

Rockmount

Wellbeing & Safeguarding

Newsletter

WELLBEING AMBASSADORS

We are pleased to announce that our new Wellbeing Ambassadors have been elected for each class across Year 2 and KS2. The Wellbeing Ambassadors are excited to get started in their new role and begin training so they have a good understanding of how they can support the wellbeing of our school community. We hope that you have already seen the ambassadors spreading kindness for World Kindness Day.

"I am excited to finally become a Wellbeing Ambassador because I have lots of ideas to help the school become an even better place."

Farrah, Year 6, Chair Wellbeing Ambassador



ANTI-BULLYING AMBASSADORS

The Senior Peer Mediators are now also trained as Anti-Bullying Ambassadors. An Anti-Bullying Ambassador is someone that looks out for bullying, supports those who may feel that they are being bullied and is a listening ear to anyone that may want to talk to someone, other than an adult, about something going on. The training was delivered by The Diana Awards, which is the only charity set up in memory of Diana, Princess of Wales and her belief that young people have the power to change the world. The ambassadors delivered an assembly last week, during Anti-Bullying Week, to formally introduce themselves to the whole school and promote the work they had planned for Anti-Bullying Week.



Important Dates

*Rockmount Wellbeing
Coffee Mornings*

8.40 - 9.30AM IN THE AFTER
SCHOOL CLUB

Wednesday 23rd November 2022
With Julie Lewis, our Mental Health Counsellor and Hayley Gorman, school SENCO

Tuesday 21st March 2023
With Julie Lewis, our Mental Health Counsellor and Donna Rankine, school Senior Mental Health Lead

Wednesday 24th May 2023
With Julie Lewis, our Mental Health Counsellor and Annette Schembri, school Learning Mentor

Children's Mental Health Week - 6th - 12th February 2023

Safer Internet Day - 14th February 2023

LGBT+ History Month - February 2023

*Rockmount Parent/Carer
Wellbeing Workshops*

All workshops (unless stated otherwise) will take place in the After School Club at 8.40 - 9.30am and repeated online at 5 - 6pm

Thursday 19th January 2023 Managing difficult emotions	Thursday 2nd February 2023 Managing Worries (anxiety)	Thursday 23rd February 2023 Creating a positive time with your child <small>In-person meeting only</small>
Thursday 9th March 2023 Managing difficult behaviour	Thursday 20th April 2023 Preparing your child emotionally for an exam	Thursday 29th June 2023 Supporting your child's transition to Secondary School

More information will be sent closer to the event

Separation anxiety and dealing with tears at goodbye time

It's quite natural for children to worry and to be anxious at various stages of school and home life. Most children will learn how to manage their thoughts, feelings and emotions but some children may need extra support. If you are a parent/ carer with a child who gets upset in the morning when you drop them off at school, it can be heart-breaking. However, all is not lost. There are five simple techniques which should equip your child with the skills they need to overcome their anxieties, making saying those morning goodbyes much more stress-free.

Take your own angst out of the equation

You cannot expect your child to be confident saying goodbye to you if you are harbouring any sort of guilt and angst yourself. So it is important to remind yourself that your child's separation anxiety is a normal part of their development. It does not reflect poor parenting and will not cause any psychological harm to them in the future. With your own angsts in check, you can ensure your goodbyes are short and sweet at school drop-off, with no unnecessary lingering, which will make the process of saying goodbye much kinder to your child.

Design your own goodbye routine

Find a good time to discuss your child's separation anxiety with them. You might start the conversation by saying "I've noticed you get very upset when you have to say goodbye to me at school. I can see how sad and upset it makes you feel, so I wanted to talk to you about how we might make it easier for you to say goodbye to me in the morning."

Then encourage your child to discuss possible solutions to the problem with you, so you can create your own unique 'goodbye routine' to prepare for a stress-free school drop-off. If your child finds it hard to get started give them some options, "shall I stand outside and you can wave goodbye from the window?" or "should we say goodbye on the bench?"

Practice makes perfect

Once you have set up your goodbye routine it is always helpful to practice at home. It's fun to start by asking your child to play 'adult' and you can be them. You can then role-play arriving at school and following your agreed routine before swapping over and asking your child to try. This gives you a chance to 'iron out' any crinkles in the routine and reinforce it with your child, so it seems much less daunting when they have to do it for real.

Consistency is key

Make it easier for your child to carry out your new goodbye routine by applying the routine consistently each and every day. Go through each step of the routine in the same way, say goodbye at the same spot, use the same phrases and keep the school drop-off parting short and sweet. Your child will gain a great sense of security from this new routine and over time their confidence will grow enabling them to go into school independently.

Praise their efforts

Throughout this process always acknowledge how your child feels whilst telling them you have every confidence in their ability to see the routine through. Praise every small step towards the end goal, so your child knows you are aware of how hard they are trying. You might say something like, "I noticed how difficult you found it to say goodbye to me this morning, but I am so proud you took a deep breath and waved goodbye." By praising all your child's efforts rather than focusing on the final outcome, you will boost their confidence and build up their self-belief.

Mindfulness activities can help children relax physically and emotionally.

If you don't know where to start, there are lots of activities on the [Mentally Healthy Schools' Mindfulness Calendar](#).

Wellbeing Room

We are extremely fortunate to be able to create and provide a wellbeing room for our pupils, staff and parents. Pupils will be able to access this room through group interventions, one-to-one support, collaborative work with outside agencies and drop-in sessions at lunchtime. The room is full of comfortable furniture, sensory items, books and resources which can be used when talking. The wellbeing room allows us to provide a safe, calm and friendly area for all as we continue to build and strengthen our whole school approach to wellbeing and mental health.



What children are learning about Health and Wellbeing

Staff deliver the PSHE curriculum with the support of the PSHE Association, their programme of study, 'programme builders' and their quality marked resources. At Rockmount, we use the 'Question-Based Model' as outlined by the PSHE Association. The PSHE programme of study is structured around an overarching question for each term. These begin in KS1 as 'What?' and 'Who?' questions and build throughout KS2 into 'Why?' and 'How?' questions. Below is an outline of what each year group will be learning. For more detailed information about our Health and Wellbeing curriculum, please view the PSHE subject curriculum map on our school website. <https://www.rockmountprimaryschool.co.uk/pshe-1/>

	Autumn	Spring	Summer
Year 1		What helps us stay healthy?	Who helps to keep us safe?
Year 2		What helps us to stay safe?	What helps us grow and stay healthy? How do we recognise our feelings?
Year 3	What keeps us safe?		Why should we eat well and look after our teeth? Why should we keep active and sleep well?
Year 4	What strengths, skills and interests do we have?	How can we manage our feelings? How will we grow and change?	How can we manage risk in different places?
Year 5	What makes up a person's identity?	How can we help in an accident or emergency?	How can drugs common to everyday life affect health?
Year 6	How can we keep healthy as we grow?		

Assemblies and Circle Times

As well as our PSHE curriculum, assemblies and circle times are fundamental opportunities in promoting our ethos on mental health and wellbeing. Each term, every class follows a whole school plan on wellbeing during circle times and assemblies which includes the promotion of national awareness days. This term, for example, the whole school celebrated Black History Month, World Mental Health Day, World Kindness Day and Anti-Bullying Week.

Year Group Wellbeing Focus

Every year, each year group will choose a wellbeing focus for their class. This is an opportunity to teach children different ways they can look after their own mental health and wellbeing.

Nursery - The benefits of pets (school rabbits)

Year 2 - Mile-a-day

Year 5 - Weekly Gratitude

Reception - Mindfulness

Year 3 - Yoga

Year 6 - Skip 2be Fit

Year 1 - Yoga

Year 4 - Cheetah Cub/ Cues-Ed

Staff Wellbeing

Staff wellbeing remains a high priority this year. Positive staff wellbeing can increase productivity and engagement, improve job satisfaction and help to reduce absence from work. It means that staff are better able, in turn, to support the children and our school. This term, we have shown our gratitude to staff during National Teaching Assistant Day and World Teacher Day through Words of Appreciation. Teachers and Teaching Assistants were celebrated in class with words of appreciation for the visible work they do daily as well as all the hard work that happens behind the scenes too. We look forward to celebrating all the other hardworking staff at Rockmount throughout the year. There was no better way to end a very busy half term, than having a Wellbeing Breakfast and sharing special moments that happen in the lives of our staff. Miss Langmead-Thorp started the half term break with a surprise Bridal Breakfast as she headed off to get married over the October half term. .



Mental Health, Wellbeing and Safeguarding Resources

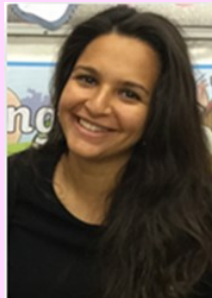
[Click images for a link to resources](#)

At Rockmount we have a designated team supporting the wellbeing and mental health of our school community. If you need any support, please feel free to speak your child's class teacher or any member of the team.

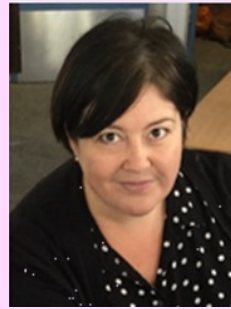
Our Mental Health Support Team



Helen Carvall
Headteacher



Amber Pearless
SENCO, Deputy Headteacher



Viv Bull
Deputy Headteacher



Donna Rankine
Senior Mental Health Lead
Assistant Headteacher



Hayley Gorman
SENCO



Amy Carvall
Class Teacher, Mental Health First Aider



Annette Schrembi
Learning Mentor

Please visit our school website for tips, links and resources to help support positive wellbeing in children and adults:

<https://www.rockmountprimaryschool.co.uk/directory-of-services/>

Croydon Mental Health & Wellbeing Support

The Mental Health Support Team (MHST) work within our school providing additional emotional wellbeing support to children and families. You can request one-to-one support from our Wellbeing Practitioners through your child's class teacher or you can make a self referral by emailing the MHST directly at MHST@croydondropin.org.uk or call on 07736 043796.

With the cost-of-living crisis dominating the national conversation, it's inevitable that many children and young people, just like adults, will be worried about money. Young Minds Money and Mental Health Guide has advice on helping you and your child manage these worries, as well as advice on where to find practical and financial support for your family.

[Young Minds, Mental Health and Money](https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/money-and-mental-health/)

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Is The Cost of
Living Crisis
Affecting Your
Mental Health?



If you're feeling alone and need support

Let Shout be the teammate you need

shout
85258
here for you 24/7

Text **SHOUT** to **85258**
for free and confidential support,
around the clock

supported by
HARRY KANE
FOUNDATION

In support of the Shout service and other mental health charities, footballer Harry Kane is helping to normalise conversations around mental health, promote positive habits that support mental wellbeing and tackle the stigma surrounding the subject.

Shout If you need someone to anonymously talk to, Shout can be there for you. You can text 'Shout' for free to 85258 at any time of the day or night for support. Your messages are confidential and can be a great source of support during challenging times.