



THE VENUE INFANT SCHOOL

Mental Health & Wellbeing Newsletter

Compiled by our new Focus Group consisting of parents Natalie, Holly, Jess and Sara as well as supporting staff, Happy Karen and school's Mental Health Lead Nina...

We have formed a new Focus Group following an invite sent to parents and carers to participate in regular meetings to understand and support the mental health and wellbeing of all stakeholders (our children, parents and staff).

Following two meetings so far, we have discussed the outcomes of the Pupil Surveys conducted in November/December last year and the actions school have undertaken as a result:

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| Don't know what to do if worried | 41 children |
| Don't know who to speak to if worried | 22 children |

- The Protective Behaviours programme has been undertaken with identified children. (see website for further details)
- The Protective Behaviours programme has been introduced to Reception children through song (Helping Hand and Early Warning Signs— Uh-oh song). This will continue with follow-up sessions next term to reinforce understanding.
- Meercat Club with identified children to build resilience and self-esteem, emotion recognition, tolerance and respecting tolerance of others, as well as coping strategies.
- MHST (Mental Health Support Team) came into school and delivered an assembly on emotions, especially worries and who to talk to. This was followed up with class sessions with each year 2 class on how worries/anxiety may feel and strategies to support.
- MHST also came in and worked with our School Council to deliver the 5 ways to wellbeing using MAGIC (Mindfulness, Active, Giving, Interests, Connect) which concluded with a whole school assembly delivered by the School Council.— see overleaf the poster they designed...

Worry Eaters

Here is a wellbeing activity that you may wish to do at home with your child/children.

What is a Worry Eater? A Worry Eater is designed to discuss and reduce worries. Children write or draw their worry onto a piece of paper and then feed it to their Worry Eater. Once the monster has eaten it, the worry can then be discussed and shared with an adult. the worry monster and when.



1. Get your child to spend a few minutes writing down some words, or drawing a picture of what has been worrying or stressing them out, on a piece of paper. You could make this a daily or weekly bedtime ritual.
2. Pop the paper into the Worry Eater's mouth.
3. Tell your child that the Worry Eater has eaten it all up for them.
4. When your child goes to bed, they can take their Worry Eater to bed with them for cuddles or he can sit on a chair or in the toy box.

In tooth-fairy style, empty out the Worry Eater's tummy while your child sleeps



5 Ways to Wellbeing



Mindfulness

- Breathing exercises
- Colouring

Active

- Running
- Stretching
- Jumping
- Playing in the park

Giving

- Helping a friend
- Give to charity
- Say kind things

Interests

- Reading
- Gardening
- Dancing
- Music
- Playing sports

Connect

- Spend time with friends and family
- Make new friends

Made by the Wellingborough Mental Health Support Team in collaboration with The Avenue School Council.