



Weston Park Primary Safeguarding Newsletter

May 2022

Issue 8



Weston Park Primary School
Designated Safeguarding Lead is Nicki Windle
Contact on 02380448962
n.windle@weston-park.org.uk



*Hello and welcome to our monthly safeguarding newsletter / update.
If there is any aspect of safeguarding and staying safe you would like us to share please let one of the team know.*

Mental Health

Looking after the mental wellbeing of both you (parent / carer) and your child.

At the Weston Federation of Schools, we are committed to supporting the emotional health and wellbeing of all our pupils, parents / carers, and staff. We understand that everyone experiences challenges in life that can make us vulnerable and at times, anyone may need additional support in some way. We take the view that positive mental health is everybody's business and that we all have a role to play.

As we are beginning to get better weather, longer days and we approach the summer months we have more opportunity to spend time outdoors and this can help when it comes to supporting and working on our mental health – and so this newsletter is all about supporting both you as a parent/carer, and your child, with mental health and wellbeing tips.

5 Ways to Wellbeing



Here are 5 general ways we can improve our general wellbeing that also supports our mental health and emotional wellbeing. These 5 strands can make a difference to how children feel, think, and react to life and all its ups and downs.

The 5 Ways to Wellbeing are –

- 1 – **Connect** – talk & listen, be there and feel connected.
- 2 – **Be Active** – do what you can, enjoy what you do, move your mood.
- 3 – **Take Notice** - remember the simple things can give you the most joy.
- 4 – **Keep Learning** – embrace safe new experiences and keep learning, see new opportunities – surprise yourself!
- 5 – **Give** – your time, your words, your presence.

4 Tips for managing your own mental health

If you struggle with stress and anxiety as a parent, you're not alone. The Mental Health Organisation reports that approximately 68% of women and 57% of men with mental health problems are parents – indicating that parents may need to be doing more to support themselves and to help each other.

Here are some tips to help you deal with the daily challenges of being a parent, not only for your own benefit but to support your children's development too.

- 1 - **Know that when you look after yourself, you set a good example and instil mental and emotional health values in your children – no matter their age.**
- 2 - **Be honest and open about your feelings, and don't shy away from labelling and teaching your children about those emotions.**
- 3 - **Embrace and pass on positive coping techniques. If you need a 5-minute sit-down, to take a few deep**



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breaths, or a walk outside, embrace those needs and tell your children about them.

4 – Parents, will not be surprised to hear that one of the most common questions parents seek support for is how to deal with challenging behaviours – especially in relation to managing your own emotions in difficult situations. You are not alone; this can be challenging.

4 Tips to nurture your child's mental wellbeing

In 2019 the NSPCC revealed that 45% of all Childline counselling sessions were related to emotional and mental health and wellbeing.

Here are some of the ways that you can support your child in understanding and managing their emotions and mental health:

1 - Be there for them and listen. Let your children know that it's ok to talk about their feelings and nurture the idea of being open.

2 - Validate their feelings by taking what they say seriously.

3 - Support them through difficulties while encouraging them to stay open.

4 - Build positive routines with structure, plenty of sleep, healthy eating habits, regular outdoor time and physical activities.

Creating a Worry Box

Creating a worry box together can really help manage feelings of worry and anxiety so they do not distress your child or prevent them from doing things.

Follow this link to find out more –

[How To Make A Worry Box: A Guide For Parents | YoungMinds](#)

Mindfulness

Mindfulness can really help when emotions feel overwhelming, anxiety is there, and you cannot switch off. Here are some ideas to help you and your child practice mindfulness.

- Squeeze Muscles: Starting at your toes, pick one muscle and squeeze it tight. Count to five. Release, and

notice how your body changes. Repeat exercise moving up your body.

- Belly Breathing: Put one hand on your stomach and one hand on your chest. Slowly breathe in from your stomach (expand like a balloon) and slowly breathe out (deflate).

- Meditation: Sit in a relaxed, comfortable position. Pick something to focus on, like your breath. When your mind wanders, bring your attention back to your breath.

- Blowing Bubbles: Notice their shapes, textures and colours.

- Colouring: Colour something. Focus on the colours and designs.

- Listening to Music: Focus on the whole song or listen specifically to the voice or an instrument.

Why not try some at home!

Being Active

As we are able to get out and about more and can access more places and activities following the lifting of Covid restrictions we can more easily be 'more active'



Why is being active so important for our mental health and wellbeing?

It is easier to grasp the idea that by being active we keep our bodies in better shape and functioning well, We often think of our bodies and minds as separate to each other but there are strong connections between the two – between our physical health and our mental health.

If our bodies are healthy and working well it is more likely our minds will be too, and visa versa.

Yoga is a great way to achieve a healthy body and mind – try this link - [Yoga for Kids! - YouTube](#)



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ELSA / Pastoral Support

In school we have a Pastoral Support Team consisting of the SENCO and Pastoral Support Assistants and ELSAs who are there to help the children with their 'emotional literacy' and to support their mental health and wellbeing.

The team are –

Nicki Windle – Assistant Headteacher / SENCO / Lead DSL (WPPS and WSIS)

Jan Carr – WPPS

Kerry Taylorson – WPPS

Lisa Hamilton – WPPS

Regan Thorn – WSIS

Please do contact the school office if you would like to speak to any of the team to seek further support for you / your child.

More information

We have a range of leaflets available with further support around key aspects of mental health and wellbeing. These contain useful information around these aspects as well as hints and tips to help.



Currently we have available leaflets about –

- Anger
- Self Esteem
- Grief
- Separation Anxiety
- Emotions

Please ask one of the Pastoral Support Team or at the school offices if you would like a copy of any of these.

It maybe you and your child would benefit from further support around mental health and wellbeing. We work

closely with the **Mental Health in Schools Team** and can make referrals to them as appropriate. Contact one of the Pastoral Support Team if this is something you feel would be appropriate for you and your child.

Useful Websites / Contacts about Mental Health and Wellbeing

Childline – 0800 1111, www.childline.org.uk

Young Minds – www.youngminds.org.uk

SHOUT – text 'shout' to 85258 for 24 hour support

Emerging Minds – www.emergingminds.org.uk

Think You Know – www.thinkyounow.co.uk

MindEd for Families – www.mindedforfamilies.org.uk

MIND – www.mind.org.uk

10 HEALTHY HABITS for MENTAL FITNESS

- REWARD YOURSELF
- ASK FOR HELP AND OFFER TO HELP
- DE-STRESS YOUR DIET
- SCHEDULE "ME-TIME" DAILY
- PLAY TO YOUR STRENGTHS
- PRACTICE RELAXATION TECHNIQUES AND GET ENOUGH SLEEP
- GET REGULAR PHYSICAL ACTIVITY
- CHOOSE A POSITIVE ATTITUDE
- SET GOALS AND STAY ON TARGET WITH A JOURNAL
- PRESS PAUSE ONCE IN A WHILE - DOWNTIME IS GOOD

Effects of Mental Illness

