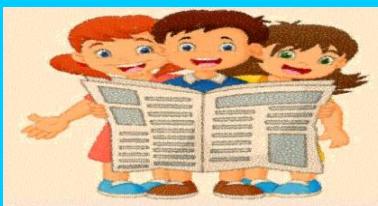


June 2021 - Term 6

New Ash Green Primary School



Well-Being

Newsletter



Welcome to this term's newsletter! Since our last edition we had Mental Health Awareness Week. The children took part in a variety of activities including re-visiting our 6 ways to well-being, outdoor learning, pebble messages of hope and painting tulips – you can see some of these on our walkway into the school. The children took part in a recent questionnaire and it was very encouraging to hear that they now have some strategies to support their own mental health and well-being. We do hope you enjoy this issue of our well-being newsletter.

Mrs H Davin, Well-being Lead

Emotional Well-Being Team:

- We have great pleasure in welcoming **Yasmin Okanyia**, who is our school's new Children's Well-being Practitioner. Yasmin will be working in school every Monday and will be working with children to support their emotional and mental health.
- The school works with the Emotional Well-Being Team who are intended to provide early intervention on some mental health and emotional well-being issues, such as mild to moderate anxiety, as well as helping staff within a school or college setting to provide a 'whole school approach' to mental health and well-being. The teams act as a link with local children and young people's mental health services and are supervised by NHS staff.
- All parents and carers can complete a Request for Support form, which may be obtained from the school office. If you would like more information on this service, then please let me know. Further details of up and coming virtual EWT Workshops are detailed at the end of this newsletter.

Useful Websites/Top Tips:

There is so much out there to help us to support our children, these are a few websites that I recommend you look at:

- **Kent Resilience Hub** is available to all schools and parents. The Kent Resilience Hub has pulled together a variety of resources that will help parents and carers support their children and young people's emotional growth and mental health. Understanding how your child is growing emotionally and preparing for the challenges they might face can help you make positive changes to promote resilience and respond in a helpful way, if your child is struggling to bounce back when life gets challenging.
- **Mood Spark** is a website where young people aged 10-16 can learn how to look after their emotional and mental health and find ways to help them bounce back when life gets tough. I would also recommend parents and carers look here as there are some great resources to help us!
- **Kooth.com** is an online mental well-being community for all 10 to 25 years old children in Kent. Kooth offers free online counselling and support including self-help tools, articles, journals, magazines, discussion boards, and access to fully trained counsellors online 365 days a year. It is safe, confidential and fully moderated. Kooth.com offers young people the opportunity to have a text-based conversation with an online counsellor. Watch the video on the homepage to find out more.
- **Being grateful.** It is sometimes really helpful to focus on the positive things in our lives. Your child could focus on one thing they are grateful for in a journal or download the Grateful App.

School-Run Parenting Course

Mrs Church is currently running a course to support parents and carers to help them identify personal goals and the strategies to assist them with this, as well as to reflect on their child's behaviour and their relationship with their child. If you are interested in this course, then please contact Mrs Church.

Remember the 6 Ways to Well-Being

Well-being is a term that covers many different areas within our lives. In its simplest form it could be defined as simply feeling good and being physically well. We know though, through experience, that well-being is not as simple as that. To help, we have introduced the six ways to well-being to develop and maintain good mental health. The following strategies can be helpful to use at home:

1. Be Active...

Go for a walk or run. Step outside. Cycle. Play a game. Garden. Dance. Exercising makes you feel good. Most importantly, discover a physical activity that you enjoy; one that suits your level of mobility and fitness. Daily mile, playtime games.

2. Keep Learning...

Try something new. Re-discover an old interest. Sign up for that course. Take on a different responsibility at work. Fix a bike. Learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy achieving. Learning new things will make you more confident, as well as being fun to do.

3. Give...

Do something nice for a friend. Thank someone. Smile. Volunteer your time. Join a community group. Look out, as well as in. Seeing yourself and your happiness linked to the wider community can be incredibly rewarding and will create connections with the people around you.

4. Connect...

Catch up with the people around you. With family, friends, colleagues and neighbours. At home, work, school or in your local community. Think of these as the cornerstones of your life and invest time in developing them. Building these connections will support and enrich you every day. Focussing on relationships within the class is how we can support younger pupils.

5. Take Notice...

Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savour the moment, whether you are on a train, eating lunch or talking to friends. Be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you.

6. Care for the Planet...

Look after your community and the world. Make small changes to your life that will reduce your energy use, or recycle more, leave the car at home, use low energy light bulbs. These small steps to a greener life can make a difference.

Emotional Well-Being Team Workshops – Term 6

DATE	WORKSHOP	Microsoft Teams to Join (No sign-up needed)
Wed 7 th July 2021 10-11am	Supporting Your Child with the Transition to Secondary School Aneesa and Izzy	https://teams.microsoft.com/l/meetup-join/19%3ameeting_ZTEyZGU5MmEtMm4ZS00MzM4LWFhYjYtZjM1NGQwNGQzOGJh%40thread.v2/0?context=%7b%22Tid%22%3a%22c098d55f-2963-41dd-927e-a5429df62204%22%2c%22Oid%22%3a%220863c3ce-4acd-4a45-b548-d8d5ad8d873e%22%7d <u>I have also attached some guidance for our Year 6 parents and carers</u>
Tues 13 th July 1-2pm	Supporting Your Child with the Transition to Secondary School Aneesa and Emma	https://teams.microsoft.com/l/meetup-join/19%3ameeting_NTYzOWUzzGQtYml1OS00MWRiLTkwMzAtOTImNzhkNWMxZTNl%40thread.v2/0?context=%7b%22Tid%22%3a%22c098d55f-2963-41dd-927e-a5429df62204%22%2c%22Oid%22%3a%2207e3ea8e-da65-410f-a936-60f3b15fcba44%22%7d

I hope you have found this latest edition of the Well-Being Newsletter helpful. If you have any concerns or worries about your child's well-being and mental health, then please do not hesitate to contact your child's class teacher or myself. Mrs Davin, Well-being Lead