



GREAT FINBOROUGH  
CHURCH PRIMARY

# Wellbeing Newsletter

SUMMER 2024

Well-being is defined as the state of being comfortable, healthy, or happy. It includes having good mental health, high life satisfaction, a sense of meaning or purpose, and being able to manage stress.

Mental health includes our emotional, psychological, and social wellbeing. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

As a school, we are committed to supporting the mental health and wellbeing of all our pupils.

We know that anyone, for various reasons, may need additional emotional support at some point during their school life and when this happens we aim to offer the support and advice needed for both the pupils and their parents/carers. We recognise that children learn better and are happier in school if their emotional needs are addressed.

As the school mental health lead Ms Firman works with school staff and parents to share information about support available to support your child's wellbeing. She also shares information with children about how to support their own wellbeing in whole school assemblies and during termly lunch time wellbeing sessions for each class.

## Children's Mental Health Week

Children's Mental Health Week took place from 5 - 11 February 2024.

The theme this year was 'My Voice Matters'. At the beginning of the week Ms Firman led a whole school assembly about the

impact we can all make using our voices. She shared the story of Rosa Parks and the children were encouraged to think about how they could use their own voices to make a positive change to their own lives and others around them.

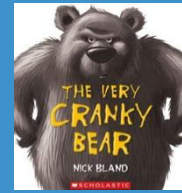
During the rest of the week each class was invited to participate in their own lunchtime wellbeing

session. The children were encouraged to write notes to their peers about how they had made a positive impact on their lives. They also took part in a 'try not to sing' competition. It was lovely to hear the children's ideas and singing and to see them sharing compliments with each other.

# World Book Day

It was wonderful to see so many children (and staff) dress up for world book day in March. Reading is beneficial to everyone's mental health through reducing stress and promoting good sleep. Reading regularly with your child can provide you both with positive and relaxing time together whilst building your child's vocabulary, empathy and imagination.

Here are some book suggestions for you to share together.



## 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.



The NSFT Psychology in Schools Team run a program of parent workshops throughout the year to provide up to date advice and guidance on how parents and carers can support the young people in their life. All the workshops are recorded for you to watch at any time.

Use the hyperlink below to find out more about future workshops and to get the links to recording of previous workshops on YouTube.

<https://www.nsft.nhs.uk/parent-workshops>

## USEFUL RESOURCES

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

Young Minds The UK's leading child and adolescent mental health charity. [www.youngminds.org.uk](http://www.youngminds.org.uk)

Children & Young Peoples Emotional Wellbeing Hub (East and West Suffolk)  
<https://infolink.suffolk.gov.uk/kb5/suffolk/infolink/health.page?healthchannel=1>

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

