

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.

If you have any worries about your child's wellbeing, please talk to us at school.

Wellbeing at Christmas

Christmas can be a joyful time, but it can also be very stressful! The pressure to provide an exciting and happy festive season can sometimes seem overwhelming.

Mental health charity Mind has created an excellent guide for coping with the stress of Christmas, with tips such as:

- Be gentle and patient with yourself.
- Try to avoid comparisons
- Let people know if you're struggling.



For more information visit: [Wellbeing at Christmas - Mind](#)

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



All feelings are ok!



Over the year, the children will be following the Jigsaw scheme for PSHE. There are the units that we cover over the year:

Autumn A	Being Me in My World	Spring B	Healthy Me
Autumn B	Celebrating Difference	Summer A	Relationships
Spring A	Dreams and Goals	Summer B	Changing Me

RSHE / PSHE Workshops

Thank you to the parents/carers who attended the recent RSHE workshop. It was great to see many people getting involved. We hope you found it informative.

If you have any further questions about the teaching of relationships education, please ask!

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/>