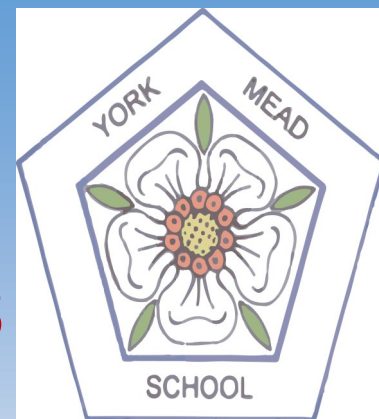


# Yorkmead School



## Mental Health & Well-being Newsletter — September 2023

Welcome to our third mental health and well-being newsletter.

In this issue, we will be looking at physical and mental well-being, mindfulness and resources for bereavement.

Two important steps to good mental health are to connect with others and to stay physically active.

With this in mind, we have worked hard to increase our PE and After-school provision. The installation of The Canopy (or Stadium as some children have named it!) has meant that all children now have two sessions of PE every week.

This enables all children to learn PE, Dance, Gymnastics and Sports skills.

Children also have access to sports clubs and sports coaching, along with self-esteem and social skills sessions.



<b>A</b>	<b>ALL TOGETHER:</b> We are one team!
<b>B</b>	<b>BE OPEN-MINDED:</b> Read a book!
<b>C</b>	<b>CURIOSITY:</b> Explore & Discover!
<b>D</b>	<b>DETERMINATION:</b> Challenge yourself!
<b>E</b>	<b>EMPATHY:</b> Friendship Garden
<b>F</b>	<b>FAIRNESS:</b> Play together!

Over the coming year, you will start to see some changes in the playground. We have been busy redesigning our outdoor spaces to link with Our School Values. These will include a new climbing tower for early years, an outdoor gym and a Friendship Garden.

All of these are being developed to further enhance our children's physical, social and mental health. Exciting times ahead!

To find out more about any of our initiatives please speak to Mr. Neale-Crane, Miss Wilkinson or Mrs. Bibi.

# TESCO IN-STORE VOTE!



We are delighted to let you know that our application to the Tesco Stronger Starts has been successful and our project will be put forward to a customer vote in Tesco stores.

Voting will commence in store from the first week of October 2023 until Mid January 2024.

Yorkmead Primary School  
Get Children Reading Outdoors

As part of our playground improvement program, we aim to set up an outdoor library and reading area. This will be a safe space where children can relax and unwind with a good book.

You can vote for our project at these stores:

2344 Hall Green Stratford Rd Express B28 8AB  
2624 Hall Green Large Store B90 3LU  
5498 Kings Heath Birmingham Express B14 6EB  
5656 Robin Hood Birmingham Express B28 0LG  
6685 Birmingham Alcester Express B47 5PN

(One token per visit)

The School Council will be organizing some fund-raising opportunities to help towards the cost of our planned improvements to the other areas of the playground.



# TUESDAY 19TH OCTOBER IS WORLD MENTAL HEALTH DAY HERE ARE SOME MINDFULNESS ACTIVITIES TO TRY AT HOME ...

## Counting breaths

1-2-3

- Encourage the children to focus on their breathing by counting the number of 'in' breaths and 'out' breaths.
- "I am breathing in 1, I am breathing out 1, I am breathing in 2, I am breathing out 2...". Encourage them to continue do this until they reach number 10.

## Using the senses

- Remind the children of the five senses (seeing, hearing, smelling, touching and tasting).
- In this order, ask children to focus on one sense at a time, noticing:
  - Five things they see
  - Four things they hear
  - Three things they smell
  - Two things they can touch
  - One thing they can taste

5 x 

3 x 

1 x 

4 x 

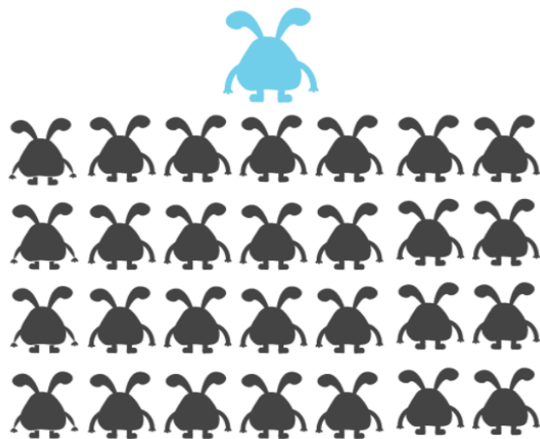
2 x 

- By focusing on one sense at a time, children will be able to reduce their anxiety.

Until next time, keep an eye out for a few changes starting in the playground!

Mr. A Neale-Crane (Assistant Head Teacher and Senior Mental Health Lead)

# Bereavement Support — Information and more resources from <https://www.winstonswish.org/>



Did you know that by the age of 16 at least one child in every classroom (1 in 29) will have experienced the death of a parent or sibling? (Penny and Stubbs, 2015)

These deaths are one of the most fundamental losses that a child will ever experience and without the right support it can lead to a range of problems, some of which can persist into adulthood.

Other deaths may also affect a family and one study showed that 78% of secondary school pupils felt that someone significant in their lives had died.

Every pupil's needs are different. However, it can be helpful to bear in mind two apparently opposing ideas:

Things are different for them because of their loss and it is helpful for this to be acknowledged



They also want to be treated in the same way as others

They don't want to be defined by their loss, however it is important to be sensitive to the ongoing impact it will have on them.

## Freephone Helpline

Winston's Wish has a Freephone National Helpline (08088 020 021) available for parents or professionals to call between 9am and 5pm Monday – Friday.

## Childhood Bereavement Network

Further information about organisations that offer support to bereaved children can be found on the [Childhood Bereavement Network's website](http://www.childhoodbereavementnetwork.org.uk). ([www.childhoodbereavementnetwork.org.uk](http://www.childhoodbereavementnetwork.org.uk))

## Cruse

For adults who need extra help, [Cruse](http://www.cruse.org.uk) ([www.cruse.org.uk](http://www.cruse.org.uk)) offers a range of services across the UK.

## E-mail Service

We also have an e-mail service ([ask@winstonswish.org](mailto:ask@winstonswish.org)) for families and professionals to access through our website and we will try to answer you within one working day.