

Sebert Wood Primary School

Mental Health and Wellbeing Newsletter



Friday 9th December 2022



At Sebert Wood, we believe Mental Health and Wellbeing is how we feel, think and act. It determines how we handle stress, manage relationships and make choices. It is important to all of us at every stage of our lives from childhood through to adulthood.

Welcome to our first Mental Health and Wellbeing Newsletter!

Unbelievably, we are almost at the end of our first term. It has been lovely to see all the children enjoying learning and being together.

At Sebert Wood, we are committed to supporting pupils with their mental health and wellbeing. We know that mental and physical health are vital to successful learning.

Therefore, this term at Sebert Wood, we have implemented strategies and have individuals in place to support your children.

Zones of Regulation

Wellbeing Champions

ELSAs

Pastoral Support

THE ZONES OF REGULATION

We have launched Zones of Regulation throughout the school. This aids pupils to help themselves when they experience anxiety or stress. This will result in the children self-regulating, being ready to learn, able to tackle challenges and build resilience.

www.zonesofregulation.com



We are very excited to have 26 young people from Year 5 and 6 who have become our very first **Wellbeing Champions**. Already this term, they have had three training sessions, taken part in assemblies and introduced themselves to the whole school.

The Wellbeing Champions, WBCs, are available for other children to talk to during break and lunch times. They are there to support and listen to others, help pupils name their feelings and encourage children to share and write down their worries and WOW moments. Since receiving their bright yellow badges, some of our WBCs have been incredibly busy, and very excited to see the advice they have provided has worked.

WOW MOMENTS

Here are some of the WOW moments collected by our WBCs:

I have made a new friend

I can read Harry Potter books and I am only 5 years old

I made an Owl Baby

I have found everyone in the Green Room really kind

Mindfulness

Try some of these ideas at home for calming and refocussing:

- **Squeeze Muscles:** Starting at your toes, pick one muscle and squeeze it tight. Count to five. Release, and notice how your body changes. Repeat exercise moving up your body.
- **Belly Breathing:** Put one hand on your stomach and one hand on your chest. Slowly breathe in from your stomach (expand like a balloon) and slowly breathe out (deflate).
- **Meditation:** Sit in a relaxed, comfortable position. Pick something to focus on, like your breath. When your mind wanders, bring your attention back to your breath.
- **Blowing Bubbles:** Notice their shapes, textures and colours.
- **Colouring:** Colour something. Focus on the colours and designs.
- **Listening to music:** Focus on the whole song, or listen specifically to the voice or an instrument.

The following resources/organisations are available for support with regards to Mental Health and Wellbeing:

MindEd for families www.mindedforfamilies.org.uk Learning resource about the mental health of children, young people and older adults.

Young Minds www.youngminds.org.uk The UK's leading child and adolescent mental health charity.

Childline www.childline.org.uk 0800 11 11 Website has tips and advice on how to deal with mental health.

Anna Freud National Centre for Children and Families <https://www.annafreud.org>