

Rockmount

Wellbeing & Safeguarding Newsletter

Children's Mental Health Week

Children's Mental Health Week was a great success. The theme for the week was "Growing Together." Things that upset children when they were younger may no longer overwhelm them as they grow and learn to cope with life's ups and downs. Challenges and set-backs can help us to grow and adapt. Trying new things can help us to move beyond our comfort zone into a new realm of possibility and potential. However, emotional growth is often a gradual process that happens over time and sometimes we might feel a bit 'stuck'. At these times we are reminded of how much we need others in our lives to help us to keep growing. Children need parents and carers, teachers, friends and others to support them to grow, especially when things get tough. They often need others to help them to believe in themselves, to keep going and to try doing things a bit differently. Even when children have experienced really difficult challenges in their lives, with the right support, they can continue to grow and flourish. Throughout the week, children took part in activities based around the 5 ways to wellbeing and thoroughly enjoyed dressing to express on the Friday. The Wellbeing Ambassadors took charge at lunchtime throughout the week and they organised lots of different activities to support and promote wellbeing.



Meet the Mental Health Support Team

Croydon Mental Health Support Team have been a part of our community for sometime now, although due to the restrictions they have not had the opportunity to engage with the wider school community in the way that we all had hoped. Throughout the pandemic, they continued to work with many children and families and would now like to have the chance to meet more families and inform everyone about the work they do. Below are a list of coffee morning and parent/carer workshops which will take place in the After School Club at 8.40 - 9.30am or Online 5 - 6pm.

After School Club - 8.40 - 9.30am

- **Monday 16th May 2022 - Coffee Morning**
Meet two of our Mental Health Practitioners where you can have the opportunity to get wellbeing support and advice for children and families.
- **Thursday 26th May 2022 - Managing Big Emotions**
- **Thursday 9th June 2022 - Managing worries and promoting independence**
- **Thursday 16th June 2022 - Preparing for secondary school**

Online - 5 - 6pm - more information will be sent closer to the time date.

- **Thursday 16th June 2022 - Preparing for secondary school**

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 or call on 07736 043796.

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

Important Dates

- **Mental Health Awareness Week - 10th—16th May**
- **World Day for Cultural Diversity - 21st May**
- **International Children's Day - 1st June**



Sharing Good Work

The Wellbeing Ambassadors' main role across the school is to support other pupils and promote positive wellbeing. As part of their role, they share their good work with other schools to support them in their journey to raise awareness of mental health issues. This term, Ella and Minna, spent time with the Assistant Head and Head Teacher of Rustington Community Primary School to share information about their role and how wellbeing is promoted across Rockmount. Ella and Minna did an amazing job and both visitors were very impressed with their confidence and understanding of mental health issues. *"Your Wellbeing Ambassadors were a delight to talk to and it was wonderful to see how much work they have done and how confident they are in their role."* Assistant Head, Rustington Community Primary School.

Wellbeing Focus

Year 1 and Year 3 have benefited this year from curriculum themed yoga. Tabitha Owen, parent and yoga teacher, has worked closely with the staff and children to use yoga to develop mindfulness through stories, games and relaxation. The children have learnt breathing techniques and yoga flows which they have used to create their own sequences of movement. During Circle time this half term, the children have been learning about the importance of sleep. The Wellbeing Ambassadors have shared information about how sleep can help to keep us physically and mentally healthy, alongside exercise, eating and drinking well and talking about anything that might worry us or stop us sleeping at night. All children were given some top tips to help them to sleep. The top tip do's and don'ts are available on the wellbeing section of our school website.



Staff Wellbeing

We all know that a workplace with a great culture is one that everyone wants to be a part of. A happy and supportive workplace contributes towards the wellbeing of those that work there which is vital in this day and age. It is important that staff are able to work together and feel happy in order to be an educational team that are fun to be around and provide exciting school experiences for pupils. There are times in the school year which place more demands on staff than others, so we are constantly looking for fresh ways to show staff appreciation and promote positive wellbeing. For the final hour of this term's Inset Day, staff were encouraged to take part in one of three activities to support their wellbeing. These included mindfulness, dodgeball, handball and yoga. Everyone benefited from taking the time to think about their own wellbeing, have fun with colleagues and relax before leaving school for the Easter Break.



Parent Questionnaire Feedback

Thank you to everyone who took the opportunity to complete the Parent Mental Health and Wellbeing Questionnaire; your feedback is invaluable and supports us to improve how we work.

What you say is working well:

The vast majority of parents and carers agree that:

- emotional wellbeing is valued and important across the school
- we provide information and activities to help children learn about wellbeing and mental health
- we encourage a healthy lifestyle
- they know who to speak to if they have a concern about their child
- that their child feels safe in school

What you say we could improve:

- more parental involvement in school life such as coffee mornings and workshops
- more opportunities to feedback to parents and carers in face to face meetings

(Now that the Coronavirus situation has improved, we will be able to provide these opportunities moving forward!)

Domestic Violence

As the number of victims of Domestic Violence rise, we would like to remind people who are going through this that there is help out there.

The FJC (formerly known as The Family Justice Centre)

The FJC can provide you and your family with support and a safety plan if you don't feel safe at home. Their aim is to listen and respond to your needs in a safe way.

For example, you can get help if:

- you don't feel safe at home
- are afraid of your partner or a family member
- you are being criticised or insulted by your partner or a family member
- you feel your every move is being monitored

How to access the service

To make an appointment you can call them or drop-in to their centre. They do not publicly show their address for safety reasons so please contact them by phone or email to get the address.

Drop-in and phone lines opening times

Monday, Wednesday, Friday - 9am to 5pm
Tuesday and Thursday - 8am to 7pm

Telephone: 020 8688 0100

Email: fjc@croydon.gov.uk

Outside of these hours use the 24-hour National Domestic Violence Helpline - 0800 2000 247 or 999 in an emergency.

Mental Health, Wellbeing and Safeguarding Resources

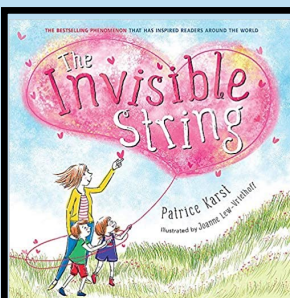
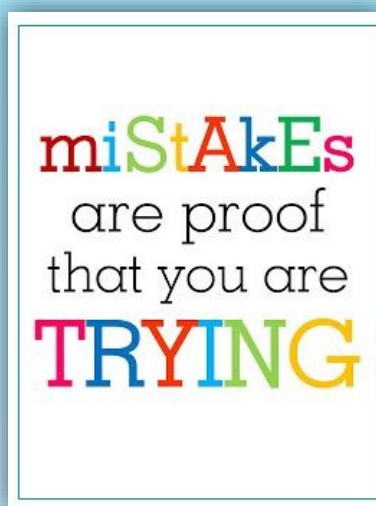
[Click images for a link to resources](#)



The Charlie Waller Trust are running a series of live webinars for parents, carers and educators. They are all presented by their mental health trainers, speakers and guest speakers who come from a wide range of professions, including education, psychology, social work, youth work, public health, psychotherapy and nursing. Topics include 'The Teen Brain', 'Sleep' and 'Perfectionism'.



Best For You exists to make it easier for children and their families to access mental health support that's right for them. It includes information about mental health and digital tools for people across the UK.



Book Recommendation

Invisible String by Patrice Karst

The Invisible String is the perfect tool for coping with all kinds of separation anxiety, loss, and grief. In this relatable and reassuring contemporary classic, a mother tells her two children that they're all connected by an invisible string. "That's impossible!" the children insist, but still they want to know more: "What kind of string?" The answer is the simple truth that binds us all: An Invisible String made of love. Even though you can't see it with your eyes, you can feel it deep in your heart and know that you are always connected to the ones you love. This heart warming picture book for all ages explores questions about the intangible yet unbreakable connections between us and opens up deeper conversations about love. Available at [Amazon](#).



Talking to children about Ukraine

Young Minds Parents Helpline experts have shared their tips for talking to children about the conflict in Ukraine and difficult news stories more generally.

<https://www.youngminds.org.uk/parent/blog/top-tips-for-talking-to-your-young-person-about-the-events-in-ukraine/>

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