

Saughall All Saints C of E Primary School

Mental Health and Wellbeing Update Spring 2021



We find ourselves in the midst of another Lockdown and it feels more important than ever to be there for each other as a community. We hope that the ability to see teachers and classmates every day is helping children stay socially active and upbeat during this strange and difficult time. This update will focus on how we can and are supporting you and your children.



Weekly wellbeing lessons and wellbeing journals

The children will continue to have weekly wellbeing lessons, whether they are at school as a keyworker or remotely via live lessons. We feel it is important to continue to allow children the opportunity to discuss their emotions and look at positive mental health strategies. This half term's lessons will concentrate on hope and finding the positive side of negative situations. Some of the teaching will centre around the Book of Hopes- an anthology of stories published for the NHS together charities.



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 **Concentration**. Meet Edgar the elephant. He has excellent powers of concentration because he is able to focus on tasks and see them through to the end. When he is faced with a larger task, he is able to break them down into smaller jobs so they are easier to achieve.



Children's Mental Health Week 2021

The 1st-7th February is Children's Mental Health Week. The theme this year is 'Express Yourself' and we will be carrying out activities during that week, both remotely and at school. Linked to this, we will also be organising a 'Dress to Express' day during that week, where the children will be able to wear something that day which expresses who they are as a person. This will be for both children at school and those learning from home. More details will follow.



Links for Adults-

As we have said, we are here to support everyone who is part of our school community, not just the children. Here are some useful mental health links for adults that may help.

<https://www.nhs.uk/oneyou/every-mind-matters/your-mind-plan-quiz/>

<https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/>

<https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19->



If you feel your child is struggling with their emotions and you are concerned, you can email Mrs Preston on jpalmer@saughallallsaints.cheshire.sch.uk and we will try to help in any way that we can. Equally, as mentioned earlier if there are any parents who feel like they need extra support, please get in touch. Remember we are all in this together and are here to help.

