

# Wellbeing & Safeguarding Newsletter

Rockmount Primary School Summer 2023

Welcome to our new look Wellbeing & Safeguarding Newsletter. We hope you're reading and enjoying our termly newsletter. We welcome feedback on what you want to know more about so look out for our parent/ carer Safeguarding & Wellbeing Questionnaire later in the summer term.

## Pyjama Day

Thank you to everyone for taking part in a Wellbeing Ambassador initiative to celebrate World Sleep Day by wearing pyjamas for the day. The Wellbeing Ambassadors taught their classes lots of interesting facts about sleep and we all had a lot of fun learning about the importance of sleep. We hope that all children now have different techniques they can use to help them have a peaceful nights sleep. We also hope that many parents/ carers were caught in the playground by our Wellbeing Ambassadors who shared some of their sleep facts.

"I think I need to declutter my bedroom a bit because a clean space might help me to sleep better."  
Year 4 Pupil



## Staff Wellbeing

The spring term was a very busy but exciting term with parents evening, Children's Mental Health Week, Science Week and so much more. Ensuring staff morale is kept high and wellbeing remains a priority is very important during these busy periods. Part of our Inset Day, last term, gave staff a moment to focus on their wellbeing as they were encouraged to take part in different social and wellbeing activities. This included learning to cook for wellbeing, a bit of Zumba and some staff opted to bring in their own games for a bit of a fun "games night."

"I appreciate that our wellbeing is a priority here and it is taken seriously. Workload is a big concern across the profession but it is great that we can look for ways to reduce this without impacting the quality of education that is provided to the children. It was lovely spending some quality time together during the Inset Day and having a bit of fun too".

Ms Walker



## Important Dates

- Stress Awareness Month - April 2023
- Mental Health Awareness Week - 15th - 21st May 2023
- Walk to School Week - 15th - 19th May 2023
- Healthy Living Week - 26th - 30th June 2023
- Keeping Myself Safe Week - 5th - 9th June 2023
- Supporting your child's transition to secondary school parent/ carer workshop 29th June 2023 (Online only 5pm)

# FIVE WAYS TO WELLBEING

We're very excited to share a project we've been supporting Croydon Council with over the last year.



Research shows there are five simple things you can do as part of your daily life – at work, at school or at home, to build resilience, boost your wellbeing and lower your risk of developing mental health problems. These simple actions are known internationally as the Five Ways to Wellbeing - Connect, Be active, Take notice, Keeping Learning and Give.

Over the last year, we have been supporting Elizabeth Spendlove, Croydon's Early Years Wellbeing Project Coordinator, in developing resources to support schools and families across the borough to learn about the Five Ways to Wellbeing. We are so pleased that illustrations drawn by children in KS2 were chosen to be a part of Croydon Council's 'Wellbeing Way' Storybook (see images to the left for winning illustrations). Various children across the school also narrated the storybook to create an audio version. Children in Early Years and KS1 were taught the 'Makaton Song' which is now part of Croydon's video resource used to teach others the Makaton signs for the Five Ways to Wellbeing. All children in Early Years and KS1 (across the borough) will receive a copy of the storybook and resources. You can also view and download the resources at [www.wellbeingway.co.uk](http://www.wellbeingway.co.uk). For more information about the Five Ways to Wellbeing visit <https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/five-steps-to-mental-wellbeing/>



## Neurodiversity Celebration Week

Neurodiversity Celebration Week is a worldwide initiative that challenges stereotypes and misconceptions about neurological differences. Ms Gorman led an assembly across KS2 which focused on what neurodiversity is and the importance of recognising and celebrating our differences. As Autism Awareness Week was only a week apart from Neurodiversity week, some children spent some time finding out how many people we all knew with autism, including some famous people such as Greta Thunberg, Albert Einstein and Vincent van Gogh.

During the KS1 assembly, children listened to two storybooks about characters who have autism to help them understand what autism is.





# Misogyny in Schools



Misogyny is the hatred, dislike, or mistrust of women. It is a form of prejudice that is often rooted in gender stereotypes and traditional gender roles. Misogyny can manifest in many different ways, ranging from subtle condescension and belittling of women to more overt forms of violence and discrimination. Schools are increasingly concerned about the impact of online influencers that promote misogynistic rhetoric. The entry point for some children and young people's first engagement with such content can often seem quite superficial, but social media algorithms can then lead them to increasingly problematic and extreme content. This all comes at an age when young people may be particularly insecure and vulnerable to persuasive narratives. For example, much of this content taps into insecurities about body image and agency. The focus on money, success and power also plays on financial and status insecurities that may lead to risky and even illegal behaviours.

Women and girls in particular are put at risk by narratives that normalise sexual harassment and abuse, promote unhealthy relationship behaviours and victim blaming. Similarly, the sharing of homophobic and transphobic content by some influencers can inform behaviour and attitudes towards LGBT+ young people in schools. Toxic masculinity is also harmful and restrictive to boys and men. Promoted stereotypes contribute to existing narratives that restrict and undermine help-seeking – especially in relation to mental health and emotional wellbeing.

## HOW ARE CHILDREN TAUGHT ABOUT MISOGYNY

The topic of misogyny is addressed through our PSHE curriculum which aims to develop respectful attitudes by focusing on learning that supports inclusion and belonging rather than covering specific types of discrimination, such as misogyny.

**At key stage 1**, we explore how everyone is equal and deserves to be treated with respect. Also, recognising and celebrating people's similarities and differences. This also includes learning about stereotypes in lower key stage 2, including gender stereotypes and how these can be unfair.

**At key stage 2**, we explore how these stereotypes can have negative effects on a person's behaviour, aspirations and feelings about themselves. Children develop digital literacy skills to identify trusted sources, false information and negative influences. This all helps to prepare pupils for more specific learning about discrimination (including discrimination based on gender) in upper key stage 2 and in secondary school, as they access digital platforms with increasing independence.

These topics are also included in our RSE curriculum which includes Relationship Education; 'Respectful Relationships,' 'Online Relationships,' and 'Being Safe,' and through Health Education; 'Internet Safety and Harms,'

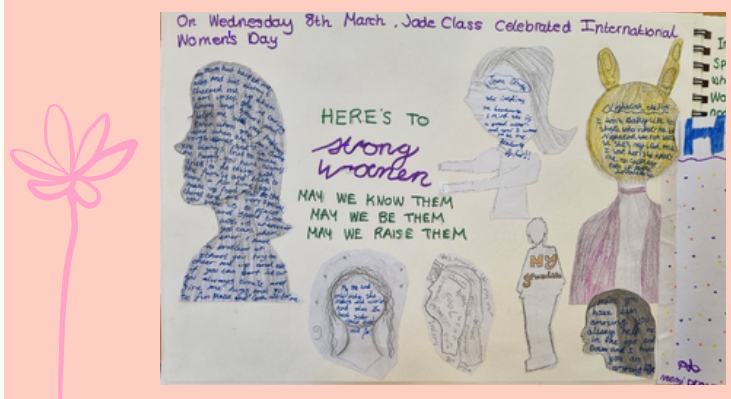
For more information on our PSHE curriculum, please visit <https://www.rockmountprimaryschool.co.uk/pshe-1/>

## SUPPORT FOR PARENTS

For more information on misogyny and how to talk to your child about it, visit <https://parents.actionforchildren.org.uk/stage-s-development/social-emotional-development/talk-to-your-child-gender-equality/>

## Women's History Month

Women's History Month and International Women's Day was celebrated across the school. Many classes learnt about women from around the world and at different times in history who challenged what a woman can do. Year 6 spent some time focusing on influential women and girls in their lives today and wrote tributes to those people.



# Mental Health, Wellbeing & Safeguarding Resources

Click images for a link to resources



## Parenting Smart



We all want the best for our children, but parenting can be really tough sometimes. We've all been there.

Place2Be's Parenting Smart is a new site for parents and carers of 4-11 year olds, offering practical advice on supporting your child and managing behaviour.

All of our content is created by Place2Be's parenting experts. It's based on evidence and their experiences working with children, young people and their families.

Designed with busy parents in mind, the site has short videos and articles on topics from meltdowns to bullying, from sleeping difficulties to encouraging self-confidence.





Learn more at [place2be.org.uk/parentingsmart](https://place2be.org.uk/parentingsmart)

## ONLINE PARENT WORKSHOPS

Jointly run by Off The Record and Croydon Drop In

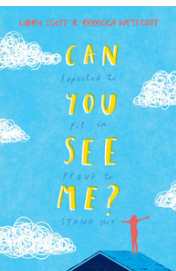
Join us on Zoom for the following workshops. Sign up via Eventbrite by scanning the QR code below. Cameras and microphones can be turned off.



- Helping your Child's Behaviour (Primary age)**  
April 26th 1-2pm and May 3rd 5-6pm
- Helping your Child with Anxiety and Worries**  
May 10th 1-2pm and May 17th 5-6pm
- Helping your Child's Sleep**  
May 24th 1-2pm and June 7th 5-6pm
- Introduction to Autism**  
June 14th 1-2pm and June 21st 5-6pm
- Looking After Yourself for Parents**  
June 28th 1-2pm and July 5th 5-6pm

### Book Recommendation

Can you see me? By Libby Scott & Rebecca Westcott



With diary entries written by eleven-year-old Libby Scott, based on her own experiences with autism.

Tally is eleven years old and she's just like her friends. Well, sometimes she is. If she tries really hard to be. Because there's something that makes Tally not the same as her friends. Something she can't cover up, no matter how hard she tries: Tally is autistic.

Tally's autism means there are things that bother her even though she wishes they didn't. It means that some people misunderstand her and feel frustrated by her.

People think that because Tally's autistic, she doesn't realise what they're thinking, but Tally sees and hears - and notices - all of it.

And, honestly? That's not the easiest thing to live with.



Off The Record also run workshops for parents for support with **Self Harm** and **Emotionally Based School Avoidance** scan the QR code to the left to find out dates, times and how to sign up.



TALK TO US

**OFF THE RECORD**

**Are you OK Croydon?**


**cdi** You Talk, We Listen Croydon Drop In

Below are also the direct links:

Eventbrite Sign up: <https://www.eventbrite.com/cc/online-parent-workshops-1959539?utm-campaign=social&utm-content=creatorshare&utm-medium=discovery&utm-term=odclxcollection&utm-source=cp&aff=escb>

OTR's Self Harm and EBSA Workshops: <https://www.talkofftherecord.org/sutton/support-for-parents-carers/>


## Safeguarding Awareness for Parents and Carers - Safeguarding is everyone's responsibility - but are you clear about the vital role you can play?



### Parents/carers: We all have a safeguarding part to play.

Take our new online safeguarding awareness course for every parent/carer.

**TAKE COURSE**



Safeguarding is about creating safe environments and preventing children from experiencing harm or abuse. The Football Association, as part of its safeguarding response, has devised and created a safeguarding course for parents/carers. The course aim is to help parents make informed choices about the football settings where they enrol their children. The course helps parents to recognise best practice and see where there may be concerns, so that they can act and report them quickly and effectively. The free course can be accessed here: <https://learn.EnglandFootball.com/courses/safeguarding/safeguarding-awareness-for-parents-and-carers>