



GREAT FINBOROUGH
CHURCH PRIMARY

Wellbeing Newsletter

SPRING 2025

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.

For more information please speak with Ms Firman, our school Mental Health Lead.

CHILDRENS MENTAL HEALTH WEEK

This year, Children's Mental Health Week is taking place from 3-9 February 2025. The week's focus is **Know Yourself, Grow Yourself**, with the aim to encourage children and young people across the UK to embrace self-awareness and explore what it means to them.

The more we can understand about ourselves, the more prepared we are to express our emotions and take on life's ups and downs. Being self-aware means getting to know and understand what we are good at, what we find difficult, our likes and dislikes, what makes us feel JOY and what may cause us SADNESS. It is also about understanding what makes us unique and our fears, hopes and dreams. As we build a sense of self, we grow in our ability to connect with others, as well as develop our skills and talents. It is with this basis we can form strong and healthy relationships, from early childhood right through to adulthood and are equipped to cope with the challenges that life brings our way.

During Children's Mental Health Week 2025, we will be exploring the characters from Inside Out 2 to explore the importance of expressing our emotions. Together, we will discover how getting to know who we are and what makes us tick can help us build resilience, grow and develop.

**Suffolk Children & Young People's
Emotional Wellbeing Hub**
Information, advice and support for children, young people,
families, and professionals.

Phone: 0345 600 2090
Monday to Friday 8am - 7.30pm
Visit: www.emotionalwellbeinggateway.org.uk



Action for Happiness

ACTION FOR HAPPINESS

The themes for this term are

Happier January

Friendly February

Mindful March

Visit their website to download the calendars and to take part in the daily activities:

www.actionforhappiness.org/calendar

TIPS FOR FAMILIES

Place2Be's

CHILDREN'S
MENTAL HEALTH
WEEK

1 Encourage journalling

Just like Riley, encourage your older children and young people to express their emotions and thoughts through journalling. It can be less confronting than speaking out loud and is a helpful way to process what is going on.

2 Make space for reflection

When children and young people reflect on their different emotions, it can help them better understand themselves and what they need.

Go for a walk, drive, or try some mindful colouring or baking together.

3 Be visual

Use imagery, such as emojis or flashcards to help children and young people recognise and label their feelings.

4 Practice mindfulness

Try mindful activities, and quiet family time, to enjoy being in the present moment. This can help children and young people be aware of their thoughts and emotions and learn a useful new coping technique.

5 Communicate

Feedback is crucial for helping us see our blind spots and gain greater insight. Children and young people are no different. Creating safe and supportive ways to share your own experience with your child can help them understand themselves and their impact on the world around them.



If you're a parent or teacher, you'll find loads of useful advice to help you support the brilliant young people in your lives – from FAQs to downloadable packs. [Here4You.co.uk](https://www.here4you.co.uk)

