

Wellbeing Newsletter

Ryhill Junior, Infant and Nursery School SPRING TERM 2022

Mental Health & Wellbeing

What's been happening this term?



There have been some exciting changes this term – including a return to normal routines in school for children. We have been so pleased to see so many of the restrictions lifted and we have been very busy planning improvements and developments in so many areas of school life that will help to benefit the health and wellbeing of our whole school community.

As is always the case, grand plans take time to implement but over the course of this term and next we are working tirelessly to improve playtime provisions, lunchtime opportunities, reintroduction of after-school clubs, Pupil Sports Leaders and Pupil Wellbeing Champions – and that's just to name a few.

We are fully committed to making the most of every opportunity we can to ensure that our children are not disadvantaged by the effects of the pandemic – not just in their academic achievements – but in their personal and social developments too!

Here are a few snippets of the things that we have been working on so far this term...

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 health or wellbeing issues:



Mrs Kenyon – Pastoral Lead (wellbeing) & MHFA
Mrs Shuttle – Learning Mentor & MHFA
Mrs Byers – Mental Health First Aider
Mrs Duffy – Mental Health First Aider and SENDCo
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/>

Children's Mental Health Week

In February we took part in the national Children's Mental Health week and held a 'Dress to Express' day. The kids looked great dressed up in ways that represented them and/or an aspect of their personality! Throughout school, children took part in different activities over the course of the week including meditation sessions, goal setting and learning about how the brain works. The whole school took part in the Wellbeing Challenge too!

We also managed to raise **£125.92** for Place2Be. Thank you for all of your kind donations.



WINNERS!

You may remember that on the last newsletter I told you that we had won the Wakefield Love Exploring competition. Our prize was a fully-funded whole-school experience for our children. After talking with the children, we have booked a visitor to come in to school and do some den-building and survival skills activities with each class from Nursery to Year 6 in May. So watch this space for an update on how the day goes!

Thank you again for the great support of our community in helping us to achieve this for our children!



Spring Wellbeing News

Playtimes

Since the return to normality with school routines this term, we have been able to focus on improving our playtime and lunchtime provision for children.

The improvements that we have been making include making sure that children have a wide range of options to allow them to nurture and develop their own interests and needs, including health and wellbeing needs.

Some of the options that the children now have at playtimes include:

Cosmic Yoga
Mindfulness Colouring
Story time
Den building
Sports Leader games

We are soon planning to introduce some other exciting options too including mud kitchens, dress-up and a 'family dining' experience!



Scarf Dojo Points

As you hopefully know, our SCARF curriculum helps to teach children about Personal, Social and Health education which includes health and wellbeing. To help children to embed the important values of SCARF lessons into their daily lives we have now added an additional 'skill' on the Class Dojo App where children can earn individual points for SCARF QUALITIES. Children can earn points for the following values:

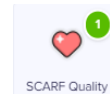
Safety – for demonstrating that they have behaved in a sensible way, considering the safety of themselves or others. (e.g. walking sensibly and silently during a fire drill)

Caring – for showing a caring, helpful, generous or thoughtful action towards adults or peers.

Achievement – for trying to 'be their best' or having a personal/social achievement (e.g. they have overcome a fear or responded well to feedback)

Resilience – for showing that they haven't given up or they have bounced back from a difficult situation.

Friendship – for showing qualities of a good friend (e.g. invited someone to join a game at playtime)



Mental Health First Aiders

We are very proud to let you know that we now have four Mental Health First Aiders in school who have completed training with MHFA England. Our MHFAs are:

Mrs Kenyon, Mrs Duffy, Mrs Shuttler, Mrs Byers



What else?

Next half term, some of our Year 5 and 6 pupils will finally be given the opportunity to train as Well-being Champions as we have organised for Peter Ward from Wakefield Council to come in to deliver this bespoke training so that our children are active participants in our drive to ensure the best health and wellbeing for all of our pupils.

We will soon be sending out details of parent information sessions for our Growing and Changing unit of SCARF.

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!

