team of Educational Psychologists and receive ongoing group supervision.

Our ELSA is Miss Natalie Hornsey. She carries out interventions with children either on a 1:1 or small group basis. Work aims to build resilience in children and cover social skills, anger management, self-esteem, counselling skills, such as solution focus, and friendship.

Spotlight on CASY:

CASY (Counselling and Support for Young People) is a registered charity and provides confidential counselling support to young people. The service offers young people an opportunity to speak to a trained counsellor in confidence about any issue of importance to them. CASY counsellors are carefully selected for their experience and their ability to understand the pressures and conflicts young people face today. All counsellors are checked through the Criminal Records Bureau to assess their suitability to work with young people.

Our CASY counsellor is Jess Turncroft.

The ethos of counselling is to help children learn how to help themselves in a safe, supportive environment.

The main aims of counselling are:

1. To support the child to make changes in their life.
2. To learn to understand and cope with difficult emotions.
3. To identify specific problems.
4. To identify goals the child would like to work on.

For further information on CASY, please visit their website: www.casy.org.uk

CASY Counselling and Support for Young People

Latest News from our Student Wellbeing Champions:

These are the emotions we are going to be working on this term:

Our relaxation technique of the month – 'My Happy Place'

And finally...a Wellbeing wordsearch:

E	H	R	O	V	U	H	H	X	P	S	B	X	X	A
M	X	E	G	N	R	G	C	W	Z	G	L	G	V	T
O	F	F	A	E	X	C	X	E	A	Q	O	E	T	B
T	X	A	U	L	C	Q	C	A	L	M	H	O	E	V
I	I	W	S	T	T	G	S	E	Q	Y	Q	Z	D	P
O	J	U	E	Z	H	H	I	H	A	P	P	Y	U	Q
N	C	I	E	L	N	M	Y	C	Q	F	O	K	T	S
S	D	L	Z	X	L	X	L	M	S	P	S	I	X	Q
R	W	B	S	E	E	B	C	A	R	E	I	N	K	W
I	A	N	R	W	D	R	E	Y	S	H	T	D	N	G
Y	R	Q	M	P	Q	V	C	I	S	W	I	N	H	R
L	C	P	I	W	S	T	V	I	N	C	V	E	F	V
O	S	U	P	P	O	R	T	P	S	G	I	S	Z	J
V	G	K	W	A	I	T	O	I	J	E	T	S	W	M
E	T	W	W	A	C	R	L	C	L	S	Y	I	F	D

There are **14** words in this wordsearch which are all connected to emotional wellbeing. How many of them can you find? The words can run from side to side, up and down or diagonally. Good Luck!

WORDS TO FIND:

CALM	CARE	DIET
EMOTIONS	EXERCISE	GOOD
HAPPY	HEALTHY	KINDNESS
LOVE	POSITIVITY	SLEEP
SUPPORT	WELLBEING	