



WELLBEING

shout
85258 here for
you 24/7

newsletter



Dear Parents,

We are really excited to see all of the children return to school next week. We know that the first week back might be a difficult one for many children but all of the staff are working hard to ensure that the transition back to school is a smooth one. In this month's newsletter, we have included a 'Back to School' toolkit to support your child's return to school.

Our Wellbeing Curriculum (Bounce Back) will be focusing on emotions and relationships (Unit 6 and 7). Our school website has more information on our Wellbeing Curriculum, including some helpful tips for how parents can embed the skills they are learning, at home and a full curriculum overview. <https://stursulascatholicprimary.co.uk/mental-health-wellbeing/bounce-back-curriculum>

We have also created a brand new [Support for Parents page](#) that contains many useful links, resources and information, including helplines. You will also find all of our previous newsletters here in case you have missed any and resources that can be used at home with your children.

CAMHS parent drop-ins

CAMHS are still offering FREE parent drop-in consultations during the current lockdown and now have new slots available.

These sessions are a great opportunity for you to speak to a CAMHS professional about any concerns you may have, regarding your children. These include coping, emotional and sleep concerns. The school nurse can also join these sessions - you can request this when you contact the school to make a booking.

Please contact the school office to book a slot.

Anna Freud Support for Parents & Carers: <https://www.annafreud.org/parents-and-carers/>

TALKING Therapies

Havering Talking Therapies is a free self-referral service. They provide a wide range of treatments and services helping those feeling distressed by difficult events in their lives as well as people concerning their mental health. Their services are confidential, easy to access and available to people living in the London borough of Havering. You can find out more information here: <https://www.talkingtherapies.nelft.nhs.uk/havering>

Twinkl Parents Hub: <https://www.twinkl.co.uk/resources/parents>



BACK TO SCHOOL toolkit










We have listed some tips and tools to help you prepare your child for coming back to school.

SUPPORTING YOUR ANXIOUS CHILD

Your child might be feeling anxious about their return to school. You could try some of these techniques to see which ones work best. Everything in bold is a link that will take you to the resource.

- ✓ Mindfulness is one technique that helps children relax physically and emotionally. You can find a number of mindfulness resources for children online.
- ✓ Sometimes concentrating on something creative can help children to re-focus. Here are two different self-care activity packs for Primary aged children.
NHS Self Care Activity Pack (KS1/2)
Anna Freud Self Care Activity Pack (KS2)
- ✓ Meditation or relaxation activities can support your child to unwind. There are a number of apps you might want to explore or you can find six different relaxations to test out **here**. You can find some more ideas for in the Mentally Healthy School **tools for managing emotions pack**.

MINDFULNESS calendar

MON	TUES	WED	THURS	FRI
COUNTING BREATHS 1-2-3	 ATTITUDE OF GRATITUDE	 USING THE SENSES	COLOUR BREATHING 	 BIRTHDAY CAKE BREATHING
MON	TUES	WED	THURS	FRI
FEATHER BREATHING 	 FINGER COUNTING	SLIMY HANDS 	RISE AND FALL 	RELAXING MUSCLES 

Mentally Healthy Schools have created a mindfulness calendar for children. You can access the pack here: <https://www.mentallyhealthyschools.org.uk/media/2026/mindfulness-calendar-daily-5-minute-activities.pdf>

Useful TOOLS



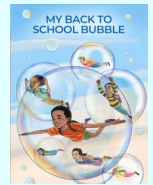
Smiling Mind is a free app developed by psychologists and educators to help bring balance to your life.



Calm is the #1 app for Sleep, Meditation and Relaxation. They have now added a section for children which contains a library of sleep stories.



Fabulous helps you track all of your goals, motivating you to build new routines and prioritise your own health.



You can download this free PDF story book all about returning back to school after lockdown. [Click here to download.](#)

Dr Jess Richardson gives tips and advice for returning to school. You can watch the free video here: <https://nipinthebud.org/information-films/tips-for-returning-to-school/>

If you have any queries or questions, please contact the School Office.

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