

# St. Andrew's Church of England Primary School

## Mental Health and Wellbeing Newsletter

### July 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.

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).

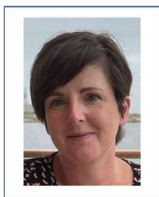
At St. Andrew's, we are able to offer a wide range of pastoral support for children who are encountering emotional difficulties. Read on for further information.

### St Andrew's 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)



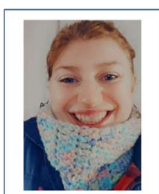
Mrs Leeson  
(Assistant Head)



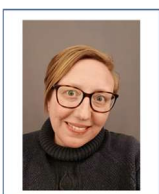
Mrs Jackson  
(Class Teacher)



Miss Hornsey  
(ELSA trained)



Jess Turncroft  
(CAY Counsellor)



Mrs Fisher-Scott  
(Wellbeing Governor)

### Being Outside = Improved Mental Health:

With longer, warmer and sunnier days it is a great time to step outside and enjoy the many benefits of fresh air and nature.

#### **Here are 7 reasons why being outside is good for your mental health and wellbeing:**

- Reduces stress levels: going for a walk is one of the best ways of reducing stress levels.
- Feel better about yourself: getting outdoors and exercising improves self-esteem and body image.
- Improve your concentration and focus: looking at nature improves our ability to restore concentration.
- Improve mood: did you know that regular exercise can be as effective as antidepressants.
- Sleep better: going for a walk in the early evening can help you relax and improve the quality of your sleep.
- Worry less: the effect of exercise of worry and feeling anxious is rapid and effective.
- The sunshine vitamin: being outside increases your levels of Vitamin D. Low levels of Vitamin D have been associated with low mood and worry.



**Great reasons to jump off the sofa and get going!**

**Enjoy!**

## 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 – 'Colour Breathing'

Think of a colour that makes you feel relaxed and calm – it can be any colour you like as long as it makes you feel calm and settled.  
Think of a colour that is stressful or makes you think of sadness or anger.  
Imagine breathing in the calm and relaxing colour so that it fills you up inside.  
Then imagine breathing out the colour that makes you feel sad, angry or stressed.

1. Imagine you are surrounded by the relaxing colour. No longer is the air clear, it is the relaxing colour.
2. You can still make out shapes, but your world is now a different colour.
3. Imagine that as you breathe in, you breathe in this colour too.
4. See the colour filling up your lungs.
5. Imagine as you breathe out, that your breath is the colour of stress.
6. See the stress colour mix into the relaxing colour around you. Watch the stress colour slowly disappear.
7. Breathe in your relaxing colour.
8. Breathe out the stress colour.

And finally...

#### A Mindfulness Rainbow Walk -

Attached to this newsletter is an activity to complete together at home.



Go for a walk with your children and be mindful of all the beautiful colours you can see. Your child can then write what they can see in each colour of the rainbow. They might see several things that are red, yellow, blue, green and orange. The aim of the session is to use their power of sight to notice things around them right now in the present moment. When they have written the items in the rainbow, they can carefully colour their rainbows with coloured pencils so as not to hide the writing.

Enjoy!