



# Mental Health & Well-being Newsletter

Welcome to our first mental health & well-being newsletter. Mrs. Colley is our mental health lead, if you need to speak with her regarding any concerns you have regarding your child, please do not hesitate to get in touch with her.

At St Peter's we recognise and value the importance of emotional wellbeing and mental health for all pupils. We have lots of ways in which we support this within school such as nurture groups, our rainbow team, guardian angels (these will be explained in greater detail in our next mental health and well-being newsletter), as well as using outside agencies which can provide further support when needed.

Below are ideas with helpful web links to support your child's wellbeing:

### Help other people

Just getting your child to help other people can make them feel better. Just calling someone for a chat can be a big help and helps restore positivity about the world.



### Look after your body

Encouraging your child to look after their body by eating healthy food, drinking plenty of water and exercising at home.

### Place an emphasis on resilience and strength

Focus on your child's skills, in terms of their daily life. Help them see they have many strengths to help them cope if feeling anxious or upset.

### Looking after your feelings

If your child is feeling anxious try getting them to think about good things that make them happy. You can always get them to keep a diary and write down or draw about how they are feeling.

### ALL FEELINGS ARE WELCOME



There are lots of different ways that your child can relax which will help them take notice of the present moment, it will also help them develop their creative side:

- Arts and crafts, such as drawing, painting, collage, sewing, craft kits or upcycling (using items you would recycle to build and create something new)
- Coloring
- Singing or listening to music
- Writing a story
- Creating their own dance routines to music

### They could even try something new like Yoga

Yoga is a fantastic, fun exercise that improves posture, flexibility, strength, and balance. It can also help children to relax and encourage positive thinking.

Why not try it out? Grab a mat, blanket, or towel find some loose clothing to wear and click on one of the following links.

For younger children:

<https://www.youtube.com/watch?v=R-BS87NTV5I>

<https://www.youtube.com/watch?v=OImHIWzP4M>

For older children: <https://www.youtube.com/watch?v=OeJoUIBhLkE>



Young Minds - <https://youngminds.org.uk/>

[Children's mental health - Every Mind Matters - NHS \(www.nhs.uk\)](https://www.nhs.uk/) – Every mind matters



### Transition days to new classes

We will be doing our best to ensure that your child feels ready to start in their new year group in September. Through transition meetings will happen between their old and new teacher and all children will have the opportunity to spend the day with their new teacher on 8<sup>th</sup> July. Your child's new teacher will be shared with you prior to this date.

Children's mental health is **without a doubt the most important aspect of any child's social and cognitive development**. Providing children with an environment that demonstrates love, compassion, trust, and understanding will greatly impact a child so that they can build on these steppingstones to have a productive lifestyle. Let's work together to help our children grow in body, MIND and spirit

