



Health & Wellbeing

NEWSLETTER



Welcome Back To School!

Welcome to our Mental Health and Wellbeing Newsletter, a vital resource to support you in nurturing not only your child's well-being but your own as well. In today's fast-paced world, understanding and prioritising mental health has become increasingly important.

Mental health and wellbeing encompass our emotional, psychological, and social well-being. It affects how we think, feel, and act, influencing our ability to handle stress, build meaningful relationships, and make positive choices. Just like physical health, mental health is crucial for overall well-being.

In this newsletter, we aim to shed light on the significance of mental health and wellbeing for both you and your child. We believe that by promoting emotional resilience and providing guidance on fostering a positive mindset, we can enhance the well-being of our entire school community.

Each edition, which will be sent out every half term, will offer valuable hints and tips on how to nurture your mental health and support your child's well-being. We understand the challenges parents face, and our aim is to provide practical advice and resources that can make a real difference in your daily lives.

Together, let's embark on this journey towards better mental health and well-being for ourselves and our children. Your well-being matters, and by prioritizing it, you're setting a powerful example for your child.

Thank you for joining us on this important journey.

How you can speak to your children about Mental Health



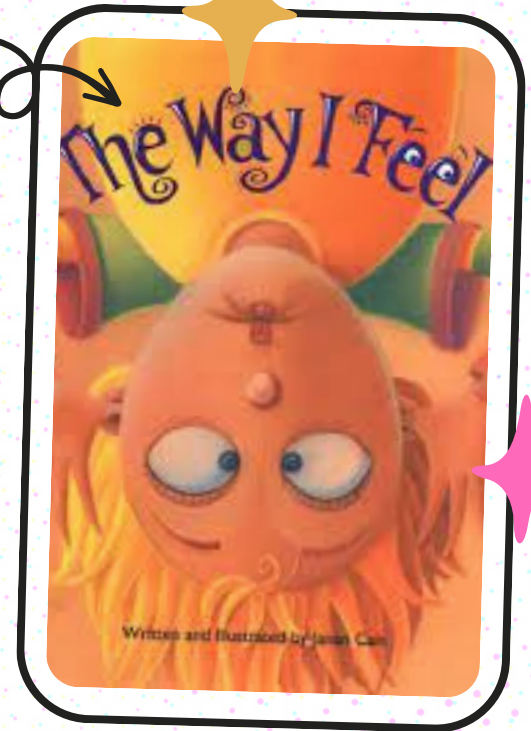
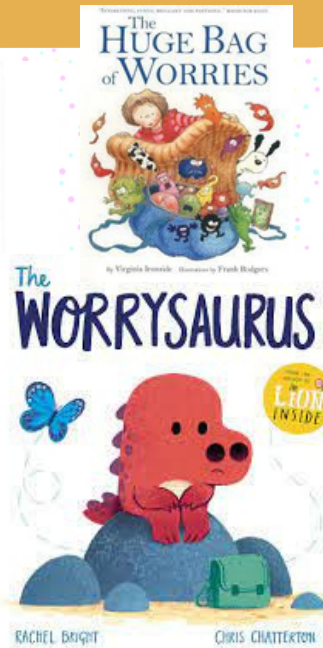
From Young Minds: Giving our children and young people opportunities to open up is one of the biggest things you can do as parents and carers to support their wellbeing. It can be easy to forget the simple power of sharing what we're going through and feeling heard. But even though you can't fix everything when your child is struggling, you can make them feel seen and understood – and this in itself can make them feel more able to cope.

Talking about how they are, how their day has been and what's on their mind as part of everyday family life shows your child that you're interested in them and want to listen. It also supports them to practise thinking and talking about their feelings, helping them to get to know themselves and what they need.

But talking isn't always easy. You might feel like you don't know where to start, when a 'good time' is, or how your young person will react. Or, you might be worried about making things worse or saying the wrong thing. If this is the case, try to remember that your child doesn't need you to always get it right - they just need to know you're there.

Here, you can find lots of ideas, conversation starters and advice for making talking easier. Please see below links on how to start these conversations with your child: <https://www.youngminds.org.uk/parent/how-to-talk-to-your-child-about-mental-health/>

Some books to help you support your children at home



Useful websites
(click on image to
go through to their
website)

NSPCC

every mind
matters

YOUNG MINDS
fighting for young people's mental health

WHAT WE DO TO SUPPORT YOUR CHILD AT SCHOOL

- We have a designated Senior Mental Health Lead in school, who is responsible for promoting wellbeing for our staff and children (Mrs Meer)
- We have 5 designated and trained MHFA's (Mental Health First Aiders) who can deliver targetted support to any children who may need it.
- We have a 'Well Being Team' led by Mrs Merz, who regularly keeps on top of latest research and provides information for children, staff and parents through newsletters, emails, Twitter etc.
- Through regular assemblies children are reminded about safe adults and strategies children can use to support themselves and other around them.
- We have email addresses for all teaching staff, so parents can email any concerns or worries.

Looking after our mental health



Please visit our website for
more information