

# Wellbeing Newsletter

*At Charlton Manor Primary School, we are committed to supporting the emotional health and wellbeing of our pupils, staff and parents. We know that everyone experiences life challenges that can make us vulnerable and at times, anyone may need additional emotional support. We take the view that positive mental health is a high priority and that everybody has an active role to play.*

*In November last year, we started work on the Wellbeing Award for Schools. It is a whole school improvement award with the focus on improving the mental wellbeing of the school community (children, parents and staff). We have since been working hard to evaluate our provision and make improvements where necessary. The purpose of this newsletter is to introduce new parents/carers and update remaining parents/carers on how we promote, encourage and support our whole school community with their physical and mental health & wellbeing.*

*Firstly, I would like to draw your attention to the Wellbeing page on our school website. Here you will find our mental health & wellbeing Policy and strategy. You will also find a whole range of resources/sources of support. Additionally, on our website you will be able to view previous newsletter articles which will detail all of the work we have been doing over the last 10 months.*

Please click on the link provided below.

[Wellbeing — Charlton Manor Primary School](#)

## What have we been up to so far this year?

### Pupil surveys and actions taken

At the end of the summer term last year we conducted wellbeing surveys with all pupils in order for us to ensure they all had a voice in developing mental health support and provision at Charlton Manor. As a result of these surveys, we have taken the following steps/action...

- An increased focus on mental health in assemblies
- More posters/information about mental health around the school
- An increased focus on ensuring children allow time for others in the class to speak
- Introduction of Mindfulness sessions each day for children to practice mindfulness/calming strategies
- A focus on raising the profile/awareness of the new Wellbeing Champions in their classes.
- Free Yoga club for children and parents before school

### Mindfulness sessions

This year we have introduced a 15 minute daily session of mindfulness for every class. The aim is to help children to focus better in the afternoons following lunchtime and to also promote and encourage ways children can self-regulate their emotions/feelings using recognised strategies. The children have said they are really enjoying this new addition to their school day.

Activities have included but have not been limited to;

- Body scanning
- CABT (controlled, active breathing techniques)
- Mindful colouring
- Mindful stories/poems
- Breathing with music

For strategies you can also use with your children at home please click on the link below and scroll to the bottom.

[Wellbeing — Charlton Manor Primary School](#)



## Yoga Clubs

It was great to see children and parents/carers taking part in our free Yoga classes before school on Tuesdays and Thursdays. These sessions run from 8:25-8:55am every Tuesday morning for KS1 and Thursdays for KS2 and are delivered by a qualified Yoga Teacher. If you haven't yet signed up but would like to attend, there are still a few places left. Please contact the school office.



## Wellbeing champions

30 children from years 3, 4 & 5 have been trained as mental health champions. The workshop gave the children an awareness of mental health and strategies for dealing with different emotions as well as how to recognise signs in others when things are not okay. The children learned the importance of listening, supporting each other and how to have a healthy mindset. They are now having twice weekly training sessions with Mrs Hood to increase their confidence, raise their profile around the school and imbed their learning/techniques in order that they can support their peers.



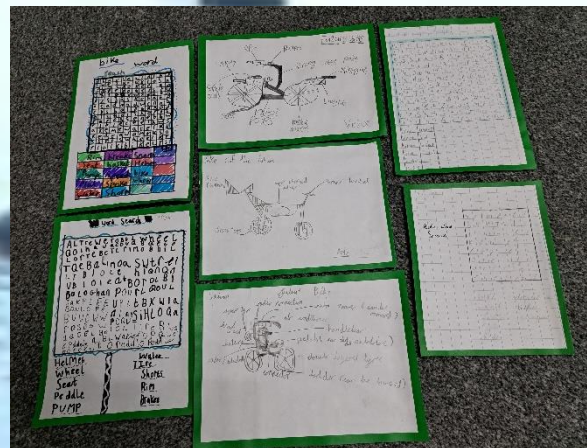
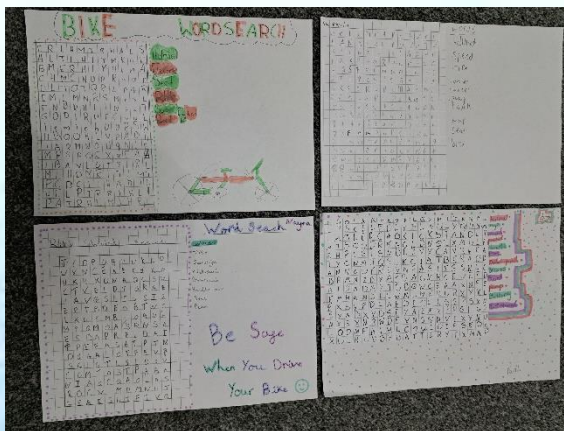
## Wellbeing coffee morning

It was great to welcome some of you to our second Wellbeing coffee morning on Friday 7<sup>th</sup> October. Whilst we were able to share with you what we are doing at Charlton Manor, it was also great to have your input into how we can better support/help you and your children in a very relaxed and informal environment. I hope those who attended found it useful and look forward to receiving your feedback.



## Cycle to school week

A huge well done to everyone who cycled to school during cycle to school week....it was great to see the cycle/scooter racks full to overflowing 😊. During their PSHE lessons the children learnt about the benefits of active travel for their wellbeing and for the environment.



After half term, those children from year 2 & 5 who cannot ride a bike without support/stabilisers will have specialist lessons on Thursday lunchtimes using our balance bikes. It is our aim that no child leaves Charlton Manor at the end of year 6 unable to ride.

## Hello Yellow

A huge thank you to everyone who supported our efforts to raise awareness of mental health whilst supported Young Minds (A mental Health Charity for young people). More young people than ever before are seeking out mental health support and most aren't getting the help they need. The past year saw the highest number of referrals to mental health support services for young people since records began.

We wanted to do something about this, and together we have. By joining thousands of schools, offices and communities across the UK in wearing yellow, we have done a little thing to make a BIG difference to young people's mental health. We had an amazing day filled with joy and colour, raising a valuable £200 for an amazing charity.

