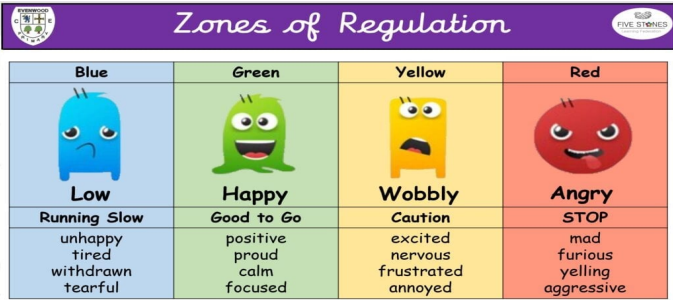




Date	Weekly information on the Newsletter
14/1/22	<p style="text-align: center;"><b>Zones of Regulation</b></p> <div style="text-align: center;">  </div> <p style="text-align: right;">How does this help the children to understand and regulate their emotions? <a href="#">Click on the link below to learn more</a></p> <p style="text-align: center;"> <b>Z of R parents</b></p>
21/1/22	<div style="display: flex; align-items: flex-start;">  <div> <p>On the INSET day at the start of the term, all the teachers completed training on <a href="#">'Understanding the Early Signs of Child Fear and Worries'</a> with the Stevenage Mental Health workers. We learnt that worrying is a normal and natural occurrence, which helps us to perform at our best in situations such as interviews or exams. Also about how thoughts, emotions, behaviour and body sensations are linked and how to spot the early signs of potential problems in children. Moreover, that worries can be classified into two groups; rational worries, such as leaving a parent or irrational/hypothetical worries, such as the dark. Staff were also given 7 strategies to use when responding to anxious children and further resources from the Anna Freud centre to support children with fears and worries. If your child is struggling with worries, please talk to their class teacher about ideas to support them with this.</p> </div> </div>

28/1/22

In preparation for our Mental Health Week, the children from year 1 to 6 are completing a well being questionnaire. This is to help us gather evidence towards achieving the Hertfordshire Mental Health Kitemark, also to identify areas of need that we can work on with the children. The younger children in years 1 and 2 completed 10 questions in groups with their adults. We have found that,

81% have friend to talk to

73% feel liked by others

85% are happy

73% felt there were many things they could do well

95% know who to ask if they need help

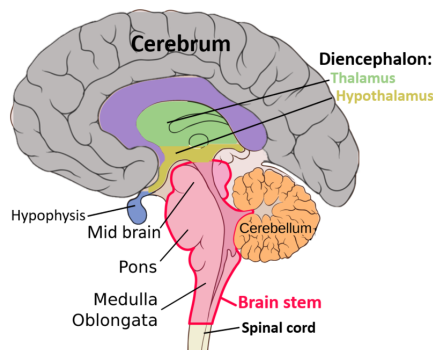
68% get enough sleep

68% eat healthily

87% are proud of themselves

Class teachers will be completing work on healthy eating, the importance of sleep and helping children to identify positive strengths.

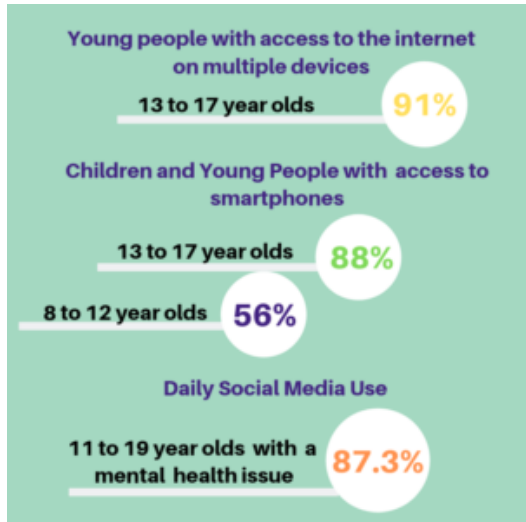
4/2/22



As part of mental health week all the children have been learning about the brain. The younger children have been learning that the brain is like a muscle and we need to make it work by tackling tricky problems in order to help our brains to grow. The older children have been learning the part of the brain and what they do, using the hand model (see the link below) and also learning how thoughts, emotions and behaviour are linked together.

<https://www.youtube.com/watch?v=IRmnVmELMn8&t=59s>

11/2/22



At school internet safety has been the topic of the week and there is lots in the media about the impact both positively and negatively of the internet and social media on all of our mental health and wellbeing.

Here are a few top tips:


- Talk to your children about and model a healthy use of IT.
- Limit use to a few hours each day and stop all screens at least an hour before bed.
- Use the internet as a tool to research, learn and share ideas.
- Avoid using electronic devices when spending time with family and especially at meal times, keep social.


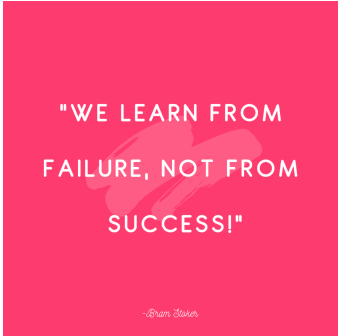
For further ideas and advice see the document below.

<https://www.mentalhealth.org.uk/sites/default/files/Talking-to-kids-healthy-internet-use.pdf>

25/2/22

All the children from year 3 to 6 have completed an online Google form about their wellbeing. They answered 20 questions about their feelings, sleep, diet, how well they are supported and liked, both in school and out. Here are the highlights; 90% said they were happy and their life was going well, 80% agreed or strongly agreed that they had many good qualities, 85% felt liked by others, 83% agreed or strongly agreed that there was a grown up at home that was interested, listened to them and wanted them to do their best, 75% said that they helped out at home and grown ups asked their opinion about family issues,

	<p>80% agreed or strongly agreed that there was a grown up at school that was interested, listened to them and wanted them to do their best,</p> <p>78% said that they had friends in school that played with them, looked after them and cared how they feel,</p> <p>84% said that they were trying to do their best in school,</p> <p>62% said that they kept going if they got stuck or made a mistake,</p> <p>91% said if they needed help they knew who to ask</p> <p>32% rated school 10 out of 10 and 74% rated it between 6 and 10 out of 10</p> <p>Our only real concern was that 15% of children felt that they did not get enough sleep.</p>
4/3/22	 <p>Given the pictures and news coming from Ukraine and Eastern Europe this week, we have all been worried again about the children's well-being. Many have been talking about what they have seen or heard on their phones or the TV. We are also very aware that some of our children and families have close connections with this area. Therefore the children are being encouraged to create sunflowers (the national flower of Ukraine) and we wanted to act positively to support the families fleeing their homes by collecting and sending positive messages and practical resources in our care boxes. We know that by doing something for others, we will help the children and many in our community to improve their own mental health at this difficult time.</p> <p>The advice for parents is to; talk in an age appropriate way to children about what is happening. Keep information factual and reassuring. For younger children this might be finding Ukraine on a map and seeing how far away it is. For older children reassuring them that there have been many wars over the world and people are currently talking and trying to seek peace. Avoid 'doomscrolling' and ensure children have limited access to social media and screens, especially at night. Try to get information from reliable sources e.g. Newsround on the BBC. Importantly try to spend time together as a family doing</p>

	<p>something positive or mindful, such as, drawing, walking or playing together.</p> <p>If you want to know more about how to help your child or need support yourself. Please speak to class teachers, the Mental Health leads or read the links below.</p> <p><a href="https://www.childnet.com/blog/supporting-your-child-with-up-setting-content/">https://www.childnet.com/blog/supporting-your-child-with-up-setting-content/</a></p> <p><a href="https://educationhub.blog.gov.uk/2022/02/25/help-for-teachers-and-families-to-talk-to-pupils-about-russias-invasion-of-ukraine-and-how-to-help-them-avoid-misinformation/">https://educationhub.blog.gov.uk/2022/02/25/help-for-teachers-and-families-to-talk-to-pupils-about-russias-invasion-of-ukraine-and-how-to-help-them-avoid-misinformation/</a></p>
11/3/22	<p>Last week our Well-being Champions met up and there was lots of news to catch up on. Firstly we discussed the Mental Health week and the outcomes of the surveys we completed before half term. We also shared how our new initiative 'Helping Hands' was going. This was started by Lily and Eliza in Year 6 to provide peer to peer support during lunchtime. Currently all the Well-being Champions in years 4 to 6 are taking turns to stay in the Key stage 2 hub for part of their lunchtime one day a week to talk to other children and help them with problems. Next term we are also planning to get some Year 5 children trained to deliver this type of support, so that we can extend this for key stage 1 and EYFS children too.</p> 
18/3/22	 <p>We all like success and to get things right, but what learning do we get from a page of ticks? What we need are children who are able to think hard, confident enough to make mistakes and willing to learn from them. Many children are perfectionists and want to complete tasks without mistakes or if they do make a mistake they want to brush over it. However, neither of these approaches helps them to make the greatest progress in their learning. As adults we need to model that it is OK to make mistakes and that we can</p>

	<p>bounce back from them. Persistence is also important along with the confidence to deal with getting things wrong and not seeing yourself as a failure. Parents can help their children by encouraging them to try, letting them make mistakes and helping them to take responsibility, apologise and put things right.</p> <p>▶ <a href="#">Class Dojo's Growth Mindset Series - Episode 2</a></p>
25/3/22	<div data-bbox="400 562 762 846" data-label="Image"> </div> <p>This week we have been completing training for both staff and parents. Some of our newer staff, including lunchtime supervisors, have completed their Level 1 Mental Health awareness training. This covers definitions of mental health, myth busting, brain structure, potential causes of mental health difficulties in children and strategies to support children. Yesterday the Stevenage Mental Health Support team ran training for parents about supporting children with Sleep Problems. If you would like copies of the information shared or have an idea for another training next term please email the admin team.</p>
1/4/22	<p>In Hertfordshire, over 35 teams and organisations work together to develop and share useful tools, training and information to support children and young people's mental health and wellbeing. This ranges from self-help tools to information on how to access support if it's needed. This is known as the 'Just Talk' programme - named by Hertfordshire young people. Public Health, Education, NHS, and voluntary sector partners all work together to ensure we develop and share the most useful information possible with young people, parents/carers and professionals. You can find out more about Just Talk <a href="#">on our website</a> For ongoing up-to-date information, training and webinar opportunities, and links to useful resources, please follow us on Facebook: @JustTalk Herts</p> <div data-bbox="995 1193 1329 1429" data-label="Image"> </div>