

MPS Wellbeing Newsletter

Healthy me,
inside and out!



At MPS we believe Mental Health and Wellbeing is how we feel, think and act. It determines how we handle stress, manage relationships and make choices. It is important to all of us, at every stage of our lives from childhood through to adulthood.

The MPS Team

The following staff are points of contact within the school should you have any concerns:

Mrs. K Halliday – Designated Senior Mental Health Lead, KS2 Assistant Head

Mrs. A Jones – PSHE Subject Lead, KS1 Assistant Head

Mrs. N Goozee – SEND Coordinator, Mental Health Anti-stigma Ambassador

Mrs. H Coyle – Inclusion Manager

Mrs. A Waez – Mental Health and Wellbeing Governor

Welcome to our first Mental Health and Wellbeing Newsletter

It seems fitting that in Children's Mental Health Week we have decided to launch the first edition of our Mickleover Primary School Mental Health and Wellbeing Newsletter. The Newsletter aims to keep you up to date as we work towards developing a whole school approach to Mental Health and Wellbeing.

Children's Mental Health Week

3-9 FEBRUARY 2020 IS CHILDREN'S MENTAL HEALTH WEEK

The week is run by children's mental health charity **Place2Be** to focus on the importance of children and young people's mental health. This year's theme is **FIND YOUR BRAVE**.



WHAT'S IT ALL ABOUT?

Bravery comes in all shapes and sizes and is different for everyone. Bravery can be about sharing worries and asking for help, trying something new or pushing yourself outside your comfort zone. **FINDING YOUR BRAVE** can build your confidence, self-esteem and make you feel good about yourself.

Life often throws challenges our way. Bravery isn't about coping alone or holding things in. It's about finding positive ways to deal with things that might be difficult, overcoming physical and mental challenges and looking after yourself.

We all have times when we need to **FIND OUR BRAVE**.

If you would like to get involved, you will find many helpful tips for you and your child, to help them to find their brave at

<https://www.childrensmentalhealthweek.org.uk>

Hector



MPS pet therapy dog

Hector has now passed his phase 1 of puppy training. He is about to start the 2nd phase of his obedience training.

Facts about Hector

Breed: Border terrier

Age: 11 months

Birthday: March 2nd

Favourite toy: any squeaky toys

Favourite dinner: chicken and vegetables

10
KEYS TO
HAPPIER LIVING

ACTION FOR HAPPINESS

Find out more about the
10 Keys to Happier Living
at actionforhappiness.org



Relating

The people around you offer a valuable pool of support so it's important to put time into strengthening those connections.

Give it a go:

- Meet up with someone you haven't seen in a while
- Turn off distractions to chat with friends or family about your day



Can Ed sweep his troubles away?



Autumn Term

In November we launched our Mental Health and Wellbeing work with the children as part of our theme week. As part of the week all children were introduced to the book *Sweep* by Julia Grieg – an uplifting story about how to confront big emotions. The children used the book as a stimulus to discuss anger and what to do when you feel angry. The children also engaged with art and craft based activities linked to the book.

Mrs. Goozee and four of our Y5 children – Archie, Milly, Milo and Beeba represented our school in the 'Be a Mate' campaign. The children took part in some training aimed at reducing the stigma surrounding Mental Health. The children are currently working on an action plan to spread this message throughout the school.

Curriculum

As part of our teaching and learning on Mental Health and Wellbeing, our PSHE curriculum will explore the link between physical and mental health and wellbeing. We shall be using materials and resources from the PSHE Association

Reception

Our Reception children will explore feelings and emotions – happy, sad, worry

Y1 and Y2

Autumn Term - We all have feelings
Spring Term - Good and not so good feelings
Summer Term - Big feelings

Y3 and Y4

Autumn Term – Everyday feelings
Spring Term – Expressing feelings
Summer Term – Managing feelings

Y5 and Y6

Autumn Term – Mental Health and keeping well
Spring Term – Managing challenges and change
Summer Term – Feelings and common anxieties when transitioning to secondary school

Questionnaires

A big 'thank you' to all of you who took the time to complete our Mental Health and Wellbeing Questionnaire. The questionnaire forms part of our work towards the Carnegie Centre of Excellence for Mental Health in Schools Award. The questionnaires tell us that as parents you feel confident that the school is able to support the emotional needs of your child/ children and that you, as parents feel confident about spotting the signs of poor mental health in your child. You also told us that as a school we have a culture and ethos that is focused on emotional health and wellbeing.

Some parents took the time to add some comments – here is a selection:

"In my experience, Mickleover Primary School stands out in terms of looking after children's mental health. It seems they are often taught to consider their mindset and emotional wellbeing and this filters through in their attitude and approach."

"I think awareness and openness is improving in mental health. People should not be afraid to be open about mental health and it is 'ok' to not be 'ok' all of the time."

"I do not know what if anything, the school does around mental health. I know they have a therapy dog – that's it"

"The school has been really helpful and kind during real periods of pain, stress and uncertainty. Thank you very much!"



Before the launch of our Mental Health and Wellbeing work, every child in the school took part in an anonymous survey. The survey results were very positive.

Your children tell us that they

- are happy at home
- are happy at school
- have positive self – esteem
- know who to talk to if they are sad or worried
- have aspirations

An analysis of the surveys showed a trend across the school relating to sleep. Your children are telling us that some of them have trouble going to sleep or wake up during the night.

The Sleep Council has lots of practical advice and leaflets for parents relating to many different sleep scenarios. Please visit their website for further information

<https://sleepcouncil.org.uk/>