

Nathaniel Newton Infant School



Wellbeing Newsletter

Spring Term 2024



Dear Parents/Carers,

We are continuing to work hard to raise the awareness of wellbeing in school amongst our children. We are already delivering 'Thoughtful Tuesday' wellbeing assemblies to KS1 which are linked to our PHSE curriculum objectives and have introduced 'Fun Day' Friday afternoons (each half term). Additionally, we will soon be recruiting 'Wellbeing Ambassadors' across all year groups to support children to feel safe and happy. As a school we are really passionate about ensuring all of our children are happy to come to school and feel included. However, we understand that there are times, when a little extra support may be needed. If you feel your child may need some emotional support, please contact Mrs Dicken (Mental Health Lead) or Mrs Taroni (Deputy Head) and we will be more than happy to help. You can contact us via the school office.

We work closely with the Mental Health in Schools Team who are able to offer workshops to children and parents. Our first parent workshop is scheduled for Friday 1st March (8:50am to 9:50am) and will be focussing on 'anxiety'. If you are interested in attending, please let the school office know.



Fun Day Fridays!

Our Fun Day Friday afternoons are proving to be a real success with many children and staff reporting how much fun they have. Our Fun Day Friday afternoons take place on the last Friday of each half term and include activities such as:

disco, making friendship bracelets, jigsaws, stress ball making and cooking. If you have any complete jigsaws or board games that you no longer play with or want, please consider donating these to school so that the children can play with them. Thank you very much! Our next Fun Day Friday afternoon will be taking place on: **Friday 9th February!**



Mental Health in Schools Team (MHST)

Tips For Wellness:

GIVING TO OTHERS

Giving to others has a positive effect on our mental wellbeing. When we do things for people in our lives, feel-good chemicals are released into our body which can increase our mood, self-esteem, and happiness. This also reduces stress. It can even help us live longer!

Giving means putting yourself in someone else's shoes, thinking about what they might need, and acting to help them in some way.

Sometimes small things can be just as effective as big gestures. Try helping others for a week and see if it makes a difference to your own wellbeing

- Holding a door open
- Smiling and saying hello
- Checking on someone who is alone
- Picking up something that someone has dropped
- Listening to someone who needs to talk
- Helping to do chores around the house
- Making a cup of tea



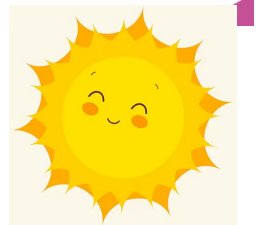
Five reasons for giving!

Top Tip: Don't over-do it. Giving must start with yourself. You can only give your time and energy to others if you have enough left for yourself.

when it rains,
look for rainbows.
when it's dark,
look for stars.
UNKNOWN

If you have good thoughts, they will shine out of your face like sunbeams and you will always look lovely!

Roald Dahl





Young Minds

Parents, if your child has been denied support from CAMHS, or you are still waiting to be seen, Young Minds offer a parent support Helpline available on 0808 802 5544 from

9:30am– 4pm Monday to Friday. You will be connected to one of their trained advisors who will listen to your concerns and offer support and advice.



Young Minds are a great organisation who are able to offer lots of advice and support. Below are some really important messages from Young Minds:

How to respond if your child is feeling angry.

Separate your child's feelings from their behaviours

Make it clear that you're not dismissing their anger by letting them know that it's okay to feel however they feel, and that it's normal to feel angry sometimes.

Try and not get angry yourself

Focus on keeping a calm manner, neutral voice and open body language – for example, not folding your arms.

Avoid asking lots of questions when they're feeling very angry

Especially with older teenagers, sometimes just having half an hour to listen to some music, go for a walk or do an activity they enjoy can help them feel calmer – making it more possible to have a conversation about what's making them feel this way.

Have an open conversation after things calm down

There are many reasons why your child might be angry. Talk to them about how they're feeling, and together try and find what the cause of the anger might be. Then you can try and find the support you need.

A message for your child: There are no 'bad' or 'wrong' emotions. It is okay to feel sad, angry, lonely, afraid, anxious, upset, stuck.... There is no shame in any of these. The important thing is to listen to how you are feeling. And if you are struggling to cope, talk to someone– a friend, parent, trusted adult or a listening service. How you feel is always valid.



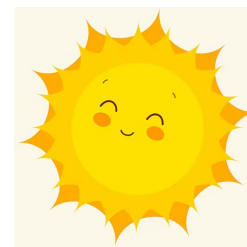
we're taught that there are good emotions



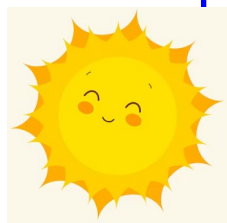
and that there are bad emotions



but every emotion has an important purpose



Useful contacts



Mental health & wellbeing

CW RISE

Rise is a family of NHS-led services providing emotional wellbeing and mental health services for children and young people in Coventry and Warwickshire.

Dimensions Tool

A web-based app that will help you to find well-being support in the local area specific to your needs, or someone else's needs, after you answer a series of questions.

Relate

Counselling service for young people.

Kooth

Join Kooth, the free online mental health community for young people in Warwickshire. Includes counselling via text service.

Family support

Family Lives

Support for a wide range of topics relating to family life.

Warwickshire Family Information Service

Advice and support provided by Warwickshire County Council.

Warwickshire Health Visiting

Support and advice for parents/carers with a child under 5.

