

St. Andrew's Church of England Primary School

Mental Health and Wellbeing Newsletter

May 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.

Little Acts of 'Goodness':

Research shows that deliberately focusing on the good things in our lives, can improve our wellbeing.

In school, we focus on positive things that have happened each week. We talk about our achievements (no matter how big or small), we compliment each other and we smile together.

These little acts of 'goodness' really do make a difference to how children and adults feel.



The Healing Power of Sleep:



Good sleep is fundamental to good mental health, just as good mental health is vital to good sleep. A good night's sleep is about getting to sleep, staying asleep and getting enough good-quality, deep sleep.

Having enough good-quality sleep is a key, and often underestimated, protective factor for children and young people. Sleep helps to regenerate their brains and bodies, process information and memories, boost immunity, guard against obesity and stress, and help concentration, learning and behaviour.

Primary school-aged children generally need around **10 to 11 hours of sleep a night**, while teenagers need around 8 to 10.

How to support positive sleep for your child:

- Having a regular time to go to sleep and wake up.
- Having a predictable and consistent night time routine.
- Making sure children and young people are in natural daylight for at least half an hour – particularly in the morning.
- Making sure children and young people get enough exercise during the day.
- Older children should avoid napping in the day.
- Avoiding caffeine, particularly in the afternoon.
- Turning off computer screens or other devices at least an hour before bedtime. Blue light from TVs, tablets and mobiles excite the brain and interfere with the sleep hormone levels, preventing the brain from feeling sleepy.
- Having low lighting and a quiet space in bedrooms.
- Avoiding checking devices, particularly in the middle of the night.
- Supporting children and young people to develop positive coping strategies for regulating their emotions and managing their stress levels.

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 – 'Finger Breathing'

How do you feel now?
Are you calm or would you like to take another 5 breaths?

1. Stretch your hand out like a star.
2. Get the pointer finger of your other hand ready to trace your fingers up and down.
3. Slide up each finger slowly ~ slide down the other side.
4. Breathe in through your nose ~ out through your mouth.
5. Put it together and breathe in as you slide up and breathe out as you slide down.

Keep going until you have finished tracing your hand.

And finally...

Feeling Positive Poster

Attached to this newsletter is a beautiful positive thinking poster. It is full of gentle affirmations that will remind us about the importance of a growth mindset, and kindness towards others.

Put it on the fridge and share it daily!