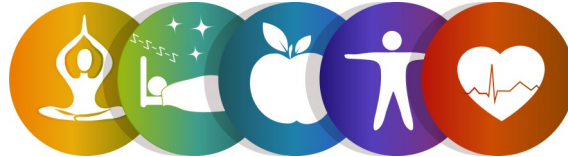




THE AVENUE INFANT SCHOOL

Mental Health & Wellbeing Newsletter

December 2023



Welcome to our first MH & WB newsletter of this academic year! This will be published regularly throughout the school year and will hopefully contain items that you find useful. Please understand that we are here to help and we encourage you to reach out when you have questions.

We will be raising the profile further of how we can support mental health in our school community and provide pastoral support that improves well-being and strengthens resilience. We will also train staff to identify where pupils mental health may need some support, both from our pastoral staff or from external agencies where necessary.

So, what is Mental Health?

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

What is Wellbeing?

Well-being is defined as a sense of health and vitality that arises from your thoughts, emotions, actions, and experiences. When we have good well-being, we feel happy, healthy, socially connected, and purposeful most of the time.

We encourage you to take care of yourselves and each other as we work through this school year together.

If you have any concerns about you or your child's emotional wellbeing, please don't hesitate to reach out. Remember, you are not alone, we've got you!

Who's who at The Avenue:

Nina Fowle - Deputy DSL, Family Support Worker & Mental Health Lead

Karen Rogers— Pastoral Support known by the children as "Happy Karen"



Working together with our Community

We are hoping to set up a Wellbeing Team to include parents and our School Council who will become Ambassadors to champion mental health & wellbeing and reduce the stigma attached. Interested parents & carers are invited to meet in our school hall at 9am on 18th December—we are so looking forward to working alongside you in reducing the stigma around mental health and ensure the correct support is in place for our children and their families.

“Our vision is to build and maintain a culture that raises mental health awareness, recognises the importance of good mental health and wellbeing and seek to provide effective support when it is needed to whoever needs it.

Our goals include:

- To increase knowledge and awareness of mental health and wellbeing issues and behaviours.
- To reduce stigma around mental health & it's difficulties.
- To facilitate active participation in a range of initiatives that support mental health and wellbeing.
- Seek necessary training and resources to deliver the above.
- To provide or signpost support for those affected from issues relating to deterioration in their wellbeing.”

Initially, we will have an open session to formulate a plan of topics to discuss at future sessions. Meetings will be arranged to suit the majority of stakeholders.

If you are unable to make our meeting, please submit your suggestions via e-mail to admin@theavenue-inf.northants.sch.uk

Christmas can be a difficult time for a lot of families for a whole host of reasons. The below link to the Mind website has tips on:

- Coping with the holidays
- Coping with money worries
- Looking after yourself
- Planning ahead
- Managing relationships
- Talking to other people
- Getting support

[Christmas coping tips - Mind](#)

