

Saughall All Saints C of E Primary School

Mental Health and Wellbeing Update Autumn 2020



Given everything happening in the world today and the disruption the children have faced in the last six months, we would like to take the opportunity to let you know that the children's mental health and wellbeing are a top priority here at Saughall All Saints. We would like to take this opportunity to inform you of some of the ways that we are meeting your children's wellbeing needs.

Weekly wellbeing lessons and wellbeing journals

Your child now has a wellbeing journal where each class works through age appropriate activities on a weekly basis. These lessons are to encourage children to become more self aware of their own emotions and to learn coping strategies when dealing with negative emotions such as anxiety and sadness. Older children will also be given the opportunity to document their own emotions and experiences in a journal style fashion.

Learning Powers

We will continue to use Learning Powers to allow the children to gain insight into how they learn. Learning Powers will be taught within our wellbeing lessons as these are all about empowering children to gain confidence and responsibility for their learning. This half term we are focusing on Resilience. Our animal that represents this power is Albert the Armadillo because he keeps trying, he remains positive and he doesn't let setbacks bring him down.



Worry Jars-

Each class now has a worry jar and each child is provided with post it notes that they can write their worries on. Children who just want to get them off their chest, write them down and put them in the worry jar to be disposed of whereas some children may want to talk to an adult about their worries and this is their way of letting us know. The children are free to add to the worry jar whenever they feel. We have found this helps alleviate anxieties that they may be feeling.

Happiness Boxes-

Every class also has a happiness box. Parents will receive a letter alongside this one explaining this in further detail, but in essence they allow children time to focus on something that makes them happy at times during the school year, when they may be struggling with how they are feeling. It gives them time to focus on their happy object and then puts them in a better frame of mind to carry on with work.

We have posters around the school giving wellbeing tips and directing children to people they can talk to should they need help. If you feel your child is struggling with their emotions and you are concerned, you can email jpalmer@saughallallsaints.cheshire.sch.uk and we will try to help in any way that we can. There are also some useful mindfulness apps and websites that help children and adults alike. A selection include-

-Headspace for Kids (subscription required) - Stop, Breathe & Think (Free) - www.calm.com