

Sebert Wood Primary School

Mental Health and Wellbeing Newsletter



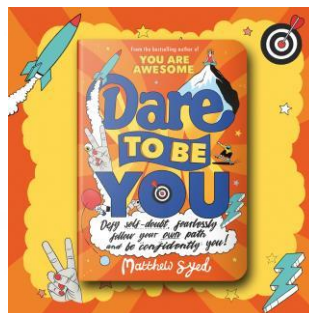
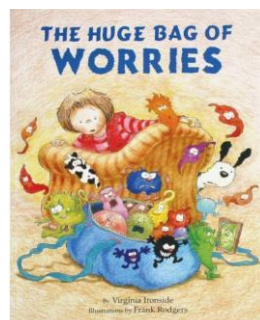
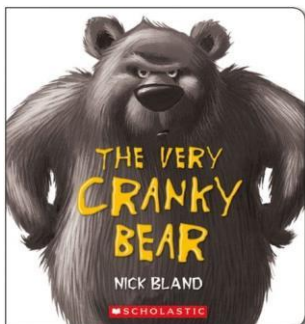
Friday 31st March 2023

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. As we are almost at the end of our second term, it is time for our second Mental Health and Wellbeing Newsletter!

Book benefits

It was wonderful to see so many children (and staff) dress up for World Book Day this term. Reading is beneficial to everyone's mental health, through reducing stress and helping with sleep. Reading regularly to your child provides you both with positive and relaxing time together whilst building your child's vocabulary, empathy and imagination.

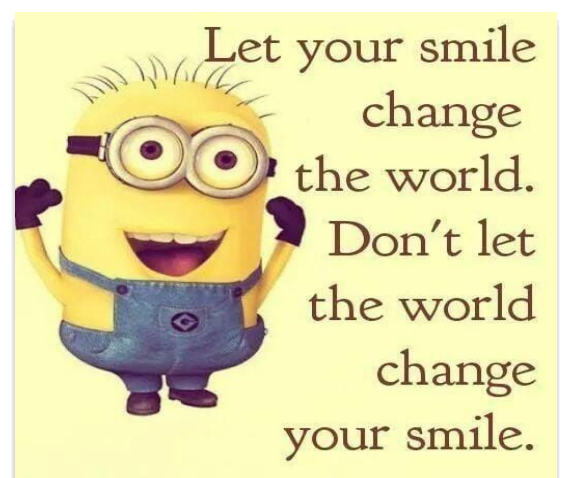
Here are some book suggestions for you and your child:



Our work this term

We are delighted to have had two sessions of our new 'Super Sibling Squad', supporting those who have siblings with additional needs. The group play games, do a creative activity and get time to chat.

This term our Wellbeing Champions have all been busy supporting children in the Green Room, dinner hall and on the playground. We are so proud of them and their commitment!



Wow Moments

Our Wellbeing Champions are really proud of some of the achievements they've had with pupils. Here are some of the comments they're proud of:

I have been kind to someone in class

We played a nice game together

I made new friends, in my new school

I have really caring and kind friends

Tips for Talking

Here are some tips for talking to your child about mental health:

- Make conversations about mental health a normal part of life: Anywhere is a good place to talk; in the car, walking the dog or cooking together. Demonstrate everyday talk about feelings by talking about a TV character's feelings.
- Give your full attention: We all know it's horrible to be half listened to. Keep eye contact, focus on your child and ignore distractions.
- Check your body language: Try to keep it open and relaxed and make sure you come down to the child's level.
- Take it seriously: don't downplay what the child is saying or tell them they're "just being silly". Resist the urge to reassure them that everything is fine.
- Ask open questions such as "How did your day go today?". This will help to extend the conversation.
- Calmly stay with the feelings that arise: It can be our automatic reaction to steer away from difficult emotions.
- Offer empathy rather than solutions: show that you accept what they are telling you but don't try to solve the problem.
- Remember we are all different: respect and value the child's feelings, even though they may be different to yours.

Useful resources:

MindEd for families learning resource about the mental health of children, young people and older adults. <http://www.mindedforfamilies.org.uk>

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

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

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

If you have any suggestions for our next newsletter, please contact Mrs O'Connell via the school office.