

HOLY FAMILY CATHOLIC PRIMARY SCHOOL

WELLBEING NEWSLETTER

SPRING 2



Dear Parents and Carers,

I hope this newsletter finds you all well. I am sure you and the children are looking forward to the Easter break. Spring is definitely here and it is so lovely to have the lighter evenings again. Sunlight is great for our mental health, so let's hope we get some sun over the Easter break to boost our Vitamin D levels and allow for some fun days out in the fresh air!

It was great to have our Wellbeing Workshop for Parents this half term. Thank you to those who attended. We discussed 'How to manage your child's emotions', discussed different advice and strategies, and even had our Play Therapist, Laura Bethel, share her wisdom too. The presentation for the evening is on our website if you want to see what we discussed.

This will be my last wellbeing newsletter as I am leaving Holy Family just after Easter, however Mrs Hancock will continue with the half termly newsletters discussing all things wellbeing with you 😊 she is always on hand should you need any help or advice with mental health and wellbeing.

Take care

Miss Hoyle 😊

A Relaxation Exercise

Sometimes we need to take a moment from our day to relax. The link below has some great ideas to help encourage relaxation in mind and body, from pretending to be a sleepy cat to making your own stress ball. These may be great exercises to do with your children at home to encourage relaxation.

<https://www.savethechildren.org/us/charity-stories/easy-at-home-relaxation-activities-to-help-calm-kids>

Stress Awareness month

April is stress awareness month. Adults and children can become stressed for a number of reasons, and it is important we recognise this is something we will all experience, as well as our young people.

There are any numbers of reasons why we may feel under pressure at different times. This pressure can sometimes be helpful, keeping us focused and helping us complete tasks. For children, this may happen because of schoolwork, difficulties at home or problems with friends. Whilst at times pressure may be of use, at other times it can be overwhelming. Ensure your children and yourselves have time to unwind and do things you/they enjoy to help relieve the feeling of stress.

Common signs of stress in children:

- Being moody or irritable
- Withdrawing from activities they once enjoyed
- Routinely expressing worry
- Complaining about school
- Crying
- Showing fearful reactions
- Becoming overly clingy
- Changing eating and sleeping patterns.

Tips to help children manage stress:

- A good night's sleep
- Exercise
- Talking
- Make time for fun
- Get outside
- Write it down
- Mindfulness



Below is a link to a toolkit children may find useful to help them work through stress;

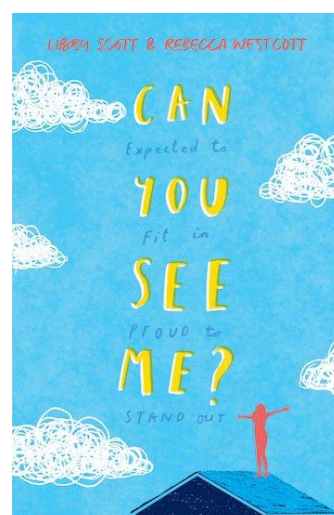
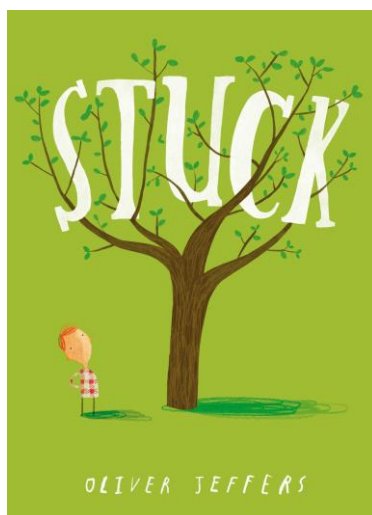
<https://mentallyhealthyschools.org.uk/resources/self-care-kit/>

The Power of Positivity

Sometimes staying positive is really difficult. As adults we can struggle with this, so children can find it hard too. However, being positive and ensuring we give ourselves a positive affirmation is really important to our mental health. It builds resilience, a growth mind set and self-worth. These are all important attributes for our children to possess. Below are some great words we can share daily to help build positivity in ourselves and the children.



Book recommendations



The Hot Cross Bun Model

Sometimes it can be hard to get your children to talk about their feelings and behaviours. I came across this great model that allows children to consider a moment in their lives and reflect on their feelings, thoughts, behaviours and physical feelings when this moment occurred. You can use a happy or sad moment when completing this task, as it allows the children to reflect and recognise their own self in those moments. I did this with my Year 5 class and I felt it worked nicely for them to use the reflection time and considered their feelings and actions. It is also very apt for this time of year!

THE HOT CROSS BUN MODEL



What have we been doing in school?

This half term we invited parents in to our Wellbeing Workshop to support you with managing emotions at home. This was a great opportunity to get our school community together and hear how we can continue to help our children with their mental health.

6 Ways to Help Kids Manage Emotions

www.thepathway2success.com



Mrs Hancock has begun her Mental Health Champions group. These are a group of children who have volunteered to help Mrs Hancock spread the message about mental health and wellbeing. They met last week and designed their own badges so they are easily recognisable around school. They will continue to meet and help others in our school community as the year goes on.

At lunchtimes we have also considered our children's health and wellbeing. Volunteers from Year 5 and 6 are running and managing various playground activities to encourage friendship and team building. Mile a day has also begun again to echo the fact that our physical and mental health is linked. I think it is safe to say the children are really enjoying lunchtimes and there is always a buzz on the playground.

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/>

