



Rye Community Primary School

*Mental Health and Wellbeing
Newsletter Issue 1
Autumn Term 1 2021*



Welcome everyone to the first termly Newsletter. We are so very happy to have this opportunity to talk about Mental Health and Wellbeing with you all. Mental Health affects everyone young and old and each term we will aim to provide you with some tips, strategies and useful resources.

The "Mental Health and Wellbeing Team" at Rye Community Primary School are:

Miss Anna Birkby Mental Health and Wellbeing Lead at RCPS

Miss Kelly Martin Head of School at RCPS

Mrs Lisa Nice SENCO and Assistant Head at RCPS

Miss Fran Brassleay Assistant Head at RCPS

Mrs Laura McDonald Assistant SENCO at RCPS

Mrs Alison Homewood FLO at RCPS

Miss Sarah Brewster PSHE Lead at RCPS

Mrs Michelle Baker HLTA at RCPS

Mrs Victoria Isted RSHE lead at RCPS



As we all know, the last year and a half have been unlike any other! Here at school we have been amazed with how resilient the children have been. We are so grateful that things are beginning to return to normal but understand that for many, including our children, there are still questions and anxieties. Here are some strategies to help ease these feelings.

Top Tips!

Control what you can (start small, e.g. what to have for dinner) and focus on these things – Thinking about areas beyond this can quickly lead to anxiety. Having a routine/plan for the day/week can help you to feel organised and ease stress, as well as giving a sense of accomplishment. Often when you look back over the course of a day you have achieved much more than you thought!

Be Kind (especially to yourself!) – It is all too easy to put yourself last but taking 10 minutes for a cup of coffee or walk around the block could make all the difference to your mood. Sometimes we have such high expectations on ourselves and of all the things that we think we should be doing, but we need to adjust these accordingly and give ourselves a break.



Look out for others – Everyone deals with things differently and has different demands in their life. Be compassionate, you don't have to agree or offer advice but you can listen and try to understand.



Communicate – Keep talking to whoever you feel comfortable with, friends and family, helplines, volunteers, counsellors, doctors.

Embrace the positive! – Change can be daunting but it can also be empowering. Perhaps you have been able to start a new hobby during Lockdown and has this continued? Or maybe it has given you chance to re-assess and prioritise what is really important.

Limit Screen Time – Sometimes the news and social media can just be too overwhelming. You could try looking just once a day or consider switching your phone off for half an hour.



Try it out!

Wellbeing Walk

This activity can be done independently or together and can be as short or as long as you like. It could be a walk that is familiar to you or one that is new. Choose a place to stop, close your eyes and tune in to your senses for 30 seconds. What can you hear? What can you smell? What can you feel? How do you feel? Open your eyes and really look closely at something what do you notice about it? If you are with someone else, then you might like to share what you have noticed. You can stop just once or multiple times during the walk.



How did I do Today?

Try asking yourself the following questions:

What did you do today better than you did it yesterday?

What can you do better tomorrow?

What were you grateful for today?

What are you excited for tomorrow?



You might like to keep a notebook/journal/scrapbook as sometimes it's nice

to have a visual reminder.

Useful Websites

<http://www.annafreud.org>

<http://www.happymaps.co.uk>

<http://www.camhs-resources.co.uk/websites>

<https://www.youngminds.org.uk>

We are here for you!

If you would like advice for a specific issue e.g. bereavement or anxiety, please feel free to email me:

a.birkby@ryeprimary.co.uk

or leave a message for me with the office and I will get back to you.

