



# WELLBEING

shout  
85258 here for  
you 24/7

newsletter



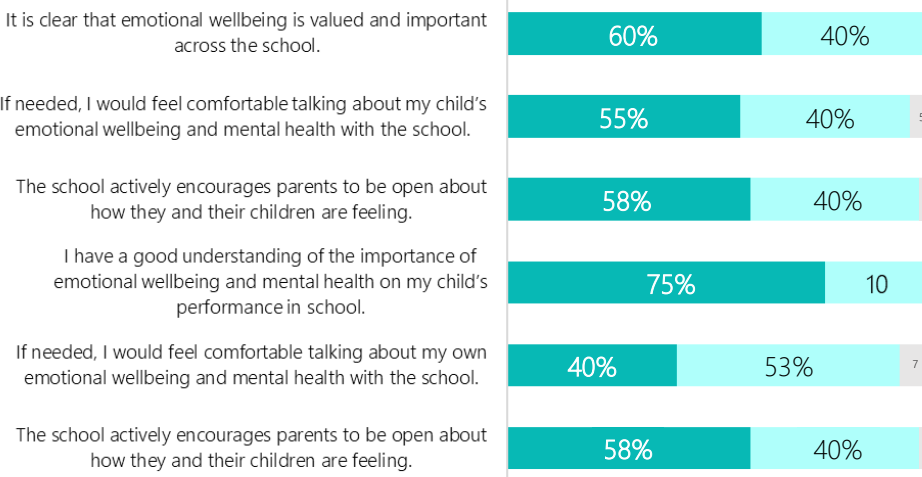
Dear Parents,

We hope you all had a lovely Easter break!

We recently sent out a parent survey to find out your thoughts on the school's wellbeing provision. We thought you might like to see the results below.

We would like to thank all of the parents who took the time to complete the survey. We were so pleased with the results and we will continue to use your feedback to improve our wellbeing provision across the school.

■ Strongly agree ■ Agree ■ Disagree



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>

To read more about the Impact that **Worry Monsters** are having in schools, [click here](#)

## WORRY MONSTERS

In the Autumn term, we asked all of the children to complete a short questionnaire. Some of the children mentioned that that they don't always tell their teachers when they're feeling worried about something. Therefore, we have purchased every class a Worry Monster! The Wellbeing Warriors will be telling you more about this after Easter.



# WELLBEING news



## PREMIER LEAGUE WELLBEING CHALLENGE

The Premier League has launched the **Wellbeing Stars challenge**, which encourages primary school-aged children across England and Wales to come up with and carry out five acts of kindness in a single week.

Wellbeing Stars is the latest initiative from the Premier League Primary Stars education programme, which uses children's passion for football to engage them in learning. The programme is supported by 110 professional football clubs in their communities, as well as via free online resources. [Click here to find out more.](#)

## BOUNCE BACK



Check out the infants Bounce Back work! They created these beautiful jars to explore emotions and how they make us feel and behave.

### ELSA

EMOTIONAL LITERACY  
SUPPORT ASSISTANTS

This term, our ELSA will begin interventions with pupils selected by their class teachers or the Wellbeing Team. If you would like to read up on any additional information about the ELSAs then please visit our [school website](#).



## STRESS AWARENESS MONTH

This month is stress awareness month. Sometimes we are not always aware that we are feeling stressed when we are trying to juggle a multitude of day-to-day tasks.

Make sure you make time for you, doing things you love and enjoy. For more support in managing stress, visit the NHS website.

## OUR SCHOOL WEBSITE

### SUPPORT FOR PARENTS

Our school website is filled with information to support you and your child's mental health and wellbeing. Click the links below to explore the different areas.

Support for Parents

Support for Children

The Wellbeing Team

Wellbeing Curriculum

## OUR WELLBEING WARRIORS

During the Spring term, each class voted for a Wellbeing Warrior to represent their class.

These children will be taking part in some exciting new projects.

We will be letting you know more information over the coming weeks.

## Useful WEBSITES

The Calm Zone

Kooth Counselling

National Family Mediation

Refuge

The Children's Sleep  
Charity

Young Minds

My Place



- STEP 1: REFRAME STRESS**  
Help your child shift from a "stress hurts" mindset to a "stress helps" mindset. Some level of stress is beneficial and presents opportunities for growth.
- STEP 2: SHIFT FROM A FIXED TO A GROWTH MINDSET**  
Help them look at the situation from a growth mindset perspective: it's not fixed, it can be improved, and they do have the power to influence the situation.
- STEP 3: STOP CATASTROPHIC THINKING**  
Do the worst case scenario exercise. Ask your child, "What's the worst thing that could happen?"  
Caution: do not dismiss their worry!
- STEP 4: PRACTICE PROBLEM-SOLVING**  
Brainstorm solutions, doing more listening than talking. Think through the positive and negative consequences of each proposed idea, then choose one.
- STEP 5: TRY STRESS-MANAGEMENT TECHNIQUES**  
Use techniques like deep breathing, stretching, listening to music, meditation, and practicing mindfulness.

Big Life Journal - [biglifejournal.com](http://biglifejournal.com)

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

