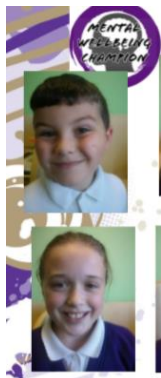


## Newsletter

### Welcome to our Summer Term 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. A huge thank you to our friends and family for all of your support and making our academy community so special!

Here is our amazing 2021 - 2022 Mental Health team! ...



Meet our 2021 MH&WB Champions team



### North Lincs Stay Safe Conference 2022

Our Mental Health Champions were invited to attend the North Lincs Stay Safe Conference at the Baths Hall on Friday 24<sup>th</sup> June 2022. This was a great opportunity for them to share their amazing work and ideas with other local schools and academies. We could not have been prouder to explain the amazing ideas and initiatives we have put into place to support our pupils this year. We certainly impressed the visiting experts with our knowledge, skills and ideas while the children's commitment and passion beamed through. We were also able to learn about some new ideas that will help us to develop our provision further in the academy. What a super event and opportunity for all who attended. A big thank you to Miss White for supporting the pupil champions this year too!



### Environmental Ambassadors update

Our Environmental Ambassadors have been working so hard to ensure our outdoor areas are safe for local wildlife and well stocked with a range of different plants and trees. They even supported Year 3 with their special Jubilee Diploma project 'Brumby in Bloom' as a tribute to the national campaign 'Britain in Bloom!'.

Here is just a taster of some of the amazing things they have been doing: planting a tree for the Queen's Jubilee, creating beautiful planters, continuing with Bird watch to name just a few!



## Introducing Wellbeing Wish Boxes...



### Wellbeing Wish boxes...

Our pupils requested a special box in each classroom where they can place messages, ask questions, make requests or share any worries so here they are! These boxes will be checked regularly by the Mental Health Champion and then the team will act on any requests. We hope this will help our pupils who feel less confident in speaking to someone face to face then they can share their thoughts in writing and still be heard.

## Mental Health Awareness Week 2022

This year the theme for National Mental Health Awareness week was 'Loneliness' so in our 'Time to...' sessions and assemblies we explored the true meaning of loneliness and how this is different to having some 'alone time'.

As part of our campaign to raise awareness we launched a competition to create a mascot for positive mental health who could help combat loneliness. We were overwhelmed with so many incredible entries which made it so difficult to choose just one winner – so we awarded two!

The deserving winners had their mascot created by a local graphics designer and received a framed version to keep forever! Take a look at our winning creations...



### A visit from Miss Withers our Mental Health link Governor...

We welcomed our new Mental Health Governor, Miss Withers who is also a Science teacher at Outwood Brumby just next door! Miss Withers was taken on a tour of the academy by our Mental Health Champions who explained all of the Mental Health support systems we have in place and the displays around the academy that showcase how we have raised awareness for national campaigns and promoted positive mental health for all of our pupils. She was so impressed with the team and everything that she experienced that she sent a lovely 'Thank you' letter to all staff and pupils and can't wait to visit us again – top work Team!





### SATS Breakfast Club ...

This was available for all year 6 pupils every morning during SATS week to support pupils.



### SATS Stress Buster lunchtime sessions...

for the weeks leading up to SATS and during SATS week Mrs Wood and Mrs Moore offered relaxation and social sessions in the library to help our pupils unwind and reset themselves to promote positive vibes!



### Wellbeing Wednesday Parent Events...

We were overwhelmed by the support of our families and friends when we launched our first 'Wellbeing Wednesday' event in the Summer term, the hall was packed! We welcomed several outside support agencies like the Community participation team, School Nursing team and Planting seeds Parent therapy group who with continued to work with on follow up events. Our next Wellbeing Wednesday in collaboration with 'Planting Seeds' will be coming up in July – please come and join us!

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.



[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/>



#### WHAT IS ONLINE SUPPORT AND INTERVENTION (OSI)?

**PARENT-LED PROGRAMME**  
We'll work with you not your child! We believe you're the expert when it comes to your child - you know how your child may respond to different things and understand how to encourage your child to face their fears!

**WHAT HAPPENS IN THE PROGRAMME?**  
Across [seven](#) modules you'll learn different techniques to help with your child's anxiety. Alongside each online module you'll be supported with a **20 minute call** with a Wellbeing Practitioner to help tailor the content to your child's experience.

**WHO MIGHT BENEFIT?**  
Things that families have used OSI for include but aren't limited to:  

- school worries
- bedtime fears
- specific worries/phobias e.g., spiders
- building confidence
- increasing independence



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



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

