

# Wellbeing Newsletter

Ryhill Junior, Infant and Nursery School AUTUMN TERM 2021

## Mental Health & Wellbeing

### What's been happening this term?



After a more 'normal' return to school in September, we were sad to have to see many of the previous restrictions return to daily school life at half term. As always, though, the children have been resilient, hardworking and amazingly adaptable – we are incredibly proud of them all.

We would also like to extend our thanks to all parents, carers and families in the community who have continued to support us and the children during these changes. We know that many families have been affected this term by Covid-19 and, now more than ever, may feel that they need a little boost to their mental wellbeing. The QR code below will take you to the **NHS Five Steps to Mental Wellbeing** guide which has some great advice and tips that may be helpful ☺

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) & MHFA  
**Mrs Shuttle** – Learning Mentor & MHFA  
**Mrs Byers** – Mental Health First Aider  
**Mrs Pauline Pollard** – 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://wf-i-can.co.uk/>

## Antibullying Week

In November, we took part in the Antibullying Week yet again, which focused around the theme 'One Kind Word'. We launched the week with an odd sock day which helped children to visually share their support for difference and diversity. Each class took part in different age-appropriate sessions throughout the week to learn about the importance of being kind, the impact and effect our words can have on others, what bullying is and what actions we can take to support people who may need it. In the new year, we will be completing some pupil questionnaires which will help us to gather views and opinions of the pupils around behaviour and kindness in school.



## WINNERS!

You may remember that at the end of the summer term, we signed up to take part in the Wakefield Love Exploring competition which involved families downloading the Love Exploring App to use in many local parks around Wakefield, taking part in fun activities such as dinosaur hunts! With HUGE thanks to our fantastic community and your participation, we were informed by Wakefield Council in September that we had WON the competition!!

We have won a **fully-funded whole-school experience** for our children. We have some ideas already what we would like to spend the money on but we will also be gathering views from some of our pupils to help us decide and will let you know ASAP what we choose! Thank you again!

# Autumn Wellbeing News

## Hello Yellow



On 8<sup>th</sup> October, the whole school celebrated World Mental Health Day by joining in with Hello Yellow once again.

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. We were not only able to raise awareness of the importance of looking after your own wellbeing but also, with your support, we raised **£206.70** for school funds and the Young Minds Charity. Thank you all so much for your contributions!

Further information and support about mental health for parents and carers is available on the Young Minds website <https://youngminds.org.uk/> and there is a telephone number for parents: 0808 802 5544 (Monday-Friday 9:30am-4pm, free for mobiles and landlines).

## Visitors

We have had lots of visitors in to school this term to run alongside our own curriculum, helping children to learn about themselves, personal hygiene and safety.

The school nurse has visited Year 1 to help them learn about handwashing and in Year 3 they learnt about dental hygiene. Years 2-5 also had a visit from the Wakefield Road Safety Team to learn about keeping themselves safe outside of school. And Year 2 have also done some bikeability training!

We have lots more visitors and workshops planned for the remainder of the year so keep your eyes on Dojo to see the valuable and important learning that is taking place!



## NSPCC Speak Out, Stay Safe

Every Year, KS1 and 2 take part in the NSPCC "Speak Out. Stay Safe" programme. Usually this involves a visit from NSPCC Educators but this year we have participated in the online programme due to Covid-19 restrictions. It is a safeguarding programme which teaches children:

- about abuse in all its forms and how to recognise signs of abuse;
- that abuse is never a child's fault and that they have the right to be safe;
- where to get help and the sources of help available to them



## What else?

We have introduced 'Feelings Charts' in each class where children can share, if they wish to, how they are feeling each day with their teacher in class. They can do it anonymously, or they can share their name so that their class teacher can talk to them about how they are feeling, if they want to.

We have a new subscription to a programme called 'Pol-Ed' which is a fantastic resource for schools, created by West Yorkshire Police, to help us teach pupils vital PSHE skills. We will be using this great resource to complement our current SCARF lessons.

We are continuing to work with Wakefield Council on maintaining our **Charter Mark** and taking part in as many of their new initiatives and opportunities as we can!

