

Welcome to our first well-being newsletter. Here at Colwich Primary School we are committed to supporting children, staff and parents in their wellbeing and mental health. We know that wellbeing and physical and mental health are vital to successful learning. Our aim is to bring mental health to the forefront, and provide tips and support, along with information about what children are doing in school to support everybody's mental health and wellbeing.

This half term we will be focusing on settling children back into school and discussing how we can manage and express our feelings. We will also be continuing our work around Growth Mindset and how we can become resilient learners.

Please look out for more information on our new pupil wellbeing service 'The Hope Project' launching soon.



### 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.



#### Five ways to wellbeing

1. **Connect** - What better time to get in touch with family and friends and find out how they are managing and coping.
2. **Be active** - Get some exercise - walking, running, yoga, anything - whatever makes you happy - it is a great way to structure the day.
3. **Take notice** - Pay attention to whatever is taking place in the moment and watch how your mind relates to difficulty.
4. **Keep learning** - You can learn something new by reading, exploring the internet, experimenting or watching a documentary.
5. **Give** - Offering help and support to others, even simply a listening ear can be therapeutic.

### Ideas to support your child's wellbeing at home

#### **Help other people**

Just getting your child to help other people can make them feel better. Just calling someone for a chat can be a big help and helps restore positivity about the world.



#### **Look after your body**

Encouraging your child to look after their body by eating healthy food, drinking plenty of water and exercising at home can give them a wellbeing boost.



#### **Place an emphasis on resilience and strength**

Focus on your child's skills, in terms of their daily life. Help them see they have many strengths to help them cope if feeling anxious or upset.

#### **Looking after your feelings**

If your child is feeling anxious try getting them to think about good things that make them happy. You can always get them to keep a diary and write down or draw about how they are feeling.



#### **Relax**

There are lots of different ways that your child can relax which will help them take notice of the present moment, it will also help them develop their creative side:

- Arts and crafts, such as drawing, painting, collage, sewing, craft kits or junk modelling
- Colouring
- Singing or listening to music
- Writing a story
- Creating their own dance routines to music





### Our new Wellbeing Displays in School

We have created new displays in school with useful resources for children explaining wellbeing and how to help achieve it. In addition, there are ideas for children about where they can get help and support if they need it. These displays will be updated to remain relevant to throughout the year.



### The Value of Friendship

This term we will be looking at the value of friendship and what it means within our school and community. Friendship is vital for our wellbeing for many reasons

- ✓ Knowing that support is available from a friend increases feelings of security helping to protect against stress.
- ✓ Sharing difficulties with a friend can reduce emotional impact and lead to new ideas about how to tackle difficulties.

Children can boost their wellbeing simply by being a good friend and surrounding themselves with the same.



### Join HOPE zoom parent support sessions;

a safe place to find information, chat and learn from each other through shared experience.



**Tuesday 21st September, 7pm**

#### **Become App Aware !**

Do we know and understand what our children and young people are accessing? Where do we find information and guidance? How do we start the conversation so they enjoy the internet safely and with confidence?

#### **October theme:**

**SELF HARM OR SAFE HARM ?**

Relevant for families with children and young people

**19/10 7pm**

**21/10 10am**

To find out more contact your HOPE mentor in school or Keddie on 07508 176043  
keddieHOPE2021@outlook.com

<https://us02web.zoom.us/join/register/tZwsde6gqT0jG9Z1P-U0lckA4Y7KBzYDihxU>

If you would like to find out more about mental health and wellbeing activities that you can do at home, or information on support services, please click on the links below.

<https://www.mentalhealth.org.uk/a-to-z/c/children-and-young-people>

<https://youngminds.org.uk/>

<https://www.mind.org.uk/information-support/for-children-and-young-people/>

<https://www.nhs.uk/oneyou/every-mind-matters/>

<https://www.princes-trust.org.uk/help-for-young-people/who-else/housing-health-wellbeing/wellbeing/mental-health>



every mind  
matters

If you have any worries or concerns about your child's emotional behaviour or wellbeing, then please let us know. There will be things we can do to help support you. If you have any suggestions as to what you would like to see in next half term's newsletter, please contact Miss Maymand via Class Dojo. Thank you ... remember to look after **yourself** and your **mental health!**