

Welcome to our second 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 how our relationships with those around us can support our mental health and wellbeing, with a focus on positive friendships during our anti-bullying work. We will also continue our work around Growth Mindset.



### Mindfulness



Sadly, in today's world, rates of anxiety in children are skyrocketing. When a child experiences anxiety, it activates the body's protective stress response kicking the 'fight or flight' response into motion.

Mindfulness exercises are an extremely effective way to stop the anxiety symptoms in children that result (stomach aches, rapid breathing, fast heartbeat) and re-regulate blood pressure, breathing and heart rate. Even better? Practicing mindfulness consistently is one of the best ways to lower a child's anxiety by keeping your child's baseline stress level down.

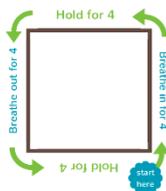
### Bumble Bee Breathing

Breathe in through the nose. Exhale slowly and in a controlled manner while making a deep, steady humming sound like that of the bumble bee. The humming sound should be smooth, even and continuous for the duration of the breath out.



### Square Drawing

First draw a square, star and a triangle on a piece of paper. Follow the sides of the square, breathing in for 4 counts on one side, and out on the next side for 4 counts again. Continue round the square.



Below are two mindful breathing exercises that you can also do with your child:

Fiver Finger Breathing -

<https://www.youtube.com/watch?v=DSgOW879jjA>

Rainbow Breathing -

<https://www.youtube.com/watch?v=O29e4rRMvV4>

### Talking mental health at home

Calmly and confidently opening up conversations in school, and at home, can encourage children and young people to understand that mental health is something we all have, and that we should be aware of it and learn skills to look after it. Importantly, we can also ask for help when we need support. Talking to your child about how they are feeling can be tough, especially if you're concerned that they are having a hard time. You might not know what to say, or feel worried about how your child will react. It doesn't matter what topic the conversation starts with – it's about the opportunity it gives you to talk about feelings and provide a listening ear for your child. Try some of these conversation starters to encourage your child to open up.

How are you?

What was the best/worst part of your day?

What did you do today that made you proud?

What would you like to talk about?

You don't seem yourself today. Is there anything I can help you with?

What was the biggest problem you overcame today?

### Points to remember

- ✓ Find an appropriate time and relaxed place to have the conversation.
- ✓ Listen carefully, be patient and friendly and give your full attention.
- ✓ Check your body language so that the child knows you are focusing on them.
- ✓ Take what they're saying seriously. Don't over-react but don't try to minimise or dismiss what they are saying. Ask open questions to encourage them to talk.
- ✓ Be calm and acknowledge their feelings.
- ✓ Remember we are all different and children will respond in their own unique way to their experiences.





### Anti-Bullying Week

Anti-bullying week will be 15<sup>th</sup> November and we will be focusing on positive friendships and kindness. On Monday 15<sup>th</sup> November we will be encouraging all children to come to school wearing odd socks – the brighter the better!

Help us celebrate what makes us unique by kicking off anti-bullying week in style.

This year's theme for the week is 'One Kind Word'. You can help by talking to your children about how

about how  
**ONE KIND  
WORD  
can  
CHANGE  
SOMEONE'S  
Day!**



### The Value of Koinonia

This term our school value to focus on is Koinonia. Koinonia means 'that which is in common' and is often translated as 'fellowship' or 'community'. In school we will embrace koinonia through working with our community and by making our school community a positive place to be.



Being part of a positive community is essential for everyone's mental health. Supporting each other has mental health benefits for all.

Think  
Positive  
= Be =  
Positive

### Focus on SEND and support

Tues 16th Nov 7pm/Thurs 18th Nov 10am

Is your child waiting for or undergoing assessment?

Just received a diagnosis?

Diagnosed but struggling?

Finding it hard to get the support your child needs?

Join us on zoom as we look at the emotional stress and impact this process has on all the family and find ways to cope and support our children.

HOPE Parent Support Sessions;

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



<https://us02web.zoom.us/meeting/register/tZwsde6ggT0jG9Z1P-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!**