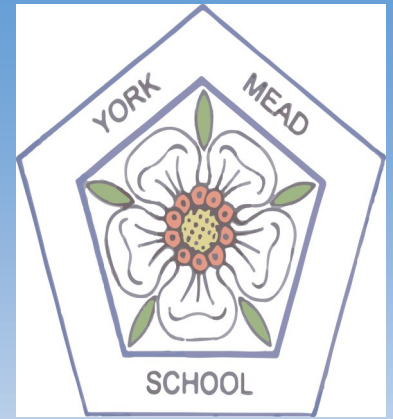


Yorkmead School



Mental Health & Well-being Newsletter — December 2023

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

In this issue, we will be looking at feelings and emotions, including some techniques for dealing with strong feelings through emotion coaching.

As we head into winter, the dark mornings and evenings can seem like a magical time, particularly with frost on the ground and twinkling lights in all the shops.

However for some people, winter and the festive season can be a time of sadness, loneliness and loss.

Here are some activities that can promote positive wellbeing in children and adults.

Sometimes the pressures of life can get on top of us all.

If you have any concerns regarding your children or there is a significant life event or change in circumstance, that may affect your child's well-being, then please do let school know so that we can put support in place.

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

Malachi Family Support

**We are
working in
your child's
school**



Supporting you...
Supporting your family



At school, we recognize that children and their families all have struggles in life. We buy into this service who are able to work with parents and children who may be going through difficulties in life.

Malachi offer twelve sessions of family support with a designated support worker who can talk through any problems or issues that you or your child may be going through. The service is confidential, supportive and fully funded by school.

If you would be interested in being referred for this service please contact:

Mr. Neale-Crane (Assistant Head Teacher and Wellbeing Lead)

enquiry@yorkmead.bham.sch.uk or

Telephone (0121) 4644215

Who are Malachi?

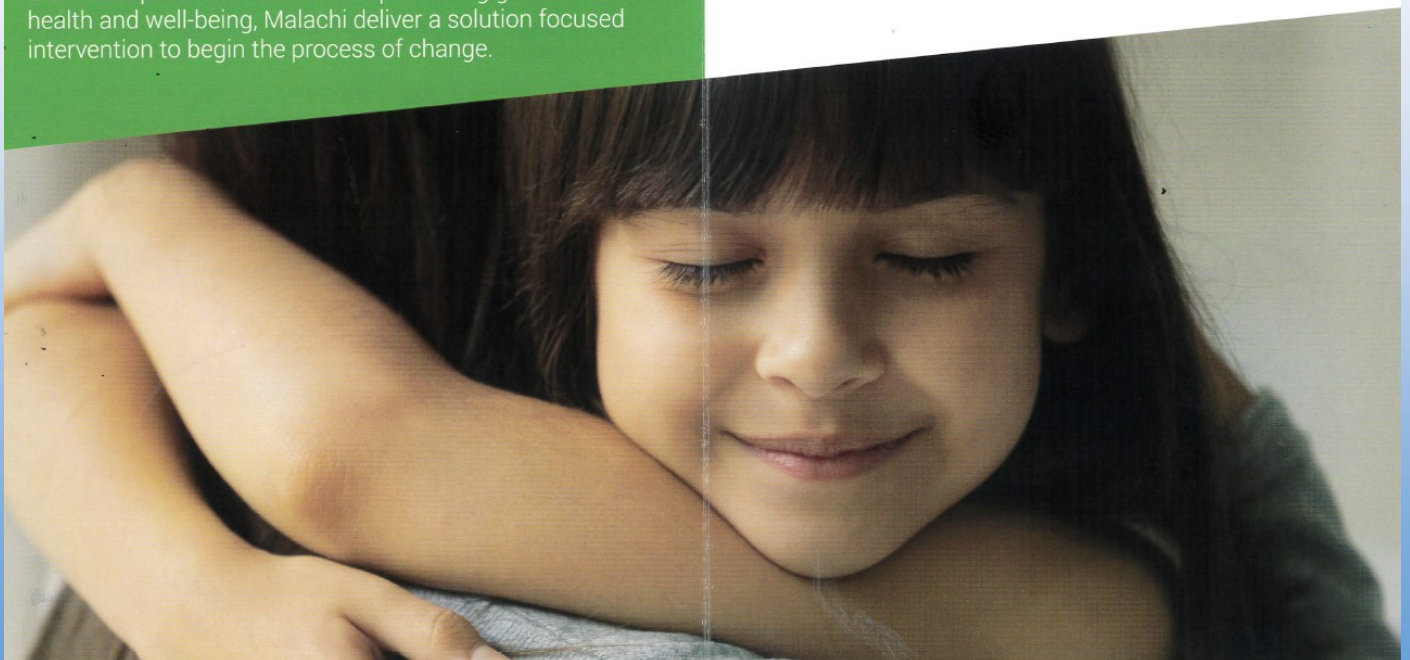
We are a therapeutic family support organisation working in your child's school. Using therapeutic based techniques we aim to support you and your child to see a better future, believe it's attainable and choose to make it happen.

Malachi offers a one-to-one support service for children and their parents/carers. By creating a safe space for them to express themselves and promoting good mental health and well-being, Malachi deliver a solution focused intervention to begin the process of change.

How can we help?

We offer a non-judgmental support service for children, parents/carers with the following challenges:

- ▶ Emotional Well-being
- ▶ Anxiety & Stress
- ▶ Bereavement
- ▶ Family Breakdown
- ▶ Improved Attendance
- ▶ Behaviour



TESCO IN-STORE VOTE!

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.

Remember you have until mid-January to 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

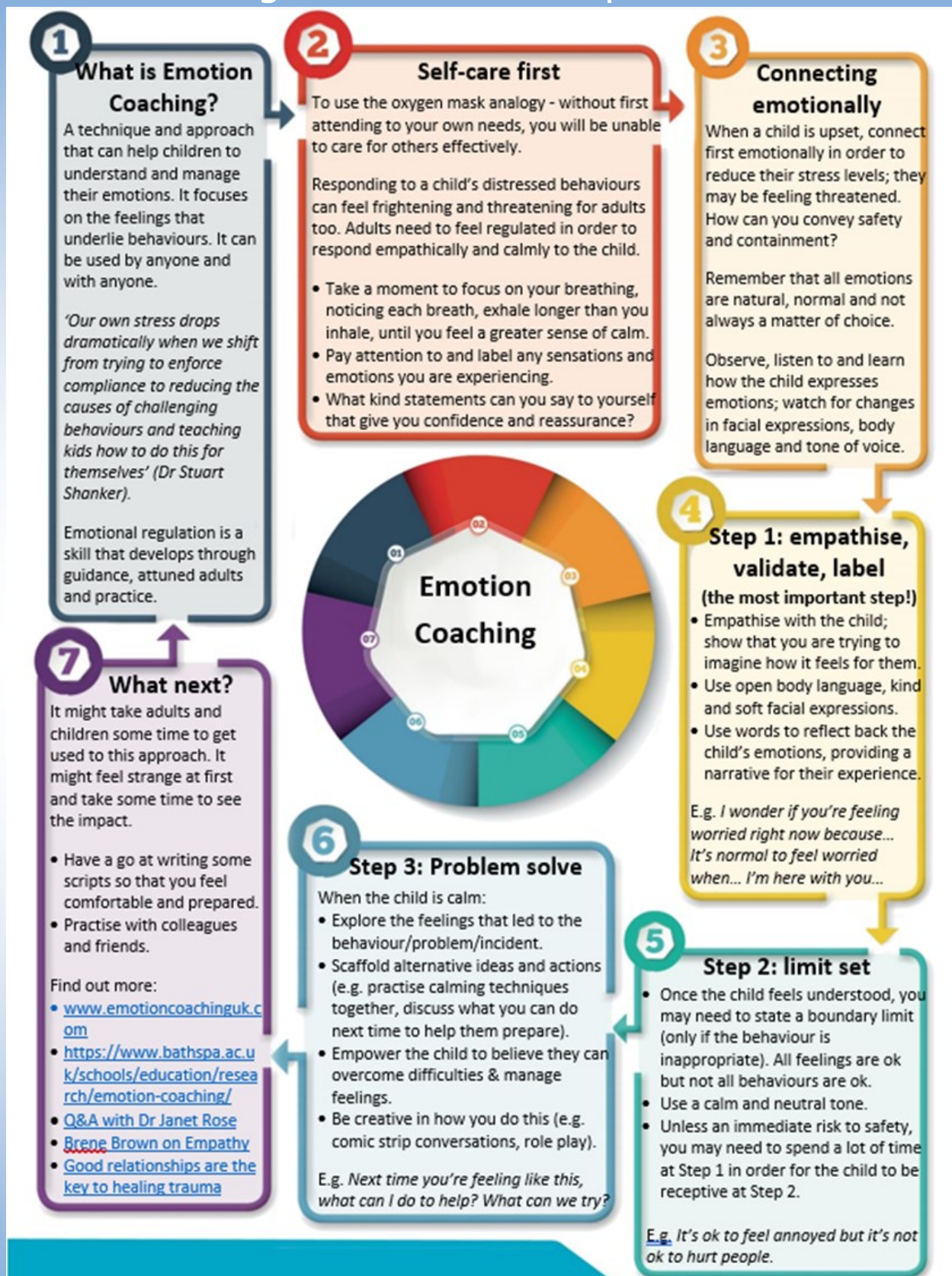
(One token per visit)

You may have spotted some new additions to our playground...



There will be more exciting changes to come in the summer!

At school we have been looking at ways in which we can support children who are upset or angry, through emotion coaching. Here are some tips ...



Until next time, have a lovely holiday, rest and recharge ready for the new year!
Mr. A Neale-Crane (Assistant Head Teacher and Senior Mental Health Lead)