

HOLY FAMILY CATHOLIC PRIMARY SCHOOL

WELLBEING NEWSLETTER



SPRING 1

Dear Parents and Carers,

I hope you are all well and looking forward to some half term fun with the children. This half term can be a strange one, as we start to say goodbye to the cold, dark mornings and evenings, and wait as Spring begins to appear with the sun out for more hours, making our days feel that little longer- which is always good for our mental health!

We have put the children's mental health at the forefront of this half term in school and we hope you've enjoyed conversations at home with the children telling you all about what they've been up to. Remember it really is healthy to discuss mental health with your children, and from what we see in school, they love talking about it too!

I apologise that we had to delay our Parent Wellbeing Workshop this half term, a new date will be with you in an email so please look out for it, and if you didn't sign up we still had places available and would love to see as many of you there as possible. We will be joined by our Play Therapist and we will be discussing 'How to help you child manage their emotions'.

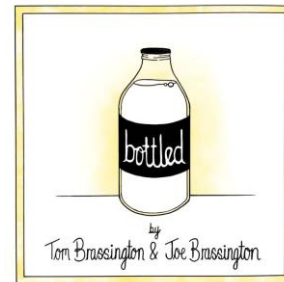
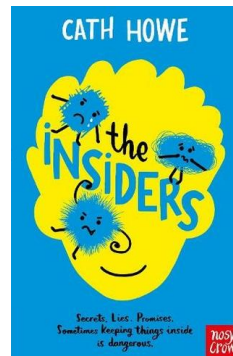
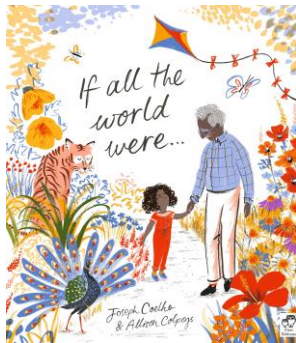
As always, our newsletter offers ideas for wellbeing for you and your children. We hope you find it of some use. Remember if you ever need to talk to us in school about mental health and wellbeing, Mrs Hancock and I are always happy to answer any questions or offer support.

Take care

Miss Hoyle ☺

Books

Here are the recommended reads for Spring 1 that address well-being with children. The books cover a range of issues that can benefit children with different emotions and their mental health.



Self-kindness

Being kind to others often comes naturally and can seem an easy thing to do. However, we do not always feel the same when it comes to us being kind to ourselves. Showing yourself kindness is a form of self-love, and an act that we should strive to master to help promote our own positive mental health. With that in mind, here are a few ways you and the children can show yourselves some kindness.

1. Talk kindly to yourself
2. Practise gratitude
3. Reflect daily
4. Self-care
5. Be responsible for yourself
6. Invest in your interests
7. Practise mindfulness
8. Spend time in or around nature



Limiting screen time

The idea of limiting our children's screen time (or even our own) can fill some parents with anxiety. Screens have their benefits, and we live in a world where the technology available to us provides us with not only entertainment, but the learning of skills future generations can take into industries.

However, it is important that over half term, the children and yourselves aren't glued to a screen. Too much screen time can be unhealthy for us; we can struggle with sleep from being overstimulated, we can have mood swings and if we are not careful, it can become an addictive trait to be on our phones, tablets, computers etc. rather than being present with those around us.

Do not take this advice as me saying no to screen time, I know from the children I teach the enjoyment they have from gaming and communicating with friends online.

The advice is to just ensure it is a healthy balance and the children, and yourselves, also engage in physical activities, spend time with people face to face and get outdoors when you can. Finally, ensure what your children are accessing is age appropriate. Once you find the balance this can all add to a healthy mindset.



Wellbeing and the senses



Carry a positive memory in the palm of your hand to help you feel safe and calm wherever you are. This is a great activity to do with your children at home, recalling a memory they love and considering the way each of their senses felt in that moment. If anyone tries this I would love to see them so please feel free to share.

The Power of Music

Music is such a powerful tool when it comes to mental health. It can help us cry, laugh and smile depending on which song we pick to listen to, and can even transport us back to a place and time within our memories.

Therefore, at home, get on some cheesy pop or some head banging rock and dance your worries away. Singing can help turn your mood around and the physical movement will help too! I had my Year 5s singing and dancing to Sclub 7 'Reach' this week, they may have moaned at me, but at one point in those 3 and a bit minutes, every single one of them smiled, even for a moment, and it lifted the mood instantly.



What have we been doing in school?

This half term, Mrs Hancock arranged One Goal to come in and work with our Key Stage 2 children to learn all about how to be a Mental Health Champion. These workshops empowered our pupils to promote and support positive mental health across our whole school.

During the week of the 7th February, we celebrated Children's Mental Health Week. This saw us have a visit from Rock Kidz, plant sunflower seeds, have 'Time to Talk' between classes, take part in lots of learning activities in class and ended with the week with us all 'Dressed to Express' ourselves. The week was such a buzz, and as Mrs Davison said herself, school was literally 'rocking' at times!



Useful links

<https://www.nhs.uk/nhs-services/mental-health-services/mental-health-services-for-young-people/children-young-people-mental-health-services-cypmhs-parents-carers-information/>

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

<https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/>

<https://www.bbc.co.uk/newsround/54058778>

<https://www.nhs.uk/conditions/baby/health/sleep-problems-in-young-children/>

