

# Wellbeing Newsletter

Ryhill Junior, Infant and Nursery School AUTUMN TERM 2020

## Mental Health & Wellbeing



I have the important job this year of overseeing the mental health and wellbeing of our pupils and school community.

We have been working hard already on lots of new things in school and we have so many more things planned to help make sure our children are happy, safe and well-supported. I will keep you updated each term with our new termly newsletter but if you have any further questions, suggestions or concerns please contact me through Dojo or call school on 01226 722530.

Mrs Kenyon

## Signposting



Below are the key staff and information points in case you or your child need any further advice or help dealing with mental health or wellbeing issues:

**Mrs Kenyon** - Pastoral Lead (wellbeing)

**Mrs Shuttler** - Learning Mentor

**Mrs Pauline Pollard** - Mental Health & Wellbeing Governor

**Wellbeing page** on our school website:

<https://ryhillschool.org.uk/keeping-healthy-safe/wellbeing/>

**Samaritans.** Call: 116 123

**Childline.** Call: 0800 1111

Local support for young people: <https://wfi-can.co.uk/>

## What's been happening this term?

It has been important this term more than ever to make sure children settled back in to school well and felt safe and secure. Class teachers have been offering daily wellbeing activities where children can learn about relaxation, share worries, join in with mindfulness activities and join in with positive affirmations to name a few. Take a look at some of the other events we have had going on and some of the things we have planned for the Spring Term...

## HELLO YELLOW

To help raise money and awareness on World Mental Health Day, we joined in with the Young Minds **HELLO YELLOW** day. Children throughout school enjoyed taking part in a range of activities, learning about emotions and how to look after their own mental health and wellbeing.

With your support, we raised **£164.85** for school funds and the Young Minds Charity. Thank you all for your contributions!

All of the children in school read 'The Colour Monster' which is a great book to share with your child to explore different emotions.



# Autumn Wellbeing News

## Antibullying Week

November 16<sup>th</sup> - 20<sup>th</sup> 2020

The theme for Antibullying week this year was 'United Against Bullying'. Children have been doing lots of work in classes to learn about anti-bullying through the Antibullying Alliance. We had a great start to the week by celebrating our differences on Monday 16<sup>th</sup> October by wearing odd socks to school & some amazing entries in our antibullying poster competition - see our website for the winning entries.



## Pupil Voice

We have completed pupil questionnaires to find out how our children felt about returning to school after the summer 'lockdown'. We were really pleased to find that children who felt nervous initially, now feel happy to be back in school and we received some great feedback and sensible responses to the safety measures that we have in school. The children made some great suggestions too which we have started to put in place such as feelings charts in classes so that children can share how they are feeling with their teachers each day!

## NSPCC

This term, children in KS1 and 2 will be completing the NSPCC "Speak Out. Stay Safe" programme in class with pre-recorded assemblies featuring Ant and Dec!



## What's happening next term?

We will be working with Wakefield Council to gain the **Wellbeing Charter Award**

We will be doing parent and pupil wellbeing surveys

A new **Wellbeing Policy** will be published on our school website

We will continue to work with Kathryn Thomas who is our Primary Practitioner for CAMHS to support pupils and families through the **Future in Mind** programme

Children in KS1 and EYFS will be completing the **NSPCC PANTS** programme - a letter will be sent out soon.

We will be introducing a new **PSHE** scheme of work where children will be completing weekly lessons on mental health, wellbeing, relationships and health. A letter will be sent out with further details, soon.