November 2024

Well-Being Newsletter

NEW ASH GREEN PRIMARY SCHOOL
Together Everyone Achieves More

Dear Parents and Carers,

Welcome back!

It has been lovely seeing how well the children have settled back into the school routine. We are sure it has been mixed emotions for both children and adults. This newsletter will focus on how we continue to support the children in school and to also raise the profile of the support pupils and adults can access to help further.

World Mental Health Day

Thursday 10th October 2024

This year's theme is:

it is time to prioritise mental health in the workplace.

We had a school assembly to talk about the importance of prioritising our mental health. We therefore spent some time during the day talking about our feelings and identifying how we can spend our time to support positive mental health. The children created posters using our 6 ways to well-being.

As a school we are continuing to implement our *6 ways of well-being* into our school ethos and curriculum.

Our 6 ways to well-being are:

- Keep Learning
- Taking Notice
- Connect
- Give
- Keep Active
- Care for the Planet

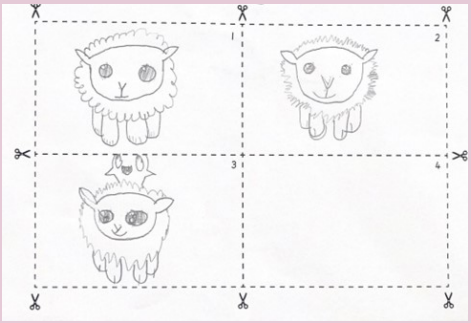
In Term 1 we have been focusing on how we can support our mental well-being by continuing to keep learning.

Our classes are continuing to 'Keep Learning' by:

Reception
Try something new
We are exploring new things and seeing how it makes us feel.

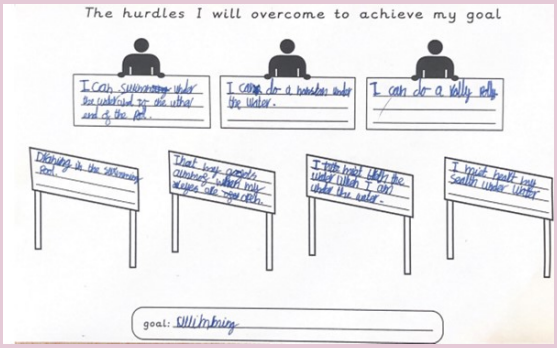
Year 1
Making mistakes
We are discovering that it is fine to make mistakes because we learn from them.

Year 2
Perseverance
We are discovering the importance of perseverance.



Year 3
Practise makes progress
We are discovering that practise makes progress.

Year 4
Resilience
We are discovering how to overcome mental and physical hurdles.



Year 5
Growth Mindsets
We are discovering the benefits of a growth mindset.

Year 6
Setting goals
We are discovering how to set achievable goals.

Captain Wonderweb and the self esteem machine

On Tuesday 1st October we had a special visit from Captain Wonderweb and the self esteem machine.

Theatre company Shooting Stars has been commissioned by the NHS to provide a Mental Health show to schools across Kent and Medway. The show aims to empower children to develop strong minds and nurture positive self-esteem through the 5 steps as shown on the poster we proudly display in our classrooms:

- ⇒ Using less technology
- ⇒ Balanced eating
- ⇒ Healthy sleeping
- ⇒ Being active
- ⇒ Speaking my feelings

The children all thoroughly enjoyed the show, especially the extremely catchy song.

Just sing la la la la la la!

By scanning this QR code you will be able to find out more information from Captain Wonderweb and Left Lieutenant Fishing Net on the 5 steps to improving mental health.

Captain Wonderweb Song

Join in and sing the song with your children. Don't forget the dance moves!

Post Show Video

Regulating our emotions

As the school year continues, we want to focus on an important aspect of your child's development: emotional regulation. Children experience a wide range of emotions as they navigate new challenges and relationships. Understanding and managing these emotions is crucial for their overall well-being and success, both in and out of the classroom. This month, we're exploring ways you can support your child in regulating their emotions effectively.

Why is Emotional Regulation Important?

Emotional regulation is the ability to recognise, manage, and respond to feelings in a healthy and constructive way. This skill helps them build resilience, improve social skills and enhance focus and learning.

Understanding Emotions

It's natural for children to experience intense emotions, as they are still learning how to express themselves. Emotions such as anger, sadness, or excitement are all part of growing up. At times, children may find it hard to understand what they are feeling. Recognising these emotions is the first step towards regulating them. Encourage your child to label their feelings with phrases like, "I feel angry" or "I feel excited."

Tips for Helping Your Child Regulate Their Emotions

Model Calm Behaviour: Children look to adults for cues on how to behave. By staying calm and composed, especially during stressful situations, you are showing them how to respond to their own emotions.

Create a Safe Space for Expression: Let your child know it is okay to express their emotions. Offer a listening ear and validate their feelings by saying things like, "I understand that you're upset."

Encourage Deep Breathing Exercises*:* Teaching your child to take slow, deep breaths when they feel overwhelmed can help them calm down and refocus. You might even practise this together as a family.

Teach Problem-Solving Skills*:* Help your child develop strategies for dealing with difficult emotions. For example, if they're frustrated about a challenging homework assignment, talk through possible solutions together.

Use Positive Reinforcement*:* When your child handles their emotions well, praise their efforts. Positive reinforcement reinforces good behaviour and encourages them to continue managing their feelings effectively.

Maintain a Routine*:* Children feel more secure when they know what to expect. A consistent daily routine, including regular meals and a set bedtime, can help prevent feelings of anxiety and stress.

By working together, we can help our children develop the skills they need to understand and regulate their emotions. Please don't hesitate to reach out if you have questions or would like more information about supporting emotional regulation at home. Together, we can create a positive and nurturing environment for our children to grow and thrive. Thank you for your ongoing support and here's to a happy, healthy, and emotionally resilient school year!

Accessing support

Introducing OSI to the School

As you may be aware, New Ash Green Primary School is part of the Emotional Well-being Team for Kent. The EWT supports families and schools to improve emotional well-being and provides early access to support in a variety of ways. The EWT would now like the school to let all parents and carers know that it has an exciting and innovative offer for our families, a parent-led anxiety intervention called OSI (Online Support and Intervention). OSI is delivered online with weekly calls from a trained practitioner and it is a flexible alternative to face-to-face anxiety interventions to support you and your child. If you are unsure if OSI is for you, please talk with us at the school, however, if you do feel that OSI may be able to help, please complete a referral online, using the link below to meet with a member of their team. Kent and Medway Mental Health Support Teams - Self-Referral Options | NELFT NHS Foundation Trust. We hope that you find this support helpful.

OSI

Support

Kent Emotional Wellbeing Teams
Medway Emotional Support Teams

Online Parent Workshops

Please contact us if you would like to take part in the upcoming Kent Emotional Well-being Teams workshop:

Wednesday 11th December– **Understanding Sleep and Autism**

10:30-12:30pm

Supporting Wellbeing at school

At our school, we are committed to creating a positive and supportive environment for all our students. Below are some of the key ways we focus on the well-being and mental health of children in our care:

In the Classroom:

- **Daily Check-Ins**: Every morning, students use traffic light cards to indicate how they are feeling. If a child displays a red or amber light, a teacher or adult will follow up with them to provide immediate support. This system helps children access help at the start of each day.
- **Teacher Training**: All our teachers regularly receive training focused on the mental health and well-being of children. This ensures our staff are well-equipped to support each child.
- **6 Ways to Well-Being**: Staff incorporate the '6 ways to well-being' into lesson planning and daily activities, teaching students essential self-care skills.
- **Mind Fitness Strategies**: Our staff use a variety of mind fitness techniques to support all children in managing stress and building resilience.
- **Leuven Scales**: We monitor well-being and engagement levels through the Leuven Scales, allowing us to tailor support as needed.

Additional Support Services:

- **Learning Mentor**: Our Learning Mentor, Mrs Corley, is available to provide additional support through various interventions like Listening Ear, The Anxiety Gremlin, and Draw and Talk sessions. Teachers can refer students to Mrs Corley via the Pastoral Team, who then monitor and evaluate the effectiveness of these interventions.

- **Counselling Services**: For children needing specialised support, we offer sessions with our School Counsellor, Helen Sear. Working in partnership with parents, we can refer children to Helen for confidential, one-to-one sessions tailored to their needs. These sessions, which may include activities such as talking, art, music, movement and storytelling, typically take place weekly for an initial six-week period.

Therapy Dog, Duggy:
Every Wednesday, our certified therapy dog, Duggy, visits the school with his handler, Gemma Truman. Duggy engages with students in one-to-one sessions, providing a comforting presence through activities like Draw and Talk, reading time and grooming. In addition to individual sessions, Duggy is also available at a small lunch club, allowing up to four children to interact with him in a relaxed setting. Duggy also visits classrooms regularly and is always on his lead to ensure a safe environment.

At our school, we believe that these supportive strategies and services play a significant role in helping each child thrive emotionally and mentally. Please feel free to reach out with any questions or if you would like further information on how we support well-being at school.

Kent Resilience Award
BE RESILIENT
Continued Commitment to Resilience

We are pleased to let you know that we have yet again been awarded the Kent Resilience Award due to our ongoing efforts to improving resilience at New Ash Green Primary School.