Health and Well-being Newsletter Spring 2025

It's Children's Mental Health Week and the theme is 'Know yourself, grow yourself'

Pupils will be engaging in activities to develop self awareness, build emotional resilience and work towards managing changes effectively.

All pupils will contribute to the 'know yourself, grow yourself' mirror. Children write down emotions they might feel and how to manage them on the mirror. When they look in the mirror they can see that everyone is linked by their feelings, but defined by their actions.

Mirror Moment – How does the way we act affect others?



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



What is happening in school?

Weekly well-being sessions are held in Acorn class every Monday/Tuesday lunchtime 12.45-1pm. These include a range of activities such as meditation, mindful colouring, 'Happy Heads' card games and sensory exploration. It also gives a space for pupils to discuss how their day is going and how they are feeling in general. This is open to all pupils and has proven popular so far!

Compassionate Craft sessions have been held by volunteers from Bridge the Gap. We are aiming to improve staff knowledge and understanding of this area so that we can make this club part of our regular staff run after school activities.

Mental Health Coffee Morning – Thank you to all the parents/carers who attended our coffee morning in the autumn term. Hopefully it was useful to hear some strategies that might help when dealing with anxious/angry children.

Mood Tracker – Pupils are now familiar with mood tracker and are logging their moods twice a day. Staff are able to have a chat with any pupils who are consistently feeling more 'negative' emotions.

Sensory Room – We are ready to start purchasing bits to turn our sensory room into a relaxation haven! We are looking for fidget toys/fairy lights/yoga balls/bean bags so if you have any at home then please bring them in.

LEGO Club has continued to run and we have seen lots of pupils benefit from this. Feedback from the children includes ' really fun', ' helped me talk to others' and all participants said they would recommend to a friend. We run new blocks every half term with 5/6 children from each key stage. If you would like your child to be added to the waiting list, then please let us know.

Bee Kind Award – Our Bee Kind badgers are ordered and we cannot wait to award our first kindness awards very soon.

We are delighted to welcome Bella from Oak Class as our Lead Well Being Ambassador. Bella and her team let staff know if they see anyone struggling in school and provide a welcoming smile to all who come through our doors. So far our ambassadors have been able to welcome new students to school, help pupils through flu immunisations and help younger children throughout the school.





SPOTLIGHT ON……

Gingerbread Charity

Helping children through separation | Gingerbread



Their website provides support and advice for children and adults going through divorce or separation.

Support for single parents | Gingerbread

Gingerbread*

Support and Sign posting

Please see below for instructions on how to access our Bridge the Gap platform. This website contains tools and resources for parents to access to support children with anxiety, other emotions and to manage changes in their lives.

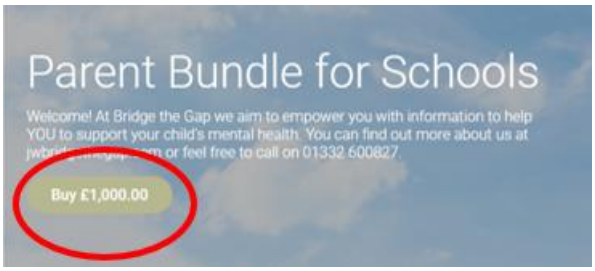
Other recommendations for services that may be able to offer more tailored support can be found on the final page of the newsletter and on our website.

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

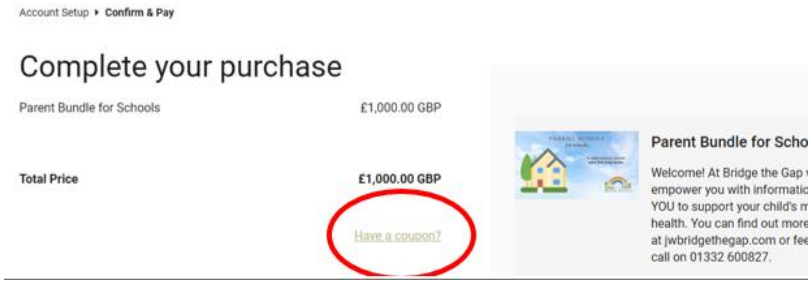
STEP 1: Create your account at parent bundle child mental health (thinkific.com) using your **email address.**



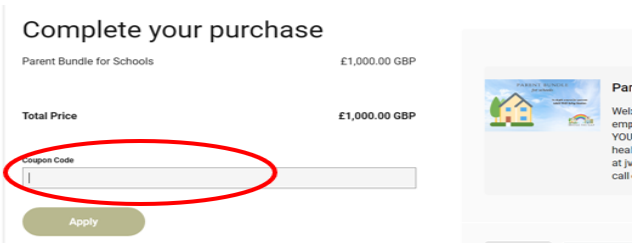
Please note: Add the name of your child's school when signing up to the platform.

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