

MPS Wellbeing Newsletter 5

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

Mrs. H Coyle – Inclusion Manager

Mrs. A Waez – Mental Health and Wellbeing Governor

Our MPS Community – Thank You!

The last week of any school term is always a busy one as teachers say farewell to the children they have grown to know; children who are all unique and have talents, values and attributes which make them the individuals they are. This year saying good bye has been a particular challenge for us all. We have tried our best to stay connected with you as a school community. Over the last two weeks, we have enjoyed welcoming back our Year 6 children for their transition work (how some of them have grown!) and we can't wait to see those of you who have not had a chance to be in school, on our Year group picnic days. We will have so much to catch up on!

Last week, we said goodbye to our children from Ladybirds, Bees, Cats and Dolphins. As I watched from the school gate, I saw many warm exchanges of "Thank You" between parents and teachers which was uplifting to see. There was almost an unspoken acknowledgement on both parts of the unsettling and difficult last few months and the support that both teachers and parents working together have given to the children. Many of you have already started to deliver Thank You cards, flowers and chocolate treats which of course are very much appreciated but not expected – a spoken Thank You is very powerful and enough to make any member of staff well with pride!

All of us here at MPS would like to say Thank You to all our parents and carers who have worked so hard to support their child / children with their home learning tasks. We knew that you would want to do your best and you have not failed. It has been hard. It has not been without its moments of frustration and doubt but

YOU DID IT !




Our MPS approach – September 2020

In September, your child / children will be looking for some support as they re-join our MPS Community. The support we give them as their parents and teachers will create a secure base from which they can thrive, flourish and become learning adventurers once more.

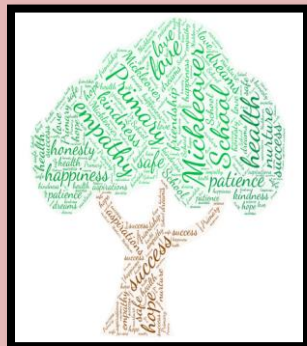
How will we support them at Mickleover Primary School?

As a school, we have devised a set of guiding principles, which will permeate our approach to welcoming all children back into school. The principles are based on The Embark Federation's Recovery Curriculum – which staff at MPS have accessed in terms of training and resources.

<p>Mickleover Primary School</p>  <p>Guiding principles for welcoming pupils back to school.</p>	<p>We will meet our children where they are and will not assume that we know how children are feeling and that they will be the 'same as before'.</p>	<p>We will empathise and not judge. We will listen and acknowledge concerns, however small. We will facilitate a sense of safety – physical safety and emotional safety.</p>
<p>We will reassure - we will come through this and a new 'normality' will return. We will take time to acknowledge what has happened. We will be right by their side.</p>	<p>We will allow our children to catch up with each other and re-connect socially and emotionally – they will have a lot to share.</p>	<p>We will be positive, look for the best in all, and celebrate small steps forward.</p>
<p>We will go out of our way to check in with all, whilst prioritising those most vulnerable and who are known to be grieving and struggling. We shall be alert to potential hidden troubles.</p>	<p>We will focus on re-establishing relationships, routines, learning habits and respond to our children's voices.</p>	<p>We will prioritise mental health and well-being offering support to those who may be struggling.</p>
<p>We understand that there will be no short cuts to success; we will therefore invest the time needed to get this right for all.</p>	<p>We will be emotionally present, smile and welcome children with our words, body language, gesture, pitch, tone – sending the subtle but powerful cues of safety.</p>	<p>We will be child focused. We know that catching up on lost learning will not happen immediately. We are focusing on the road to success, ensuring the foundations are strong , creating a secure base from which we can thrive and flourish</p>
<p>We will re-connect, re-engage, and re-enthuse our children back into a love of learning. Re-training brain and body, collectively.</p>	<p>We will go out of our way to look after each other- we are very much aware that our staff, parents and our families may be struggling.</p>	<p>We acknowledge that we may not always get it right but we will learn from our mistakes and maintain the courage to try new things.</p>

Mickleover Primary School – A Recovery Curriculum.

The aims of our MPS Recovery Curriculum and our approach are outlined below, alongside how we hope to deliver it and what we hope to achieve.



Intent

- To provide our children with a safe & welcoming environment
- To provide our children with a supportive curriculum to welcome them back in to school life



Implementation

We shall

- establish class rules and new safety rules
- re-visit the school rules – we will follow our behaviour policy and traffic light system but we shall offer more verbal warnings.
- re-visit the school's vision, aims and values – through assemblies
- focus on SMART Learner and Growth Mind-set skills
- Deliver learning via small steps based on where the children are
- implement a broad curriculum which places an emphasis on learning skills and attitudes
- provide PSHE activities based around core themes

PSHE

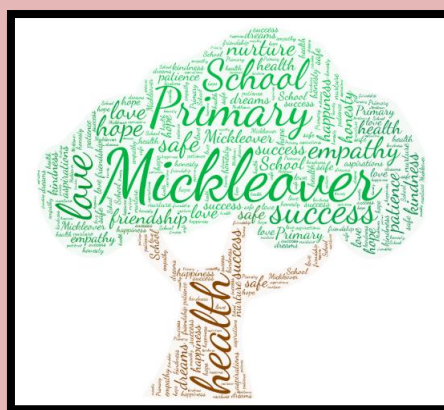
We will explore the following themes:

1. Same but different – compare school and home during lockdown to school and home now. What are the children's hopes and fears about being back at school? What do we think we have forgotten? What have we learnt?
2. Memories – we shall reflect on and share our lockdown experiences and home/school based via the sharing of work, photographs and displays.
3. Friendships – what makes a good friend?
4. Relationships – getting on together - include networks – who is there to help you? Who can you turn to for help?
5. Resilience - perseverance
6. What does the future look like? Dreams and Aspirations
7. We shall plant a tree – A Tree of Hope in our school grounds with a COVID capsule buried underneath. We shall acknowledge the events that have happened but look forwards too.

Impact

Our children will feel safe in school and know who to turn to for support.

Our children will have the tools for personal growth and resilience to be successful in the next phase of their learning. Tools such as stamina, concentration, confidence and self belief



How can you support your child's return to school?

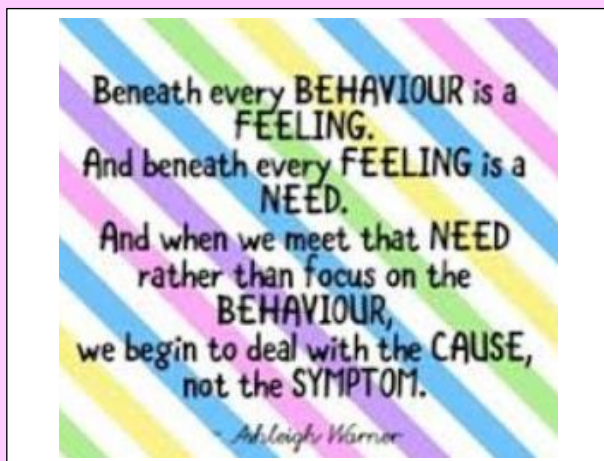
1. Start to develop good bedtime routines at least a week before school starts.
2. Make sure your child has breakfast before coming to school.
3. Hang your child's uniform in a visible place – on the wardrobe door – a few days before school starts
4. Talk to them about the start and end of day routines – tell them who will be taking them to school? Who will be picking them up?
5. Talk to them about what they might expect – use Mrs. Gerver's parent guide, which will be e-mailed to you before the September start.
6. Equip them with what they will need for the day – don't forget stationery!

Children are very receptive to changes in their environments – they pick up fluctuations in atmosphere and changes in mood. Like little sponges – they soak things up, but don't forget they can also move on, with a little help from the adults who take care of them.

You may notice some anxiety in your child as they return to school. These may include:

- * becoming more clingy, needing to be close or have more contact with adults they feel secure with
- * refusing to leave parents or carers
- * refusing to come into school
- * increased irritability, defiance or angry outbursts
- * difficulty concentrating or focusing
- * difficulty sleeping
- * becoming withdrawn or quiet, preferring to play on their own or avoid contact
- * regressive behaviour, such as thumb-sucking, chewing clothes, nail biting, soiling

We are here to support your child. If you wish to share with us information linked to your personal experiences and circumstances linked to the pandemic, we are here to listen. It may be that your child is anxious because of what has happened and we can try to re-assure and support them during the school day.



Ashleigh Warner - Psychologist

Should you need to make contact with school in relation to the above please do so by e-mailing the school office and asking for either your child's class teacher or one of the MPS Team named at the start of this newsletter.

admin@mickleover.derby.sch.uk

We have had a fantastic response to our Life in Lockdown Photography Challenge.

We have selected three of our favourite photographs for each Year group. The selected photographs will be displayed as a Gallery in our school hall ready to be shared with the children in September.

The selected photographs are:

Reception: Miwa, Bella & Kara

Year 1: Lottie, Archie & Josh

Year 2: Ava, Siddhes & Alfie

Year 3: Emily, Oliver

Year 4: Poppy, Cooper & Isla

Year 5: Zenaya, Hollie & Isaac

Year 6: Summer, Tilly & George



As part of our transition from home learning to school based learning, we are celebrating the work completed by all the children in a Learning Gallery.

We are especially proud of all the Kindness work you have been involved in at home, in school and within the community.





Hector has been a huge asset to the school in the last few months providing staff and children alike with comforting cuddles, a listening ear and lots of fun! But don't just take my word for it

Hector is our school dog. I think Hector is a good idea. He is therapy for me.

I like to stroke Hector. He makes me happy.

Hector is a great idea ... he calms you down.

If you feel sad, you can stroke Hector and you feel better

Hector is a good dog. He is furry and happy.

Reading to support your child on their return to school

Everybody Worries
Written and illustrated by Jon Burgerman

In this bright and friendly picture book, children learn that it's okay to worry about coronavirus. Fun rhyming couplets keep the tone gentle and supportive, and you will find plenty of ideas for dealing with coronavirus in a positive way.

Everybody Worries offers your child the reassuring message that this crisis will pass, we are there for them, and we will get through this together.

<https://home.oxfordowl.co.uk/books/jon-burgerman-everybody-worries-free-ebook/>

Ruby loves being Ruby. Until, one day she finds a worry. At first, it is not such a big worry, and that is all right, but then it starts to grow. It gets bigger and bigger every day and it makes Ruby sad.

<https://www.youtube.com/watch?v=LWS0Q5oCUNE>

How can Ruby get rid of it and feel like herself again?

Finally, I hope that over the next few weeks the weather stays fine and dry and that we can all spend some time re-connecting with our family, relatives who live further afield and friends. Have an enjoyable summer.

Mrs. K. Halliday
Designated Senior Lead for Mental Health and Wellbeing
KS2 Assistant Head

This is all a bit too much for me ...

Any change takes time to adjust to – not just for us but for the children too. There will be difficult days not just for you but also for your child/children as the novelty of the changes and the reality of the situation sinks in.

The following resources may be of use:

	Website	
Child line	www.childline.org.uk 0800 11 11	Website has tips and advice on how to deal with worries linked to coronavirus, lockdown and suggested activities to do if you are feeling anxious.
Kooth	www.kooth.com	Kooth is a free online Mental Health and Wellbeing resource for children aged 11 + (Year 6) and young people in Derby and Derbyshire that requires no formal referral, instead only requiring the user to set up an account on the website. Available 365 days of the year via mobile, tablet and desktop devices from 12 noon to 10pm Monday-Friday and 6pm-10pm at weekends.
Think u know	www.thinkuknow.co.uk	Thinkuknow is the education programme from NCA-CEOP, a UK organisation that protects children online. The parent /carer section has advice, tips and guides about how to keep children safe online.
Qwell	www.qwell.io	Online counselling and wellbeing support for adults.
MindEd for Families	www.mindedforfamilies.org.uk	Learning resource about the mental health of children, young people and older adults.
Young Minds	www.youngminds.org.uk	The UK's leading child and adolescent mental health charity. The info for parents is especially good.
Samaritans	www.samaritans.org 116 123	Free confidential support line for people who are feeling overwhelmed by problems they are facing.
Refuge	www.nationaldahelpline.org.uk 0808 2000 247	Domestic abuse helpline and online support and information Free 24/7
Citizens Advice	www.citizensadvice.org.uk	Online free advice –helping you to find a way forward on many issues. Lots of advice relating to coronavirus and work related / income concerns.