

Nathaniel Newton Infant School



Wellbeing Newsletter

Summer Term 2024



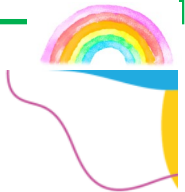
Dear Parents/Carers,

We have worked hard this year to further develop our 'wellbeing' strategies in school. This term has seen the introduction of our 'Wellbeing Ambassadors/buddies' across all year groups to support children to feel safe and happy, particularly at lunchtimes. Our 'Wellbeing Buddies' are very enthusiastic and play a valuable role in helping everyone to feel happy and safe.

At Nathaniel Newton, 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.

Parent Workshop

Thank you to all of the parents who supported the recent Mental Health in Schools parents workshop on 'Anxiety'. We received some very positive feedback about the session and will be looking to arrange more workshops in the near future. Please look out for these dates when they are advertised.



Mindfulness

Mindfulness is a powerful activity which aims to bring us back to the present moment. This helps us to become more aware of our surroundings and our own self.

Practising mindfulness allows us to focus, feel connected and take time to notice our thoughts and feelings without judgement.

Be the bubble activity (this activity can be done with bubbles)

1. Ask your young person to imagine they are a bubble.
2. Ask them to breath in and focus on their body being full of air
3. Ask them to breath out (blowing out the bubbles) the young person will feel their body relaxing,, letting any worries float away, just like a bubble.
4. Focus on feelings and thoughts in the present moment.
5. As your child continues to blow bubbles, ask them how it makes their body feel and what they notice about each bubble.

5, 4, 3, 2, 1 Ground Technique

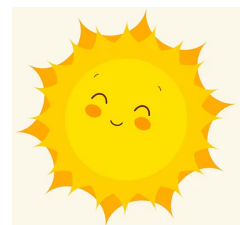
- 5 – things you can see
- 4 – things you can touch
- 3 – things you can hear
- 2 – things you can smell
- 1 – things you can taste



We will be celebrating Mental Health Awareness week in school the week commencing **Monday, 13th May**. We are encouraging all children to come to school on Monday 13th May wearing something green for a small donation. The theme this year is 'Movement'. Therefore, throughout the week children will be engaging in lots of movement breaks, a circuit PE lesson and will be learning about how their brain works.

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

UNKNOWN





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.



As we start to think about the next school year, children and parents may start to feel anxious. Here are some tips that you might like to use to help you to prepare:

Be Curious.

These are strange times and their imagination may run away with them. Listen, and try not to dismiss or minimise their fears but validate how they are feeling – "it's completely fine to feel like that at the moment" or "I can really understand why you would feel like that"



Be Thankful.

Help your child think of things they are looking forward to: being with their friends, seeing their teacher, favourite activities but be mindful some of these may not be available for them



Be Prepared.

Support your child to be aware of changes that may have happened to their classroom environment since they were there last and rehearse any new routines that school may have shared. Rehearse and practice your 'goodbye' routine and create a 'hello' greeting for the end of the day for them to look forward to.



Mental Health in Schools Team
Tips For Wellness



Be active

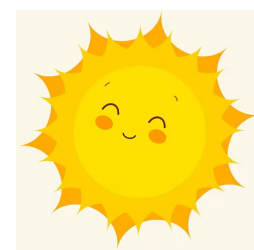
Being physically active is not only good for our fitness, but evidence shows that it's also great for our mental wellbeing. Did you know physical activity can actually send positive signals to our brains, making us feel uplifted?

Being active might be new to you, or you may already exercise regularly. Either way, finding something you enjoy and want to do can be a good start. It's okay if you aren't sure what this is yet, have a go at experimenting and finding out how you like to get moving!

Our tips for being active:

- Create a playlist of all the songs that make you feel like you want to dance! You could dance around in your bedroom or have a dance party with your friends.
- Travel to school in different ways, you could walk, skip, cycle, or even use your scooter!
- Hula hoop – you could do this to keep moving whilst also watching your favourite TV programme!
- Joining a sports team or club is a great way to be active and also have fun with friends. Your school may have sports teams you can join, so this is a good place to start.
- Play a game with your friends in the playground. This could be a well-known game, or you could get creative and make up your own rules!
- As we move into spring (and hopefully some warmer weather!) you could help a family member or neighbour out in the garden.

Whatever you choose to do, make sure it is something you are keen to do and keep at it... once it becomes part of your routine, there will be no stopping you!



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.

