



WELLBEING

newsletter



Dear Parents,

As we enter Advent after a difficult year, times like this highlight the gifts we have in our lives that we sometimes take for granted.

This month, we'd like our children to think about the gifts they have in their lives that money can't buy. You could ask your children to make their own gratitude journal, which they could write in every day. This could be a lovely activity that you and your children do together before dinner or before they go to bed.

We'd also like our children to consider how they can share their gifts with others. Here is an 'Acts of Kindness' Advent calendar. (There will be a larger version of this on our school website). We'd like our children to complete as many of them as they can. You can send in photos and we'll try to feature as many as possible in next month's newsletter.

1 Share this calendar with someone	2 Smile at everyone you see	3 Spread the word about a small charity	4 Compliment a friend or family member	5 Make time for a friend or family member
6 Be kind to yourself. Do something that makes you happy	7 Make someone a gift (however small).	8 Thank someone who has gone out of their way for you	9 Spontaneously tell someone why you think they're great	10 Send an encouraging message to a friend
11 Support a small business (with the help of an adult)	12 Give someone in your bubble a hug	13 Send a card to a seriously ill child (postpals.co.uk)	14 Offer to help someone who has a big to-do list	15 Make someone in your bubble their favourite drink
16 Give 5 genuine compliments	17 Let someone know that you appreciate their hard work	18 Sponsor someone or share a fundraising page	19 Leave a friend a lovely comment online	20 Make an elderly relative a Christmas card
21 Write a note to someone you haven't spoke to in a while	22 Recommend a book or a film to a friend	23 Let someone know you're thinking of them	24 Plan 5 kind things you want to do in the new year	Have a wonderful Christmas

CAMHS parent drop-ins

We have a great relationship with CAMHS and other agencies that support both your children's wellbeing. CAMHS still have slots available for their FREE parent drop-in consultations.

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.

Text

SHOUT

to

85258

shout
85258
here for you 24/7

Wellbeing WARRIORS

We are really excited to introduce our brand new pupil voice group, the Wellbeing Warriors! Each class have voted for one person to become a Wellbeing Warrior. Throughout the year, they will be working closely with the Wellbeing Team to share their ideas and thoughts on how we can improve wellbeing at our school.

Year 1 Ana & Nicole

Year 4 Adiefe & Xander

Year 2 Essie & Emma

Year 5 Joris

Year 3 Gabriela & Blessing

Year 6 Zivah & Gabriel



Staff Wellbeing

We are working with Pursuit to improve staff wellbeing. They believe that all school staff have the right to feel good and function well which will, in turn, have a positive knock-on effect on children's wellbeing and learning.

Good staff wellbeing can have a number of benefits for schools, including:

- ☆ Staff are more able to manage anxiety and stress with improved coping strategies;
- ☆ Staff feeling valued, supported and invested in;
- ☆ Leading to reduced sickness absences (both short term and long term);
- ☆ Increased productivity and engagement of staff members;
- ☆ Improved retention, due to increased job satisfaction; and
- ☆ Positive impact on pupils, including improved educational outcomes, as both staff and children are better able to engage with their work.

Wellbeing Award for Schools

Our school are continuing to work towards the Wellbeing Award for Schools. This award will ensure that mental health and wellbeing sit at the heart of our school life for our children, staff and parents.



in partnership with



Useful

APPS



Happiful gives you access to the Happiful magazine which focuses on wellbeing and mental health.



Calm is a mediation app. They have now added a section for children which contains a library of sleep stories.



Stoic is an app designed to support adult mental health. It is completely free and has a wide range of tools to support anxiety.



WhatsUp? provides daily tools that promote positive mental health and wellbeing. Secure, confidential and non-judgmental it allows your wellbeing department to instantly support those that need help most.



BBC have created a brand new app called **Own It**. It is aimed at supporting young people's (Years 5 & 6) mental health & wellbeing. Check it out in the Apple or Android app store.

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

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

☎ 01708

📍 EYFS/KS1 345200

📍 KS2 343170

