



Well-being in the Spotlight

Issue 1:
Summer '22

A termly bulletin to support positive well-being for the families of St James



Welcome

The government has made a commitment to offer senior mental health lead training to all eligible schools and colleges by 2025. This will enable us to implement an effective whole school approach to mental health and wellbeing at our school.

We hope you find this bulletin a useful source of information and we would welcome any feedback you may have, including any suggestions for future content you would like to see included. Many thanks in advance.

If you have any queries regarding your child's well-being, please do not hesitate to speak to your child's class teacher or to get in touch with me. I will endeavour to get back to you as soon as possible but please note I will be teaching on Fridays from September.

Best wishes from Miss Frost

☎ 01932 851 762

✉ kfrost@stjames-veybridge.surrey.sch.uk

Mindworks Crisis Line

Need to talk?

Call our free 24/7 emotional wellbeing and mental health crisis line. Available for young people aged 6 years and over, their families and carers within Surrey.

Call 0800 915 4644

This is a free mental health crisis line for children and their families who are in crisis. Please select option 1 to talk with a professional who will provide advice, support and signposting to a range of community services. It is open 24 hours a day, seven days a week. The crisis line can be used by those already receiving mental health services and by those who are not. No formal request is needed



Surrey Arts Summer Activities

Learning a new skill is a great way to boost well-being and these activities are an opportunity to play different musical instruments. All instruments and equipment are provided and no previous experience is required to join in the fun. Venues include Three Rivers School in Hersham. There is a small charge to take part and the scheme is open to children in KS2. Further details can be found via the link or QR code below.

SURREY ARTS SMASH 2022
ACTIVITIES
 * Surrey Music and Arts Summer Holiday Activities 2022

- BAND EXPERIENCE
- UKULELE JAM
- DIJ EXPERIENCE
- DISCOVER WIND
- SING THE MUSICAL
- DISCOVER BRASS

Tuesday 26 July: Westfield Primary School, Woking (West)
 Wednesday 27 July: Three Rivers Academy, Hersham (North)
 Thursday 28 July: Hazelwood School, Oxted (East)
 Friday 29 July: Glebelands School, Cranleigh (South)

Register at: bit.ly/sa-smash22 Ages: 8 – 16 year olds

Heads Up!

This term, well-being practitioners from EIKON, a charity partner of Mindworks, have supported 16 children in Y6 for two hours each week, focusing on the transition to secondary school by developing resilience & building self-esteem. We will be running the programme again for our current Y5 children in the next academic year. Please remember to watch our webinar for parents on the topic of secondary transition which you will find on the school website.



50 things to do before 11 $\frac{3}{4}$

Being in nature and taking notice of the world around us is a great way for anyone to boost their well-being. With this in mind, the National Trust have produced a [list](#) (click on link) of simple outdoor activities, specifically for primary aged children. Ideas range from watching the sunset to creating wild art. Many can be done at home, in your garden, the park or at the beach. You can search in our locality for the best places to try each activity by clicking [here](#). How many have your family already achieved and which ideas might your family like to try next?



Parenting Smart

Access short videos and information [here](#) for ideas on how to support your child on over forty topics ranging from gender identity and positive body image to sibling rivalry.



Our Well-being Ambassadors



21 Y5 pupils applied for the role of well-being ambassador. They meet weekly as a group and are assigned to support different classes across the school. They introduced worry boxes for the children to use and are in the process of launching an art club, amongst other ideas! At lunchtime, they help ensure all children have a positive experience. The group are led by Mrs Schofield, our life skills leader at St James.

A focus on..... anxiety

We all experience feelings of anxiety and it is a normal response. Everybody gets anxious sometimes and it can help us to function well, for example, before an exam or interview. However, anxiety can become a problem when we experience it **too often**, it **goes on for a long time** or it **stops us from doing things that we want** to do. It can become more intense if we avoid situations. People do not choose to feel anxious and you are not at fault if you experience it.

If you child is anxious, it is a good idea to make note of any symptoms and triggers.

You can support your child to change and improve their anxiety levels in the following ways:

- Encourage them to talk to someone they trust; sharing how they feel can help ease anxiety
- Suggest they make a note of the positive thoughts they have, for example, in a journal where they record '3 good things' each day.
- Encourage them to relax by doing something they enjoy like having a bath or taking the dog for a walk.
- Suggest they try a grounding technique to bring them to the present moment, for example , counting from 100 backwards
- Try to ensure your child gets enough sleep as anxiety is harder to manage when tired.



Physical symptoms

- Stomach ache/ 'butterflies'
- Muscle tension/ aches
- Sweating
- Dizziness
- Sleeping difficulties
- Increased heart rate
- Nightmares

The RCPSYCH have produced a guide for parents to support children who are worried or anxious. Please click [here](#).



An introduction: Mrs Debbie Watts

Debbie Watts is our home-school link worker. She is based primarily at St James, building the emotional literacy of our pupils and providing parenting support for our families. She can be contactable via the office by telephone or email.



Summer Self-care Tips



The summer holidays offer an opportunity to recharge but some children may find themselves struggling without the structure and support network of school.

This personalisable self-care plan features a range of creative activities. Click [here](#) to download.



Mindfulness technique

Feather vs Statue:
releases muscle tension



- Pretend you are a feather floating through the air for about ten seconds.
- Suddenly you freeze and transform into a statue. Don't move!
- Slowly relax as you transform back into a floating feather again.

Yoga Bugs

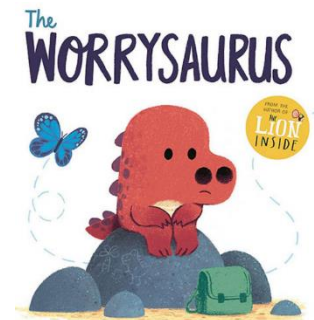
Being active is proven to improve both physical and mental health. We are delighted to share we have secured a year-long complimentary trial to this resource for use within school and at home too.



Further details will follow in due course.

Book recommendation

This book is useful to introduce mindfulness to children.



The Worrysaurus worries about 'What Ifs' but he learns some useful ways to cope with challenging emotions & is able to then focus on the positives. Click [here](#) for more insight & a narrated video.

Kooth

This is an online mental wellbeing community offering free, safe and anonymous support for young people through 1:1 online sessions with trained counsellors and peer-to-peer support.

It also allows children to keep an online journal and track their wellbeing via an interactive goal tracker too.



It can be accessed using a computer, smartphone or tablet and is recommended for UKS2.

There are no waiting lists or thresholds for use, so young people can use the service as soon as they have registered.

A request

If you are having a clear out over the holidays and have any construction toys or games your children no longer use, we would be very grateful for any donations for our nurture club at lunchtime. Many thanks.



Be Your Best

Parent Well-being Service

A helping hand for a healthier family

Do you need help to achieve a healthy weight for your child?

Be Your Best is a **free** service for Surrey families with children aged 0-12 who are above the healthy weight range.

We can help you make a positive difference to your child's health and wellbeing.

Families will be offered 6 one-to-one nurse sessions and 6 online group sessions.

Sessions include:

- Live cooking workshops
- Interactive supermarket tours
- Meal planning for the whole family
- Reducing anxiety
- Managing screen time
- How to become an active family
- Importance of sleep



Nurse sessions:

Consist of home visits and take place at a mutually agreed time.

Group sessions:

Tuesdays or Thursdays
4 - 5.30pm via Zoom

Family Fit sessions:

Saturdays
10 - 10.40am via Zoom

For more information, visit www.bybsurrey.org
or email us at BeYourBest@surreycc.gov.uk.



The Parent Wellbeing service supports parents and their families to thrive. Practitioners meet with parent/carers to help them identify their goals and how they can achieve positive change for them and their family.

This could be through:

- Meeting with a practitioner for 1:1 support
- Attending local groups
- Getting advice, guidance, and information
- Accessing phone or online support
- Finding other support in the local community
- Befriending other parents



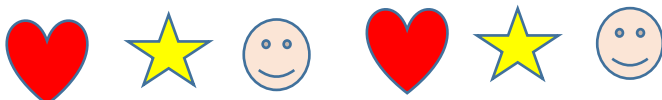
Referrals can be made by Miss Frost or parents themselves via Surrey's Access and Advice Service

And Finally.....

Our school website



Look for something
*
positive
*
in each day,
even if some days you have to
look a little harder.



Have you visited the well-being page on our school website? Click [here](#) to do so.

It features further sources of support including a short video produced in association with the Duchess of Cambridge to introduce the concept of mental health to children in an age appropriate way.



Click on her image to watch the aforementioned video.