



WELLBEING

newsletter



Dear Parents,

Welcome to our first Wellbeing newsletter. From September, our Wellbeing Team will be creating this monthly newsletter which aims to signpost you to useful resources to support you and your child's wellbeing. We will be keeping you informed about our new wellbeing curriculum and everything we are doing in school to support children, staff and parent's mental health. It is our collective aim that all children feel happy and safe. Only then, can they fulfill their aspirations and achieve their full potential.

From September, you will also be able to view this newsletter on the school website, along with a variety of other resources.

Bounce Back 2020

OUR NEW WELLBEING CURRICULUM

Over the course of the year, the Wellbeing Team have been adapting and creating a new curriculum to support mental health and wellbeing in young children. The new scheme of work will be implemented across the whole school this September.

To find out more information about our new Bounce Back curriculum, please visit our school website in September.

Helpful Resources

FOR THE SUMMER HOLIDAYS

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

Summer Activity Ideas:

- Camp out in your back garden
- Earn a Blue Peter badge
- Design & make your own boardgame
- Download the free children's audio book from Audible
- Go for a walk or bikeride
- Download free resources from Twinkl
- Take part in the 30 day Lego challenge
- Bake some cupcakes
- Go for a picnic

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



MEET OUR Wellbeing team

Mrs Walsh

Mrs Walsh has over 24 years of experience in education, with 13 years of those spent working at St Ursula's. She is a dedicated member of our school's safeguarding team and has years of experience dealing with children's mental health concerns. She works to develop a partnership between home and school, providing support for both parents and their children.



Mrs Bell

Mrs Bell has been a member of the pastoral team for 15 years. She is a dedicated member of our school's safeguarding team with a degree in counselling and is BACP registered. She works to develop a partnership between home and school, providing support for both parents and their children.



Mrs Whittet

Mrs Whittet has 10 years of teaching experience. She is our SMSC (Spiritual, Moral, Social and Cultural) Lead and works to ensure that our children thrive with an awareness of their own rights. She liaises with multiple agencies to provide the best resources for your children and has led the KS1 planning for our new Bounce Back Curriculum.



Miss Clark

Miss Clark has eight years of experience in education. She liaises with multiple agencies to provide the best resources for your children and has led the lower KS2 planning for our new Bounce Back curriculum.



Miss Gilligan

Miss Gilligan has been teaching for 6 years. She is our Religious Education Coordinator and works to ensure that our faith is embedded throughout our curriculum and core values. She liaises with multiple agencies and the diocese to provide the best resources for your children and has led the upper KS2 planning for our new Bounce Back curriculum.



ELSA's

EMOTIONAL LITERACY
SUPPORT ASSISTANTS

ELSAs help children and young people learn to understand their emotions and respect the feelings of those around them. They provide the time and space for pupils to reflect on their emotions and develop children's skills so that they know the best way to manage them.

As well as being class based, Mrs Nightingill and Mrs Caldwell will also be trained ELSAs from September.



How can the Wellbeing Team support you?

- ✓ Signpost you to useful resources
- ✓ Signpost you to external agencies and charities for support
- ✓ Arrange FREE counselling and Cognitive Behavioural Therapy for you
- ✓ Run parent support workshops
- ✓ Run interventions to support your children's wellbeing

If you have any queries or questions, please contact the school office.

✉ office@st-ursulas-rc-jun.havering.sch.uk

☎ 01708

EYFS 345200
KS2 343170



Wellbeing Award for Schools

From September, our school will be working towards achieving the Wellbeing Award for Schools. This award will ensure that mental health and wellbeing sits at the heart of our school life.

