

# Wellbeing & Safeguarding Newsletter

Rockmount Primary School Summer 2024



This summer, the Wellbeing Ambassadors were invited to attend a pivotal wellbeing event, dedicated to enhancing the mental health and wellbeing of children and young people in Croydon. Our Wellbeing Ambassadors opened the conference with a presentation on how we at Rockmount have embedded the 5 ways to wellbeing and supported the local authority to promote and make resources needed to educate our community.



*“You really set the standard and it provided the momentum needed for the rest of the day”*  
Liz Spendlove (Croydon Wellbeing Officer)

‘Well Done’ to all the ambassadors who spoke confidently and positively about Rockmount’s wellbeing journey. As a thank you for their hard work and dedication, the ambassadors were given a personalised tour of Selhurst Park Football Club which they thoroughly enjoyed.



## ROCKMOUNT'S 'TRAITORS'



What better way to end a busy term than with a game of Traitors!

In between, writing reports, organising trips, sports day and all the other busy things which happen in the summer term, staff have been bonding (or not) over a game of Rockmount Traitors.

Secrets missions, Round Table meet-ups, weekly banishments, murders and riddles to find shields have helped staff get through a busy final term but who is the Traitor?

Who would you think is the Traitor?



# An act of Kindness

The staff of Rockmount were blown away by the kindness of one family who have transformed a disused space outside the staffroom. Despite their busy lives, Cristina and Alex (parents to Max, Year 6) have not only donated their time but have bought garden furniture and plants to make this area a lovely space for staff to have lunch and relax. Despite the lack of sunny weather, staff are already enjoying this space and are grateful for the generosity that our school community often show us.



## Soak the Teacher



It may have rained during the Summer Fair but that did not stop everyone from having fun. We managed to raise over £80 towards staff wellbeing initiatives. Thank you to everyone who 'Soaked a Teacher'.

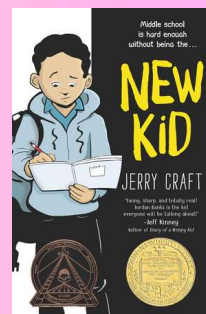
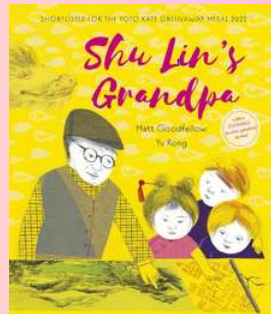
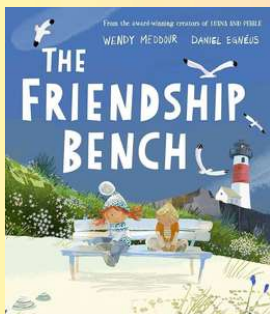
# Transition



Just like adults, children cope with changes and transitions in different ways. Some people breeze through with excitement and others feel anxious and need more support. At Rockmount, we are very mindful of these differing needs and we plan our transition to new classes carefully and with a great deal of thought. However, parents/carers play a vital role in helping this to be a positive experience for their children. Here are some tips for supporting your child with this:

- **Be positive!** How you react to change will strongly influence your child and if you feel anxious, they will too. Talk about the positive elements of change—new experiences, new opportunities, new topics and meeting new people.
- **Focus on the constants for your child**, the things that will be the same. They will be moving class with their peers so their friends will still be with them, they will still see the adults they are familiar with and many routines won't change.
- **Look at our website** and check out the topics they will be covering in their new year group to make them excited about what is ahead of them
- **Listen to any concerns** but don't go looking for them. Remember that most children will be excited about the move and are more than ready for it.
- **Keep in touch with their friends** over the holidays so that those connections remain strong.
- **If your child is moving from KS1 to KS2**, talk about what this will look like at drop off and pick up times. You can even do some practice runs.

Books to support transition  
Click the image for links to these books



# Guidance for parent/ carers of children going to secondary school



This may be your first child or you may be a real pro at sending your child off to Year 7! Either way, all children are different and unique. You may come across different challenges that you have not experienced before.

Below are some links and websites that may support you as a parent/carer through the transition.

Click images for links



## Moving to secondary school Tools to support the Year 6 transition

As children transition from Primary School to Secondary, they experience many digital firsts, with many getting their first smartphone. Help them understand the possible risks and benefits of going online with our resources for parents and carers to use at home.

<https://www.internetmatters.org/resources/moving-to-secondary-school-online-safety-guide/>

### Advice for students



Advice for parents who have a child starting secondary school this year, with tips on the emotional and practical sides of the transition.

<https://www.bbc.co.uk/bitesize/groups/c5vpkq1l934t>

### Advice for parents



### Find your Feet: transition to secondary school

YoungMinds have created a film that reassures children that they're not alone when it comes to their worries about secondary school. There are ways to cope with change and there are people to talk to when things get difficult.

