

## Newsletter

### Welcome to our first newsletter!

We wanted to share with you all of the great work that is happening in school and strategies we are developing to help everyone be safe and happy with positive emotional well-being.

*We wanted to take this opportunity to introduce ourselves to our family and friends and academy community...*

Meet our 2021 MH&WB Champions team



### What is the role of a Mental Health Champion?

Each class has their own pupil Mental Health Champion who is there to help by listening, smiling and spreading positivity! We are extremely proud of our team and how dedicated they are to supporting others.

We meet with our Mental Health Ambassadors, Miss Power and Mrs Smith every week to check in and learn new techniques and skills to help in supporting others. We have been developing our understanding of a range of breathing techniques that we can then teach our classes so that they know how to calm themselves in difficult situations or give themselves a chance to 're-set' and then improve their focus and concentration.

We are always here to listen with a friendly, caring face to help make everyone smile and feel comforted and cared for.

### Hello Yellow Day!

On October 8<sup>th</sup>, we supported the Children's Mental Health charity, 'Young Minds' by participating in 'Hello Yellow Day 2021'. A huge thank you for all of your generosity and we are pleased to say that we raised nearly £200 for the charity to help them continue the amazing work they do in supporting children all over the country with their mental health needs.



## Self-Regulation Stations

As part of our academy trust ethos of 'Emotion coaching' we are trying out some new ideas to help pupils to manage their emotions and develop their own self-help strategies.

We are beginning to introduce 'Self-Regulation stations' as part of our academy ethos to promote mental health and well-being following the principles of 'emotion coaching' and understanding the different emotional needs of our pupils. A range of activities and equipment have been provided to provide a much-needed break to reset themselves and be able to re-engage independently. Stations have mindful colouring activities, examples of breathing techniques, physical stretching activities called 'Power-up' along with sensory objects and items to touch and hold to alleviate stress and anxieties.

If you would like any information on these activities please contact the team in school who will be happy to share them!



## Introducing 'Chat Spots!'

We now have special places on the playground where children can pop for a chat if they feel unhappy or are worried about something. Our dedicated Mental Health Champions are there to listen and support. We understand how important it is that everyone feels happy and safe at playtimes and has a positive social experience.



*If you would like information or support on children's mental health please contact our team and consider other support available from a range of dedicated charities and organisations available.*

**YOUNGMINDS**  
The voice for young people's mental health and wellbeing

[www.youngminds.org.uk](http://www.youngminds.org.uk)

Parent email: [parents@youngminds.org.uk](mailto:parents@youngminds.org.uk)



<https://www.place2be.org.uk/>



<https://www.annafreud.org/>



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