

Wellbeing Team

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| Wellbeing Lead | Wellbeing Champion | School Counsellor | Wellbeing Governor |
| Claire Swinburn | Ellen Hickey | Judith Potelle | Amanda Robson |



Useful links if you need any help or advice:

www.sunderlandcommunitycamhs.nhs.uk

www.washingtonmind.org.uk

wellbeinginfo.org

youngminds.org.uk

www.place2be.org.uk

www.kooth.com



At UCPS we believe the wellbeing of our pupils, staff and families is paramount. Within school we are having a renewed focus upon mental health and wellbeing.

To support us on our journey we are working towards Sunderland Council's Mental Health Charter Mark, Bronze level. To launch this we will be having a Mental Health and Wellbeing Week on the 12th-16th April 2021.



During this week we will introduce the **5 Ways of Wellbeing** to the children, one a day, during class assembly and break times. See below for a few ideas..



Sleep

Good sleep is important for your child's physical and mental wellbeing.



Relaxation tips to help sleep

A relaxing bedtime routine is an important way to help your child get a good night's sleep.

Doing the same relaxing things in the same order and at the same time each night helps promote good sleep:

- A warm (not hot) bath will help your child relax and get ready for sleep.
- Keeping lights dim encourages your child's body to produce the sleep hormone, melatonin.

- Once they're in bed, encourage your child to read quietly or listen to some relaxing music, or read a story together.
- You could also suggest your child tries relaxing breathing exercises before bed.



Avoid screens in the bedroom

Tablets, smartphones, TVs and other electronic gadgets can affect how easily children get to sleep. Try to keep your child's bedroom a screen-free zone, and get them to charge their phones in another room. Encourage your child to stop using screens an hour before bedtime.

More tips and advice on supporting your child's sleep can be found on the NHS website

www.nhs.uk/live-well/sleep-and-tiredness/healthy-sleep-tips-for-children/