



Mental health & Well-being Newsletter 2 | 3th November 2020

Earlier in the year, we held a session on Mental Health and well-being. From this, the first newsletter was produced!

Our aim is to produce a newsletter once a term to demonstrate what we are doing as a school to prioritise well-being, as well as provide suggestions you could do at home and any relevant research.

We hope you will find these useful, each one will be placed on the Mental Health and well-being curriculum page on our website for future reference.
<https://roundwoodprimary.herts.sch.uk/mental-health-well-being/>

This is also where you can find the original newsletter which includes definitions, signs of low well-being, an extensive list of what we do at Roundwood, signposting and useful research.

Happy reading!

Mrs L Stevenson
 PSHE and Mental Health Lead



The Pupil survey was a very helpful task. Over 96% of pupils are enjoying being back at school. There were a few worries, mostly around Covid-19 and therefore children have been reassured where possible and reminded of the ways we can stay safe in and outside of school.

In addition to the other initiatives from the first newsletter, this term, as a part of our catch up curriculum, we have ensured pupils had time to settle into their new classes and adapt to the school routine once again. Teachers spent time on 'Getting to know you activities' as we understand the importance of forming positive relationships. An overall feeling of security and happiness is the most important aspect before learning can take place.

- Teachers have continued with Monday morning mindfulness.
- Worry boxes are in all classrooms
- PSHE (Personal, Social, Health Education) through Jigsaw curriculum lessons have resumed, with extra input with their recovery lessons being used as and when required, in addition to meet the needs of the class.
- Mental Health awareness day - #Helloyellow with assembly on caring for your well-being.
- Assemblies have continue to be themed around the 5 ways to well-being.
- Weekly Mile to improve mental well-being and physical health.
- Children In Need's priority this year is on pupil's Mental Health and well-being. Teacher's have provided videos and resources from their website.
- We've discussed zones of regulation with the pupils to help them understand all emotions are ok and develop strategies to deal with these.
- We have dedicated time for pastoral provision from a specific teacher each week for pupils who need regular check ins.
- Pupil voice surveys – KS2 on google classroom and KS1 in class to understand how the children feel about returning to school including worries they may have or suggestions.
- NSPCC assemblies which are linked to staying safe online, understanding types of abuse, dealing with worries from Covid19.
- Anti-bullying week begins 16th November. Our PSHE lessons are around Celebrating Difference. This will include themes around being proud of our individual culture as well as understanding others. UKS2 also includes lessons on discrimination e.g. racism.

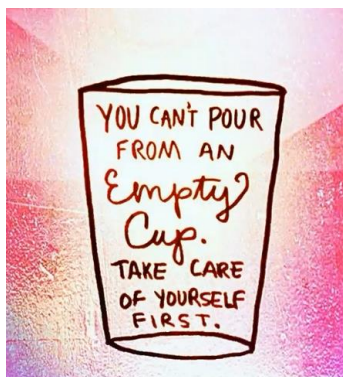
What you can do at home:

Mental health and well-being is something we should look after consistently and not just when we are struggling. With the second lockdown upon us, it can significantly impact the ways in which we look after our mental health and well-being.

Although we are unable to go to our clubs, visit friends and family there are still many different opportunities to look after oneself.

Here are some ideas:

- Regular virtual conversations when unable to be face to face with family and friends.
- Autumnal walks – regular outdoor exercise despite the variable weather can improve your mood.
- A weekly family fun challenge. This could be how many times can you skip in a minute (who in the family will win?) or Perhaps you could have a Bake off celebration night or Pause Strictly Come Dancing to all do your own replica dance imitation.
- Start creating Autumnal decorations or Christmas crafts. There are many online videos to watch and try. Mind are holding a Christmas craft session on December 5th at <https://www.mind.org.uk/get-involved/donate-or-fundraise/do-your-own-fundraising/crafternoon/virtual-crafternoon/>
- New Horizon Sleep and meditation stories for children (they work well for adults too if required). <https://www.youtube.com/user/NewHorizonHolistic>
- Moshi Sleep and mindfulness app.
- Go Noodle on YouTube – for meditation or for short quick exercise bursts.
- Children in Need – At school we have used some of the videos and activities on the 5 to thrive hub. However, they are accessible at home, if you wish to reinforce the messages or use some of the resources provided e.g. the Journaling. <https://www.bbcchildreninneed.co.uk/schools/primary-school/five-to-thrive-hub/>



Dinner conversation starters

Eating together, away from the television and other electronic devices can help with mindful eating as well as providing laughter and strengthening family connections.

Perhaps try some of these dinner conversation starters:

1. If you could go into any TV show – what show would you want to visit?
2. If you could only eat one fruit forever – what fruit would it be?
3. What are three words you would use to describe yourself?
4. What do you think you are good at?
5. If you had to pick only one – would you want to be a great singer or a great dancer?
6. If you went to another planet – what would you bring with you?
7. If you were a teacher what rules would you make?
8. If you could make your whole house out of food – what food would you use?
9. If you could have one super power what would it be?
10. If you could be an animal what would you be?

For the adults...

Looking after your Mental Health and well-being is vital. It is like the analogy about 'fitting your own oxygen mask first' or 'You can't pour from an empty cup.' It is difficult to provide and support others effectively without ensuring you look after yourself. Here are a few reminders or interesting accounts you may wish to follow for your own well-being.

Remember the concept 'Boring self care', especially during this lockdown. This is a term making waves at the moment where we realise that sometimes the things we consider boring are actually ways of showing self-care. Sometimes, changing the way we see something – reframing can help. Examples of 'boring self care'; showering, Brushing teeth or cooked and ate a nourishing meal.

Dr Sula Windgassen PhD called the_ health_ psychologist_ who is a psychologist and works in CBT and mindfulness. She also has expertise in CBT for IBS. She has started an 8 week programme to support your mind-body health.

MentalHealth.org.uk -

<https://www.mentalhealth.org.uk/coronavirus/look-after-your-mental-health-and-wellbeing-when-staying-home>

<https://www.mentalhealth.org.uk/coronavirus/mental-health-tips>

Ways in which you can get further information or support

- Please inform us of any concerns - Class Teacher, Mental Health Lead, Head Teacher or Mrs O'Connor our SENDco. (Special Educational Needs and Disabilities co-ordinator). There may be early interventions or support we can provide within school to help with the matter.
 - We are not experts, staff have been trained on their level 1 mental Health. Mrs Stevenson has been trained in Level 2 and Mental Health first aid but what is very important is that we have contacts for specialist intervention or crisis support.
 - Visit your GP to discuss your child's well-being/Mental Health or concerns.
 - A local support network called Harpenden Plus Partnership. There are referral forms where if successful, children can receive counselling sessions.
 - Youngminds – have lots of advice for parents and carers including a 'Parent survival guide' 0808 8025544 Parent helpline for Youngminds open Monday – Friday 9:30-4pm
<https://www.healthyyoungmindsinherts.org.uk/parents-and-carers/when-seek-professional-help>
 - Anna Freud - <https://www.annafreud.org/>
 - NHS have a lot of support for families and advice.
<https://www.time-to-change.org.uk/>
 - <http://www.mind.org.uk>
 - Wellbeing Service – Support for parents in dealing with Stress, Anxiety and Depression - <http://talkwellbeing.co.uk> or , call 0300 777 0707 – free service under NHS
 - Action for Happiness, 10 keys to happier living - www.actionforhappiness.org School nursing: Health for kids website: <https://www.healthforkids.co.uk/hertfordshire/>
 - Health for teens website: <https://www.healthforteens.co.uk/hertfordshire/>
- Chat Health is a confidential school nurse text messaging service for all secondary school aged pupils. Monday to Friday from 9am-5pm. Young people can message for advice on all kinds of health issues such as sexual health, emotional health and wellbeing, bullying, healthy eating and any general health concerns. Chat Health text number is: 07480 635050
- Childline - <https://www.childline.org.uk/get-support/> Who also can provide counselling support as well as their contact number for children.
 - Kooth.com – Online counselling from trained professionals for 10 – 25 Year olds.
 - Ollie Foundation has a very comprehensive list of resources, contacts and emails to help support: <https://theolliefoundation.org/help-resources/services-directory/>
- If you are seriously concerned about your child's well-being and there may be a risk to life – you can also call 999 just like any emergency.
 - If you are seriously concerned and feel you need urgent care/support alternatively phone 111.
 - We have been advised to recommend Lister or Watford hospitals for A&E departments where possible as these have specialist paediatric wards and CAMHS departments.

