

Wellbeing Newsletter

Ryhill Junior, Infant and Nursery School SPRING TERM 2021

Mental Health & Wellbeing



What's been happening this term?

We have had a very unusual term again since our "return" from the Christmas break. The wellbeing of our pupils, parents and staff has remained an important focus for us and you will have seen our commitment to the wellbeing of pupils when completing remote learning such as our Friday Wellbeing afternoons and weekly wellbeing tasks.

Take a look at some of the other events we have had going on and some of the things we have planned for the Summer Term...

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) and MHFA

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/>

Children's Mental Health Week

In February we took part in Place2Be's Children's Mental Health week and celebrated the **Express Yourself** theme with a 'Dress to Express' day. Children took part in some fantastic health and wellbeing activities via remote learning and in school.

Miss Pollard has also made a fantastic Virtual Library with lots of books about feelings and emotions which you can share with your child. Scan the QR code to take a look...



Wellbeing Charter Award



Healthy Wakefield
Charter Mark
Schools

At the end of last term, we were very proud of our achievement in gaining the Wellbeing Charter Mark from Wakefield Council. The award recognises our dedication to supporting the health and wellbeing of our whole school community. We have worked hard to create a clear action plan which shows our aims and commitment in this area. We have the plaque proudly displayed in our school entrance!

Spring Wellbeing News

Wellbeing Profiling Survey

As part of our commitment to supporting the wellbeing of pupils, we have invested in a profiling tool called *Wellbeing and Attitudes to Learning Survey*. Over the last few weeks, children in Key Stage 2 have completed a survey which is designed to help us understand how we can support our pupils to develop skills in four areas:

- Positivity
- Self-efficacy
- Motivation
- Resilience and persistence

For more information, please see the letter on your child's class Dojo page (Classes 3-6)

Recover and Reconnect



To help children resettle into school after lockdown, over the last few weeks, each class has been doing activities and tasks from our 'Reconnect and Recover' PSHE toolkit which is based on the *NHS 5 steps to mental wellbeing* to help strengthen children's mental health and resilience through the 5, simple steps:

- Connect to others
- Be active every day
- Take notice (mindfulness)
- Keep learning (creativity)
- Give to others

NSPCC Underwear Rule

This term, children in KSI and EYFS have completed the NSPCC Underwear Rule programme to learn about important safety skills at an age-appropriate level. More information can be found at <https://www.nspcc.org.uk/underwearrule>



What's happening next term?

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

SCARF PSHE - In PSHE lessons next term, all children through school will be completing the 'Being My Best' and 'Growing and Changing' units of work. More information about this will be sent out after Easter.

Mental Health First Aiders

In March, Mrs Kenyon completed her Youth Mental Health First Aider training with MHFA England.

Mrs Shuttler and Mrs Byers will also be completing the training in April so that we have a great team of Mental Health First Aiders in school!

