



Monday 2nd November 2020

Wellbeing Update

Dear Parents/Carers,

I hope you are all keeping safe and well and have enjoyed the half term break.

With the latest Government announcement on Saturday and with the new restrictions coming into force on Thursday 5th November, we understand that this can be a worrying and uncertain time. We would like to reassure you that we will continue to prioritise the wellbeing of our children and families and put the wellbeing of our children at the heart of everything we do. With that in mind, I am writing to remind you of the ways in which we support children in school and to share some resources that are available to support you, should you need them.

Within school, every class provides a wide range of activities that help to promote emotional health and mental wellbeing. These include worry boxes, 'calm corners', circle times, class assemblies and stories around wellbeing. We also promote mental health and wellbeing through our PE sessions and every class takes part in the Daily Mile.

Wellbeing is also promoted through our weekly PSHE lessons. We follow the Jigsaw PSHE scheme of work. This scheme has a strong emphasis on emotional literacy, building resilience and nurturing mental and physical health. Every half term each class focuses on a different theme. This half term the theme is 'Celebrating Difference'.

We understand the importance of building resilience in children. Building children's resilience can equip them for life, underpin their capacity to learn and can nurture their self-esteem and empathy. In school, we use the 'Resilience and Engagement Scale and Toolkit'. This toolkit supports staff in teaching children to build and develop their emotional resilience through activities and discussion, whilst also tracking and identifying children that may be struggling.

There are many ways that you can support children's wellbeing at home too. There are a range of resources and links in the wellbeing section (<https://www.grimoldbyprimaryschool.co.uk/wellbeing/>) of our school website and this has recently been updated to include the following:

Self-Care Kit: This self-care kit has lots of ideas and activities for self-care for children, including mindful colouring, laughing out loud, breathing exercises, an emotional check-in, ways to express thoughts, a self soothe box and more creative activities.

Scouts- The Great Indoors: A guide from The Scouts for 100 indoor activities, including strategies to support with mental health and wellbeing. <https://www.scouts.org.uk/the-great-indoors>

7 days of kindness calendar: This calendar encourages pupils to do two acts of kindness each day – one to someone else and one to themselves.

Cloud Gazing Activity: Try this simple mindful cloud gazing activity with children to help them focus on the present.



MindUp Resource Pack: MindUp have made some of the resources from their MindUp for Families course available, to help to support you and your family. For each of the six topics, there is an information sheet and practices for the whole family. These practices allow parents to develop a greater understanding of the brain, emotions and actions, and learn techniques and activities that can enhance the wellbeing of the whole family. <https://mindup.org.uk/families/>

Leaflet- You're never too young to talk mental health: Tips for talking for parents and carers: Attached to the end of this letter is a leaflet providing simple advice and guidance to parents and carers about how to make conversations about feelings part of everyday conversation. A copy of this can also be found on the school website.

Help and Advice Lines:

ChildLine: For 18s and under: 0800 1111

Family Lives: Family Lives offers a confidential and free* helpline service for families in England and Wales (previously known as Parentline). Their helpline service is open 9am – 9pm, Monday to Friday and 10am – 3pm Saturday and Sunday. 0808 8002222 <https://www.familylives.org.uk/how-we-can-help/confidentialhelpline/>

Young Minds: Parent Helpline is available to offer advice to parents and carers worried about a child or young person under 25. Trained advisors can answer questions about a child's behaviour, emotional wellbeing, or mental health condition. 0808 802 5544.

<https://youngminds.org.uk/findhelp/forparents/parents-helpline/#parents-helpline>

Family Line: 0808 802 6666 www.family-action.org.uk/familyline

NSPCC: 0808 800 5000 www.nspcc.org.uk

Samaritans: 116 123 www.samaritans.org

Mental Health Support Network in Lincolnshire: <http://www.lincsshine.co.uk/>

Youth Wellbeing Directory: youthwellbeing.org

As always, we are here to support you. You can make an appointment to speak to your child's class teacher or a member of the Senior Leadership Team. Alternatively, you might like to speak to our Family Support Worker, Mrs Caroline Jaines. Mrs Jaines is available to support children in a range of ways including emotional and social inclusion support and can sign post to support groups for families.

Please do not hesitate to get in touch should you think that we can help in any way.

Yours Faithfully,

Mrs Sophie Waters
(SENDCo)



Talking Mental Health Animation

TALKING
MENTAL
HEALTH

Talking Mental Health is an animation designed to help begin conversations about mental health in the classroom and beyond.

The animation and accompanying resources have been created by a team of animators, children, teachers and clinicians, and is being taught to year 5 and 6 children around the UK.

The animation and resources are freely downloadable from www.annafreud.org



Finding support

ChildLine: For 18s and under
0800 1111

YoungMinds Parent Helpline:
0808 802 5544

NSPCC:
0808 800 5000

Youth Wellbeing Directory:
youthwellbeing.org

About the Anna Freud National Centre for Children and Families

The Anna Freud National Centre for Children and Families has developed and delivered pioneering mental health care for over 60 years.

Our aim is to transform current mental health provision in the UK by improving the quality, accessibility and effectiveness of treatment.

We believe that every child and their family should be at the heart of the care they receive, working in partnership with professionals.



Anna Freud National Centre for Children and Families is a company limited by guarantee, company number 05819566, and a registered charity, number 1077105

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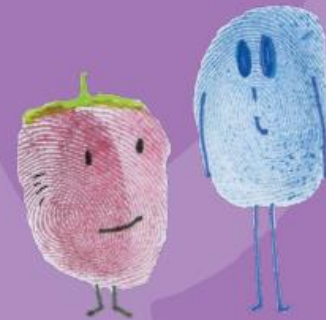
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You're never too young to talk mental health



Tips for talking for parents and carers



An introduction from our Patron, HRH The Duchess of Cambridge

“ As parents, we all want our children to have the best possible start in life. Encouraging children to understand and be open about their feelings can give them the skills to cope with the ups and downs that life will throw at them as they grow up.

It's important that our children understand that emotions are normal, and that they have the confidence to ask for help if they are struggling.

This is why I am proud to support the *You're never too young to talk mental health* campaign by the Anna Freud National Centre for Children and Families, which is being rolled out across primary schools this autumn.

The campaign's resources are excellent tools to support parents. They demonstrate how we can help children express their feelings, respond appropriately, and prevent small problems from snowballing into bigger ones.



What is mental health?

- ★ **We all have mental health.** Mental health is about our feelings, our thinking, our emotions and our moods. Looking after our mental health is important.
- ★ **We all have small feelings every day:** These sometimes feel strong and overwhelming, whether happy or sad, but they go away before too long.
- ★ **Sometimes we experience big feelings:** These feel strong and overwhelming for a long time. They stop us doing what we want to in our lives.



- 1 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. Model everyday talk about feelings such as by talking about a TV character's feelings.
- 2 Give your full attention:** We all know it's horrible to be half listened to. Keep eye contact, focus on the child and ignore distractions.
- 3 Check your body language:** Try to keep it open and relaxed and make sure you come down to the child's level.
- 4 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.
- 5 Ask open questions:** Such as "How did your day go today?" This will help to extend the conversation.
- 6 Calmly stay with the feelings that arise:** It can be our automatic reaction to steer away from difficult emotions.
- 7 Offer empathy rather than solutions:** Show that you accept what they are telling you but don't try to solve the problem.
- 8 Remember we are all different:** Respect and value the child's feelings, even though they may be different to yours.
- 9 Look for clues about feelings:** Listen to the child's words, tone of voice and body language.
- 10 Some ways to start a conversation about feelings might be:**
 - "How are you feeling at the moment?"
 - "You don't seem your usual self. Do you want to talk about it?"
 - "Do you fancy a chat?"
 - "I'm happy to listen if you need a chat."

