



...working together

# Wellbeing

## Update Autumn

### Term 2020

Dear parents/carers,

We are continuing to embrace the wellbeing of all of the pupils and staff in school, especially in such difficult and challenging times.

Each term we will provide you with a wellbeing update to keep you informed of the progress we are making on our journey to achieving the Wellbeing Award. This half term we have appointed 'Wellbeing Warriors' from Years 1 & 2 to support pupils in class and on the playground. These pupils have had playground training which has involved encouraging children to play different games and look out for children who may be feeling sad. We have thoroughly enjoyed seeing what you have been doing at home for your wellbeing. Please continue to send in any wellbeing moments to your year group email address. Please keep an eye on Facebook for any wellbeing updates.

#### Nursery

Nursery have enjoyed receiving so many 'Wow Moments' this half term.

Nursery pupils celebrate something good every day.

All of the children have been settling in well.

#### Reception

Reception have enjoyed receiving so many 'Wow Moments' this term. It is really important to acknowledge such milestones and by sharing them with us it means we can celebrate and inspire others in our class.

All of the reception pupils have settled in well and increased their independence skills.

#### Year 1

We have circle time sessions so we talk about our feelings and how we can help ourselves and others to be kind and happy members of the school. We enjoy Cosmic Yoga sessions, where we get the opportunity to relax and concentrate on our own wellbeing in a calm environment.

#### Year 2

In Year 2, we participate every morning with Jump Start Johnny. This helps us to exercise our minds so we are ready to learn.

All pupils experience relaxation and reflection time in the afternoons.

#### Wellbeing Warriors

We have elected Wellbeing Warriors in Years 1 & 2. The role of a Wellbeing Warrior is to support their peers in being kind, helpful and a good listener.

#### Worry Jars

Every class has a Worry Jar for pupils, who may lack confidence to share their concerns.

We have some members of staff who offer pastoral support to pupils in school when needed.

#### Support and Information

Samaritans

Young Minds – parents helpline  
08088025544

Place2be

Emotional Wellbeing & Mental Health Service (EWMHS) for children & young people

#### Assemblies

**This term, the themes are about "New beginnings" and "Getting on and Falling Out"**

#### Forest School

All of the Year 1 & 2 pupils have enjoyed their Forest School sessions. The sessions have been relaxing and good for the children's wellbeing.

**Top Tips** A range of very simple techniques can be very effective when trying to calm down and relax:

- Breathe slowly through the nose, hands on the tummy and eyes closed.
- Breathe slowly and count from 1-5 (counting breath).
- Breathe out slowly as if blowing out the candles on a birthday cake.
- Visualise a calming colour as you breathe out (colour breath).
- Visualise a calming place as you breathe out.
- Say a word to yourself or short sentence ("I can keep calm").



# MANAGING CORONA VIRUS (COVID-19) ANXIETY



## For You

- Avoid excessive exposure to media coverage
- Connect through calls/text/internet
- Add extra time for daily stress relief
- Practice self-care
- Focus on your mental health

BlessingManifesting

## For Kids

- Reassure them that they're safe
- Let them talk about their worries
- Share your own coping skills
- Limit their news exposure
- Create a routine & structure

## For Quarantine/Isolation

- Keep in contact with your loved ones via social media, texts, and phone calls
- Create a daily self-care routine
- Keep yourself busy: games, books, movies
- Focus on new relaxation techniques