

Roding Primary School Mental Health and Wellbeing Newsletter - January 2022



Dear Parents, carers and children,

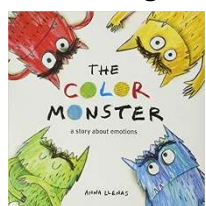
Welcome to our first ever Mental Health and Wellbeing Newsletter. This is something that, as a school, we have been working hard to bring to you for quite some time! We would love to hear your comments and suggestions for what you would like to see in future newsletters.

As most of you are aware, there has been a huge focus on the mental health and wellbeing of the whole school community, which includes children, parents and all school staff. There are already a number of systems which we have in place within school aiming to promote general wellbeing and positive mental health for all.

On the children's arrival in school, they are asked to complete a self-check-in, which can range from choosing which jar to put their name on (relating to our whole school work on the colour monster and correlating with the colours of the Roding rainbow) or choosing which emoji to tick, also corresponding to the colours of the rainbow. For older children, this may just be a brief conversation with their teacher or trusted adult and these check ins enable the adults in the room to quickly see if anyone needs extra support.



The Roding rainbow, shown above, features 6 colours and each colour represents an emotion that the children will be able to name and discuss. Yellow shows happiness, pink is love, green tells me they are feeling calm, red represents anger, blue shows sadness and black represents worry or fear. These are taken from the colour monster book by Anna Llenas. If a child has indicated that they are needing support, a member of staff will talk to them and check in with them throughout the day.



In the playground, we have been trialling the Roding Kindness Squad at Cannington, made up of two representatives from each class (Years 1-6) acting as Kindness Ambassadors. These children have expressed an interest in the playground and are always on hand to support their peers with minor issues in play with anyone who appears to be alone. We have weekly meetings and carry out random acts of kindness around the school. They understand the importance of connecting with others and work hard to ensure that nobody is alone if they don't want to be. At Hewett, there is a similar support system in place with Playground Buddies working as part of Playground Squad. The provision of support varies as the needs of the children differ across the two sites.



I know that there is still lots of work to be done. I have some ideas ready to introduce as I further develop my role and continue with my own learning but if you have any ideas that you would like to share with me, please email the school office and they will be passed onto me.

Many thanks

Mrs Watkins - Wellbeing and Senior Mental Health Lead

What do we mean by mental health?

We all have mental health, just as we all have physical health. Being mentally healthy means that we feel good about ourselves, are able to make and keep positive relationships with others and can feel and manage the full range of emotions. These range from happiness, excitement and curiosity through to less comfortable feelings such as anger, fear or sadness.

Good mental health allows us to cope with life's ups and downs, to feel in control of our lives and to ask for help from others when we need support.

How can I support my child?

Our everyday habits are important to our mental health, just as they are to our physical health. Here are a few suggestions to help your child develop good habits.

Talk openly about mental health - Just as you might encourage them to eat fruit and veg to keep their bodies healthy (and model this behaviour yourself), talk openly about staying connected with others or being physically active in order to take care of our minds.

Model good habits - Children often learn from copying what they see around them. If you are taking care of your own mental health, it's easier for them to see what good habits look like.

Think about phone usage - both theirs and yours - We don't fully understand the impact of social media on our mental health but using phones and laptops can impact on our sleep, which is important to our mental health. We're also more likely to listen to one another if we're not distracted by technology.

Notice any changes in your child's behaviour - Young people tell us how they're feeling in many ways, not always verbally. If you have concerns about changes you are observing at home, talk to your child's teacher who will be able to offer support.

Think about the five ways to wellbeing - Are there things that you can do together to ensure positive mental health for both you and your children.



Competition Time!

As part of Children's Mental Health Week which runs from 7th - 11th February, we are holding a whole school competition to name our very own Colour Monster. We would love the children to design their own monsters which we can display and think of a fun and creative name for it which could be adopted by the whole school monster. The Kindness Squad will choose the winning monster week beginning 21st February, so get creative and keep those entries coming in! Closing date 21.2.22.

Where to go for support

<https://www.nhs.uk/every-mind-matters/>

<https://parentingsmart.place2be.org.uk/>

<https://www.mind.org.uk/>

