



Monday 11<sup>th</sup> October 2021

## Wellbeing Update

Dear Parents,

Yesterday, on Sunday 10<sup>th</sup> October, it was World Mental Health Day. The theme for this year's World Mental Health Day is 'mental health in an unequal world', asking us to think about the issues that cause mental health inequality both locally and globally.

Stigma and discrimination towards those with mental health issues is one key reason for these inequalities. Almost 9 out of 10 people with mental health problems say that the stigma surrounding mental health has a negative impact on their education, work and personal lives. The stigma around mental health can make it more difficult for those having difficulties to seek help. We hope that by opening up conversations and normalising the discussion of mental health and wellbeing in our school and local community, we can help to end the stigma.

This week, in their classrooms, the children will watch a short video titled 'Talking Mental Health'. Following this, the children will carry out different activities linked to the video. We hope that by taking part in World Mental Health Day, it will continue to get children talking about, and improving their understanding of mental health.

I would also like to take this opportunity to remind you of the other ways that we are supporting children's wellbeing within school.

### Weekly feelings check in.



Each day, the children have access to our Wellbeing Check-in. This check in is based on the story, 'The Colour Monster'. You can listen to the story with your child by clicking on this link -

<https://www.youtube.com/watch?v=Ih0iu80u04Y>.

***"Being the best that we can be..."***



In Key Stage 2 (Y3-Y6) children are asked every Wednesday to let their Class Teacher know how they are feeling using a simple questionnaire on Microsoft Teams. They don't have to let us know, but the option is there. The results of this questionnaire are sent directly to the Class Teacher (no other children are able to see it). Although we only ask the children to complete this on a Wednesday, it is available for children to access at any time so that children can share how they are feeling. We are then able to offer extra support to children, which could be a phone call home or something more specific.

In Nursery, Reception, Year one and Year 2, children have the Colour Monster pictures in their classroom. They move their name label onto the relevant feeling so that all staff working in the classroom can monitor the children's wellbeing and intervene where appropriate.

### **Wellbeing Framework**

In the last academic year, we have worked hard to produce a whole school Wellbeing Framework. A copy of this can be found in the Wellbeing section of our school website <https://www.grimoldbyprimaryschool.co.uk/wellbeing/> along with other resources that you can use to support yourself and your family. This framework enables all staff within the school to support children and their wellbeing through a tiered approach.

### **JIGSAW PSHE Scheme.**

Within school, we follow the Jigsaw PSHE scheme of work. Every half term each class focuses on a different theme shown below.

Autumn 1: Being Me in My World

Autumn 2: Celebrating Difference

Spring 1: Dreams and Goals

Spring 2: Healthy Me

Summer 1: Relationships

Summer 2: Changing Me

This scheme has a strong emphasis on emotional literacy, building resilience and nurturing mental and physical health. It also includes mindfulness sessions allowing children to advance their emotional awareness, concentration and focus. Where children require a more targeted approach to support their wellbeing we have staff trained in a variety of interventions.

***“Being the best that we can be...”***



## **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/howwe-canhelp/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>

**Lincolnshire Here4You:** Advice will be available to professionals, young people and parents by contacting the advice line on 0800 234 6342. Monday to Friday 9:30am-4:30pm.

**Family Line:** 0808 802 6666 [www.family-action.org.uk/familyline](http://www.family-action.org.uk/familyline)

**NSPCC:** 0808 800 5000 [www.nspcc.org.uk](http://www.nspcc.org.uk)

**Samaritans:** 116 123 [www.samaritans.org](http://www.samaritans.org)

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

Remember that we are always here to support you in any way we can. If you feel that you need further support or are worried about your child's wellbeing then please do get in touch and we will do everything we can to help.

Yours Faithfully,

Mrs Sophie Waters

(SENDCo and Wellbeing Lead)

***“Being the best that we can be...”***