



Diary Dates:

Monday 9th May:

Start of KS1 and KS2 SATs

Monday 30th May-3rd June

Half Term Break

Friday 24th June

Reports to parents

Thursday 7th and Friday 8th July

Parent consultations

Thursday 14th July

Summer Fair

Friday 15th July

(Contingency summer fair date in case of bad weather)

Dear Parents and Carers.,

At the end of each month, I reflect and ponder on what our children have experienced, learnt and enjoyed in the preceding month. I wish I had sufficient space to cram everything that every child has accomplished this month in Crowland Primary School. We have had the very memorable production at the Royal Albert Hall attended by our pupils who sang and played instruments. Our very own musical concert where Year 4 and year 5 performed through their string quartet skills with guitars and violins. But Crowland Primary isn't just about the performing arts; what has gone on in the classroom is just as exciting from designing bags and diary cases in Design and Technology, to writing exciting stories in English, learning about the ancient Egyptians and Romans in History and creating computer animation from scratch. These are just a few of the learning experiences our children are engaging in. Thank you to all our wonderful staff team who make this remarkable journey possible for all Crowland children!

Best Wishes Mrs Stav

Well done to our musicians and singers who took part in the Royal Albert Hall 'Unsung Heroes' performance. It was absolutely amazing and most of us adults couldn't hold back the tears of emotion and pride!!! Here are some snapshots from the fab evening of 1st April. Thank you to our wonderful Music teacher, Mr Tims, Ms Selvet and to all our wonderful parents who attended the event.

This is what great memories are made of!



Breathing Techniques

When we feel anxious, upset or distressed, it can be difficult to know what to do to feel better. By using these breathing techniques, we can reduce our anxiety and lower our blood pressure/heart rate. This helps us feel calmer and more focused and helps us to face our fears.

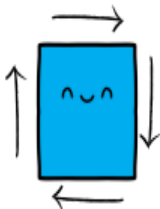
Belly Breathing



- Take a deep breath in and fill your belly like you're inflating a balloon.
- As you do this, count 1, 2, 3, 4 to breath in and fill the balloon in your belly.
- Pause and then let all of the air out of your belly like you're letting a balloon deflate.
- As you do this, count 1, 2, 3, 4 to breath out and let the balloon go down from your belly.

Square Breathing

- Imagine you're drawing a square with your finger in the air.
- Breath in while counting 1, 2, 3, 4 as you draw the top line and then pause.
- Breath out while counting 1, 2, 3, 4 as you draw the line down the side and then pause.
- Breath in while counting 1, 2, 3, 4 as you draw the bottom line and then pause.
- Breath out while counting 1, 2, 3, 4 as you draw the line up the side to make the square.



Finger Breathing



- Use your index finger to trace around the edges of the fingers on your opposite hand.
- Count 1, 2, 3, 4 and breath in as you go up the first finger.
- Count 1, 2, 3, 4 and breath out as you go down the finger.
- Repeat until you have traced up and down all five fingers, breathing 1, 2, 3, 4 in and 1, 2, 3, 4 out each time.

Top Tip! Practise these breathing techniques when you're calm so that you're better prepared to use them when you need to.



Count **slowly** when breathing in and out and **repeat** the technique as many times as you need to until you feel calmer.

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Please keep an eye on your child if they are attending their KS1 and KS2 tests as these can cause anxiety and nerves.

The above tips are great from our brilliant Trailblazer experts!

Many thanks to those of you who attended the Trailblazers' coffee morning. There will be another coffee morning next term. For those of you who didn't attend, here is some information on the service:

WHO ARE WE?

Trailblazers is a partnership of Mental Health Support Teams (MHSTs are a new workforce which began in early 2019) and other agencies (see partnerships on back page).

Trailblazers work within Haringey schools to raise the profile of mental health, promoting and delivering early intervention and prevention.

Trailblazers also support schools to develop their whole schools approach to emotional wellbeing and mental health.

The teams are made up of wellbeing workers and mental health professionals who support emotional wellbeing and deliver interventions for children, young people and parents.

As one of the first schools to receive this support, your child's school is helping to improve emotional wellbeing locally as well as contributing to the development of this new approach for other schools in England.

HOW WE WORK?

Depending on the needs of each school we can offer:

- group and one to one interventions to support children and young people
- group and one to one interventions to support parents
- a drop in service within schools
- mental health training and consultation for staff around concerns
- working with the designated senior leads and staff, to deliver a whole school approach to promote better mental health and wellbeing
- working in partnerships with school and parents to obtain a better understanding of mental health issues

WHAT WE CAN PROVIDE

We offer support for children, young people and families struggling with:

- Worries /Anxiety
- Low mood / Depression
- Sleep difficulties
- Self-harm
- Anger issues
- Friendship issues
- Challenging behaviour
- Concentration difficulties / ADHD
- Transitions e.g. peer mentoring
- Major life changes

SUPPORT FOR FAMILIES

The MHSTs offer advice and support for parents, families and carers.

We also offer opportunities to support you around your child's emotional wellbeing and mental health via group and one to one sessions.

Parents are encouraged to give consent in order to access support from the MHST.

For more information about the service, how to access support and how information will be used and stored please go to:

www.behcamhs.nhs.uk/contact-us



STRENGTHENING EMOTIONAL RESILIENCE