Health and Well-being Newsletter Autumn 2024

Our approach to mental health…

At Breadsall Primary School we are committed to supporting the positive mental health and wellbeing of our whole school community. We recognise that positive mental health and emotional wellbeing is just as important to our lives as physical health. We know that everyone experiences life challenges that can make us vulnerable and at times, anyone may need additional emotional support. We take the view that positive mental health is everybody's business and that we all have a role to play.

Staff

Senior Mental Health Lead/KS1 SENCO
Mrs Bould
Mental Health governor
Jo Heathcote
Safeguarding Lead/KS2 SENCO
Mrs Forster
Deputy Safeguarding Lead
Mr Devenport

Bridge the Gap

We are proud to be a 'Bridge the Gap' school. Bridge the Gap is a local company which provides schools with access to their resources to support children who are experiencing a variety of difficulties.

Parents are able to access a range of resources to support with a range of issues facing children, e.g. anger and anxiety. Please see below for details on how to logon.

We will be using the Bridge the Gap resources in school to run intervention groups to help children improve their emotional literacy. Children who might struggle with their emotions will be able to take part in focused group work which will aim to improve how they interact and identify their emotions through a range of activities.

We will also be offering a coffee morning on the 23rd October at 9am which will be run by a Bridge the Gap practitioner. This session will provide more information about 'Bridge the Gap' and it is an open invitation to all parents.

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What does school offer?

Mindful Mondays – Pop along to Acorn class at 12.45 on a Monday to take part in a Headspace Meditation. All welcome!

Chill Out Tuesdays – Come to complete some mindful colouring in Acorn class. 12.45 every Tuesday, all welcome!

Compassionate Craft – Explore emotions and get crafting. Invitation only, ran by Bridge the Gap volunteers.

Sensory Room – Coming soon – we are developing our sensory room as a quiet space for pupils.

Mood Tracker – All pupils enter their mood at the start of the school day and lunch times. Staff are able to see if any pupils are struggling and have a conversation with them.

Lego Club – Invitation only – Take part in a group designed to build confidence, communication and self-esteem, all whilst building some epic lego models.

Bee Kind Award – At the end of each term a 'bee kind' award will be given to a member of each class. These are for those who are consistently kind and thoughtful to others. Pupils can then wear their bee badge with pride!

Well Being Ambassadors – Our well being ambassadors are ready to listen to your ideas. Got a great idea to help improve well-being in our school? Let them know. They also will be making recommendations for great reads/videos. Want to be an ambassador? Come speak to Mrs Bould (Willow and Oak classes only)

SPOTLIGHT ON……

A story for all our younger pupils

The Colour Monster Goes to School

The Colour Monster Goes to School: Kids books read aloud by Books with Blue (youtube.com)

SPOTLIGHT ON……

For our older pupils

Are you thinking or feeling?

What Is Thinking vs. Feeling? (youtube.com)

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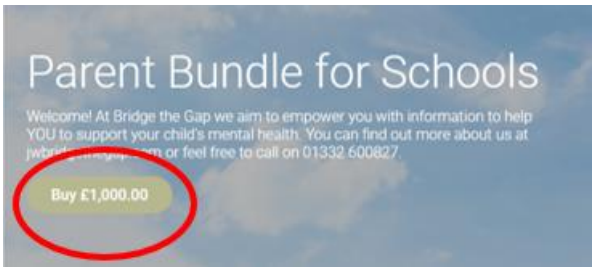
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How to Access Parent Bridge the Gap resources

Link to parent bundle: parent bundle child mental health (thinkific.com)

Unique code for parent bundle: BreadsallParents2024

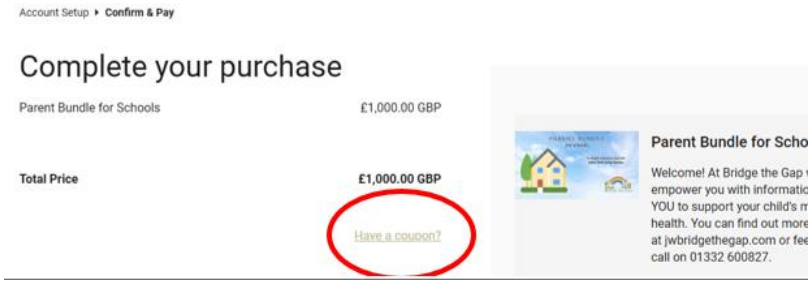
STEP 1: Create your account at parent bundle child mental health (thinkific.com) using your **email address.**



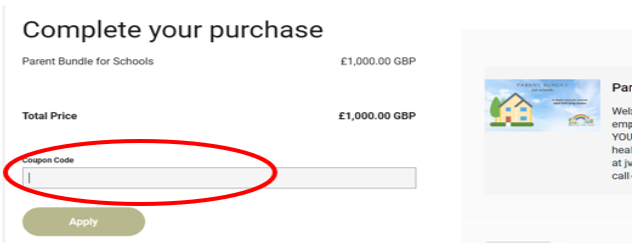
Please note: Add the name of your child's school when signing up to the platform.

STEP 2: Select Parent Bundle for Schools and click 'Buy £1000'

STEP 3: You will be re-directed to a page similar to below. Please click on 'Have a coupon?'



STEP 4: When prompted, enter your unique code which is detailed at the top of this document and click 'Apply'.



GETTING STARTED:

To start a course simply click on the thumbnail and this will take you through to the course landing page where you can begin accessing the resources.

"This feels a bit much for me…"

We all have days when we need a little help.

Child line	www.childline.org.uk 0800 11 11 You can contact Child line via their free phone line or by e-mailing them	Website has tips and advice on how to deal with many issues including revision stress, money worries, online bullying and the war in the Ukraine.
Think u know	www.thinkuknow.co.uk	Thinkuknow is the education programme from NCA-CEOP, a UK organisation that protects children online. The parent /carer section has advice, tips and guides about how to keep children safe online
Qwell	www.qwell.io	Online counselling and wellbeing support for adults
Citizens Advice	https://www.citizensadvice.org.uk/	Online free advice –helping you to find a way forward on many issues, including the cost of living
Refuge	www.nationaldahelpline.org.uk 0808 2000 247	Domestic abuse helpline and online support and information
Trent PTS	https://www.trentpts.co.uk/	Trent PTS is an approved NHS provider of psychological therapies. They provide treatment for: depression, anxiety, loss, grief and trauma. **You can self-refer via the website**
Step Change	https://www.stepchange.org/	Free and expert advice helping you to deal with your debts and get the support you need.
Safe Speak	https://relatederby.org.uk/contact/	Safe Speak offers a range of counselling services to children and young people between 5 - 18 years of age and their families in Derby & South Derbyshire

Broadsall Church of England Primary School

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