



WELLBEING

shout here for you 24/7
85258

newsletter



CALM ROOM DONATIONS

Before Christmas, we managed to raise just over £350 on our Hello Yellow Day! We have donated a portion of this to the Young Minds charity and will be spending the rest on our brand new calm room, 'The Calm Corner'.

The Calm Corner will be located in the KS2 building and will be available to all children as a spiritual safe-space for them to relax and unwind. We will also be using it during lunch times to open our Calm Café sessions for children who may find lunchtimes overwhelming on the playground.

The Wellbeing Warriors asked all of the children to vote on a paint colour and we are pleased to announce that pale blue won! Our amazing Pupil Chaplains are working with Miss Gilligan to decide on the room's brand new Saint name too. We can wait to share photos with you when it is completed.

If you have any spare board games, unused colouring books or art equipment that your child no longer uses at home, we would really appreciate donations.

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

CAMHS

parent drop-ins

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

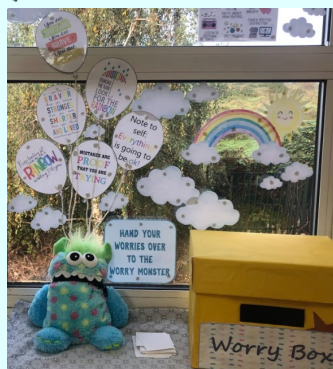
These sessions are a great opportunity for you to speak to a CAMHS professional about any concerns you may have, regarding your children. These include coping, emotional and sleep concerns. The school nurse can also join these sessions - you can request this when you contact the school to make a booking.

Please contact the school office to book a slot.

Young Minds Parent Hub: <https://www.youngminds.org.uk/>



Our Wellbeing Warriors



THE WORK WELL PROGRAMME



Mind in Havering, Barking and Dagenham,
in collaboration with
The Department of Work and Pensions have created
The Work Well Programme.

The Work Well Programme has been created to support eligible residents of Havering to promote positive wellbeing and increase employability and other opportunities.

*Eligibility is subject to receiving unemployment benefit.

The Work Well Team are able to offer eligible individuals a four-six week programme tailored to the required support to achieve future aims and ambitions. We are a friendly team and would like to give participants a warm welcome.

We are available in person at:


The Mardyke community centre
South Street
Rainham
RM13 8PJ
Mondays 1pm-3pm

Harold Hill community hub
Chippenham Road
Harold Hill
RM3 8YF
Thursdays 1pm-4.30pm

For Further information on the referral process please contact the Work Well team:

workwell@haveringmind.org.uk

01708 457040

 **Mind** Havering, Barking and Dagenham

Wellbeing Award for Schools

We did it! We achieved the Wellbeing Award accreditation for schools. **We are the only school in Havering to achieve this award!** We would like to say a very special thank you to the parents who took time out of their days to meet with our accreditor. Look out for the logo on our letterhead and school website.



Useful APPS



Worry Tree aims to help you take control of your worries wherever you are. It uses cognitive behavioural therapy (CBT) techniques to help you notice and challenge your worries. It can also help you create an action plan for managing worry.



Catch It helps you to learn how to manage feelings like anxiety and depression. The app will teach you how to look at problems in a different way, turn negative thoughts into positive ones and improve your mental wellbeing.



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.



Happiness Planner is a calendar & to-do list app designed to help you, not only be more productive, but also cultivate good habits, positive thinking, mindfulness, gratitude, and self-development.

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



office@stursulasprimaryschool.co.uk

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