

# Rockmount

## Wellbeing & Safeguarding

### Newsletter

#### Wellbeing Award for Schools (WAS)

As many of you will be aware, in 2019, we achieved the Wellbeing Award for Schools (WAS). This award recognises the commitment that schools have in promoting the positive mental health and overall wellbeing of all members of the community. The award is held by a successful school for three years. As part of our continued commitment to promoting positive mental health and overall wellbeing, we will be completing a reassessment for the Wellbeing Award for Schools. If successful, the award will be valid for an additional three years. As part of achieving the award, we would like you to take part in a survey telling us how well you think we support emotional wellbeing and mental health. Please use the following link to complete the survey. [https://docs.google.com/forms/d/e/1FAIpQLSeBHYt\\_dh5YIkqCpwV5y2tlwmqdG-dp2Ne6T8H0Mje5xxGW6A/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSeBHYt_dh5YIkqCpwV5y2tlwmqdG-dp2Ne6T8H0Mje5xxGW6A/viewform?usp=sf_link)



#### WOW – The Walk to School Challenge

We are once again taking part in the WOW Challenge. This is an incredible pupil-led initiative where children self-report how they get to school every day using the interactive [WOW Travel Tracker](#). If children travel sustainably to school (walk, wheel, cycle, scoot or [Park and Stride](#)) they get rewarded a monthly badge. This has been a great way to support pupils' physical and mental health, while reducing congestion and protecting the planet all at once.

#### Mental Health Awareness Week

This year, we celebrated Mental Health Awareness Week in June. This year's theme was Loneliness. This was a great opportunity to encourage the children (and adults) to explore the experience of loneliness, its effect on our mental health and how we can all play a part in reducing loneliness in schools and our wider communities.



#### Croydon Mental Health & Wellbeing Support

If you need support with mental health and wellbeing, please speak to Annette, our school Learning Mentor who can direct you to the appropriate services. You can also 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](mailto:MHST@croydondropin.org.uk) or call on 07736 043796.

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/>

#### Important Dates

- **International Week of Happiness at Work - 19-25th September 2022**
- **World Mental Health Day - 10th October 2022**
- **Black History Month - October 2022**
- **International Walk to School Month - October 2022**
- **World Kindness Day - 13th November 2022**
- **Anti-bullying Week - 14 - 18th November 2022**

## Wellbeing Focus

This term, year 4 have taken part in CUES-Ed physio-education programme aimed at improving their emotional wellbeing and resilience. CUES-Ed have helped year 4 to recognise and make links between thoughts, feelings and behaviour. They have been taught how to notice the signs (cues) when things aren't right, such as an increase in worry, a change in appetite or sleep patterns and difficulties with friendship groups. They have learnt cognitive strategies and behavioural techniques to help manage difficulties. This led to an exciting visit to Go Ape where the children faced a few fears and challenged themselves to experience things they've never done before.



## Wellbeing Ambassadors

A big well done and thank you to this year's Wellbeing Ambassadors. They have worked incredibly hard this year planning events and sharing their knowledge with the school community. The wellbeing ambassadors have ended their term meeting various visitors from our school governors to supporting Croydon's Early Years Wellbeing Coordinator on an exciting project for local schools.



## 'Summer of Love' Kindness Challenge!

Want to make this the best summer ever? Spreading kindness is a great place to start! Using 52Lives Kindness Calendar encourages children to think about kindness all summer long. Children can complete a different kind activity every day as well as creating their own kindness ideas. There's also a colour key to record whether it's an act that's kind to the environment, kind to someone else or kind to themselves. Children who complete the challenge will have a chance to win prizes for themselves PLUS a buddy bench for our school. Visit <https://schoolofkindness.org/kindness-calendar-for-children> to download your free Kindness calendar.



## Sun Safety

As we all enjoy the warmer weather, it's important to stay safe in the sun and look after your skin. Below are some ideas of how to still enjoy the sun and stay safe.

### Stay safe in the sun

- Stick to the shade where possible and gradually build up your time in the sun.
- Heads, shoulders, knees and toes – apply a high SPF sun cream frequently to any exposed skin.
- Avoid direct sunlight as much as possible, especially when the sun is strongest between 11:00-15:00.
- Wear sunglasses with UV protection.
- Stay hydrated and drink lots of water.

### Sun safety for children

- Babies under six months old are best kept in the shade. Children should be encouraged to play in the shade as much as possible.
- Sun hats, t-shirts and sunglasses are recommended for all children (and adults too).
- Apply high factor sun cream regularly, no matter how much your little ones try to wriggle away.

For more Sun Safety advice please visit <https://www.britishskinfoundation.org.uk/sun-safety-advice-for-parents>

## Summer Holidays - Internet Safety

With the summer holidays fast approaching, children will have more free time to spend with friends, family and online. For some, this will be spent using the internet to keep in touch with friends, catch up with the latest apps and online trends and playing their favourite games. For parents, the summer holidays are a great chance to sit down with your child/ren and together you can visit their favourite sites and play their favourite games. This is a great way to stay up to date with their online lives and show them that you're interested in what they are doing. The holidays are also a good opportunity to have positive conversations about the internet, so if something ever does upset your child online they would feel more confident in confiding in you. The UK Safer Internet Centre's [conversation starters](#) are a great tool to help encourage an open dialogue with your child. For more information on how to stay internet safe this summer, please visit <https://saferinternet.org.uk/>

## CEOP

CEOP help children stay safe online and prevent them from harmful abuse. If anybody acts inappropriately towards a child or young person online (such as sexual chat, or being asked to do something that makes them feel uncomfortable); they can report it using the Child Exploitation and Online Protection Command (CEOP) button seen on some websites or visit <https://www.ceop.police.uk/Safety-Centre/>



# Mental Health, Wellbeing and Safeguarding Resources

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

## 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, that there are ways to cope with change and there are people to talk to when things get difficult. You can also visit the following websites for more parents/ carers support on the transition to secondary school.

[Anna Freud: centre for children and families](#)

[YoungMinds](#)

[Place2Be](#)



With more time spent together over the summer, it can be hard to talk about how we feel. YoungMinds have activities, ideas, and conversation starters for parents to help make talking easier.

YoungMinds have three different Parent Helpline services available throughout the summer to support those concerned about their child's mental health. Visit YoungMinds for more information.

## Parents Webchat and Email service

Parents webchat is open 9:30am - 4pm, Monday - Friday. To access the webchat, select the chat icon in the bottom right corner of the [YoungMinds website](#). You can email the team outside of webchat hours between 4pm - 9:30am Monday to Friday, or over the weekend. To email the team, select the chat icon in the bottom right corner of the [YoungMinds website](#).

## Parents Helpline

Call YoungMinds Parents Helpline for detailed advice, emotional support and signposting about a child or young person up to the age of 25. You can call for free on 0808 802 5544 from 9:30am - 4pm, Monday - Friday.



### Book Recommendation

#### Thank you for the Little Things by Carly Hart

What are the things that make YOU feel happy? From swinging high on playground swings to licking melty ice cream, there are

lots of small things that can cheer up a grey day. This reassuring, uplifting picture book celebrates the little things that bring us joy and happiness. We all have bad days and sad days, but sometimes it's the smallest things that make us smile! This book is available at [Amazon](#).



For more safeguarding information, please visit our website at <https://www.rockmountprimaryschool.co.uk/safeguarding/>