

# Mental Health & Wellbeing

## Tips for talking to your child about their Mental Health

Talking to your child about how they are feeling can be tough, especially if you are worried they are having a tricky time. Making conversations about Mental Health a normal part of life can be really helpful. You can do this by chatting whilst driving in the car, walking to school or talking about a TV character's feelings. Asking open questions such as "How did your day go today?" or "How are you feeling?" can keep the conversation going. Look for clues about your child's feelings in their body language and remember we are all different. As parents, our first instinct can be to try to reassure them that everything is fine and try to fix things as soon as possible! Sometimes our children don't need solutions straight away, just empathy and someone to listen to them. As always, if you have any worries about your child's mental wellbeing, please let the school know.

## Pupil Voice & The School Council

In Spring A, we have formed our School Council for this year. All children in year 1 and 2 voted for the two children that they wanted to represent them on the school council. These 10 children will play a vital role in shaping the school community, sharing their ideas and representing their class. School councillors will be asked to gather ideas from their classmates on things they enjoy about school and ways we can make our school even more amazing! We can't wait to hear their fantastic ideas.



Our Puzzle Pieces in PSHE this half term are:



It is ok to feel happy, sad, angry or even a mix of a few different emotions. Don't forget...



All feelings are ok!

## Children's Mental Health Week

5<sup>th</sup> - 11<sup>th</sup> February was Children's Mental Health Week. The theme this year was "My Voice Matters". On the Monday we had a 'Dress to Express' Day. It was wonderful to see the children expressing their personalities with their clothing. During this week, we focused on naming and expressing our emotions. We talked about things we like and the things that we don't like so much. We are all different and that makes us all special! We shared ways to support our Mental Health and Wellbeing such as yoga, blowing bubbles, exploring nature and creating sensory playdough.



Hub of Hope 

If you feel that you need further support for your or your child's mental health and wellbeing, or know someone in need of support (across areas such as anxiety, depression, substance abuse and many more) this website is an amazing resource for finding services in your local area. Simply put your postcode in and it will find a whole host of charities and services. Click on this link to find out more. <https://hubofhope.co.uk/>