

Rockmount

Wellbeing & Safeguarding

Newsletter

Kindness is a gift everyone can afford to give!

As part of our circle times, classes have had a particular focus on kindness. Year 4 took part in the 52Lives World Kindness Day interactive virtual assembly. The children learnt that kindness is not just a single act but rather an attitude and approach to life that threads through everything we do.

Half Term Kindness Challenge 14-20th February is Random Act of Kindness Week. 52Lives are inviting children to take part in their five-day Kindness Challenge to celebrate Random Acts of Kindness Week. Each day, they will be tasked with doing a specific 'kind' activity and writing about how they felt when they did it. Not only will they be helping other people, they will also be helping themselves as kindness improves our own physical and mental health. For more information on how to take part in the competition visit <https://schoolofkindness.org/kindnesschallenge?> Don't forget to let us know if you take part.



Wellbeing Ambassadors

Our Wellbeing Ambassadors have been working hard to promote positive health and wellbeing across the school. As well as promoting World Mental Health Day, they spent most of the autumn developing their classroom wellbeing area and supporting their class to make the most out of them. The Wellbeing Ambassadors are currently planning activities in preparation for Children's Mental Health week. As part of their planned activities, they will be running a range of lunch time clubs and activities during the week, based around the Five Ways to Wellbeing - Connect, Be Active, Keep Learning, Give and Take Notice. For example, Walk and Talk, mindfulness, outdoor picnics.



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

Important Dates

- **Children's Mental Health Week 7th –10th February 2022**
- **Internet Safety Day—8th February 2022**
- **Random Act of Kindness Week 14-20th February 2022**
- **LGBT Month - February 2022**

Parent/ Carer Wellbeing Survey

Please take 3 minutes to complete our wellbeing survey. Your answers will be anonymous and will help us improve our work on Health and Wellbeing at Rockmount.

https://docs.google.com/forms/d/10VHucjqApuBZxMXz1xX5047mR0f0w_Gfr0VGgSvyZe8/

Meeting Sonny

We are all very excited about the new additions to the Rockmount Mini Lop family. The children have loved giving them a stroke as they get use to human contact. Visit our Twitter page (@RockmountPS) for the latest updates on their progress. The children have also enjoyed going to the office to visit Sonny, Ms Burridge's dog, who visits us in school a few days a week. You may also see Sonny, as Andres, our Site Manager, takes him for a walk during his site checks.



Class Wellbeing Focus

Each term, every year group focus on a different activity to promote positive mental health and wellbeing. Each activity engages the children to help them to understand that regularly taking care of our mental health is just as important as taking care of our physical health. These activities also aim to improve their quality of life by empowering children to develop coping skills and preparing them for times of transition and adjustment. Classes have focused on activities such as yoga, daily gratitude and mindfulness.



" I love walking around the rec. It makes my mind fresh" Year 3



#TimeToTalk

Talking to your child about how they're feeling can be hard, especially if you're concerned that they are having a hard time. You might feel like you don't know where to start or feel worried about how your child might react. By taking some time to do an activity you both enjoy, you can create a relaxed space for getting the conversation started. Here are some conversation ideas to start things off...

- What's the best/ worse bit of your day?
- If you could start today again, what would you do differently?
- What did you do today that made you proud?
- How are you feeling?
- What would you like to talk about?

If your child is having a hard time:

- How can I support you through this?
- Do you want to talk about what's going on?
- Is there anything you need from me? Space, time to talk, time to do something fun?
- What was the biggest problem you had today? What helped?

You can also follow up conversations with encouragers:

I love you, nothing can ever change that

If you need to talk to someone else, that's okay too

If you talk to me about what is worrying you, I can do my best to help

Even if I don't understand, know that I want to

We're going to get through this together

Mental Health First Aiders

As part of our commitment to ensuring all staff have appropriate training to support mental health and wellbeing across the school, Ms Rankine, Ms Dawson and Ms Carvall have all completed the 2 day Mental Health First Aid training to become Mental Health First Aiders. As Mental Health First Aiders, they have built on their knowledge of identifying the risk factors and warning signs of mental health problems in children and young people. They have deepened their understanding of the importance of early intervention and how to help in times of crisis or if a child or young person is experiencing a mental health challenge.

Staff Wellbeing

Good staff wellbeing is essential for cultivating a mentally healthy school. Last term, staff took part in a Self-Care Raffle designed to positively support their mental health, help them unwind and relax. Ms Carvall, who enjoyed earlier nights with a glass of water and Ms Waller who spent more time reading were the winners of our Self Care Raffle and won themselves a lovely self care package. Why not try the Action For Happiness, 'Happier January' with daily actions to help you make yourself and others happier? Visit <https://www.actionforhappiness.org/january> for more information



Internet Safety

During our circle times we have a strong focus on using the internet safely. We will be taking part in **Safer Internet Day** on **Tuesday 8th February**. The theme once again is "**Together for a better internet**", the day calls for us all to work together to make the internet a safer and better place for all, especially for children and young people. As a parent or carer, to support your child in leading a happy and safe life online you need up-to-date knowledge of the apps, games and platforms emerging so you can have regular and open conversations with your child. The Parents' Guide, created by [Childnet International](#), gives practical advice on how to begin such conversations and how to handle difficult discussions or situations. The new National Online Safety mobile application has been developed to provide information about changes or updates to apps that your children may be using. For more information, follow the link: <https://info.nationalonlinesafety.com/mobile-app>

Knife Crime

Knife Crime is rarely not in the news, especially in London unfortunately. This predominantly involves teenage boys, but also affects the wider community. Children of primary school age are affected by watching the news, hearing it on the radio, or in fact because they know someone directly who has been injured, fatally or otherwise. Therefore, it is important to know how to talk to your children about this. [No Knives, Better Lives](#) provides information and support for parents and carers. Please also find information and contacts at the end.

Designated Governor for Early Help and Child Protection

We would like to welcome Rebecca Hill as our new Designated Governor for early help and child protection at Rockmount. We look forward to working with her this year and sharing our commitment to ensuring that consistent, effective safeguarding procedures are in place to support families, children and staff at school.

Peer on Peer Abuse and Sexual Harassment

In response to the OFSTED review of sexual abuse in schools published in September 2021, Croydon have provided training for staff to develop their understanding and knowledge in this area. Some training has already commenced and more is planned for this half term. At Rockmount we are fortunate to already have a carefully sequenced relationship sex health education curriculum, based on the Department for Education's (DfE's) statutory guidance. In upper key stage 2, it specifically includes sexual harassment and sexual violence, including online.

Mental Health, Wellbeing and Safeguarding Resources

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



Racism has a detrimental impact on the lives of Black and racially minoritised young people, and when experienced it affects both their mental health and potential to thrive. The podcast series features experts in mental health, education and anti-racism exploring topics like representation, culture and community, and provides advice and practical steps to support the whole school community.

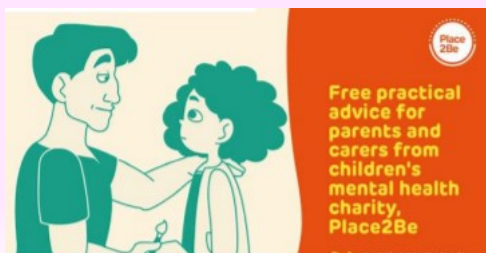
Aimed at 11 to 18 year olds, Kooth online support network has been launched to help children and young people struggling with mental health difficulties. They provide a seven day a week online platform with a trained counsellor available until 10pm each night.



Parenting Smart

Place2Be have launched a fantastic new free resource which aims to give parents and carers support and advice with a range of common parenting issues. It is split into topics which are short reads and/ or videos.

<https://parentingsmart.place2be.org.uk/>



GARDEN YOGA FOR KIDS



Pretend to be a tree

Tree Pose: Stand on one leg. Bend the other knee and place the sole of your foot on your inner thigh. Sway like a tree in the breeze. Now the other side.



Pretend to be a frog

Squat Pose: Come down to a squat with your knees apart and arms resting between your knees. Touch your hands to the ground. Jump like a frog.



Pretend to be a seed

Child's Pose: Sit back on your heels and bring your forehead down to rest on the floor. Pretend to be a seed in the garden.



Pretend to be a butterfly

Cobbler's Pose: Sit on your buttocks with a tall spine. Bend your legs with the soles of your feet together. Flap your legs like the wings of a butterfly.



Pretend to be a flower

Flower Pose: Lift your bent legs, balancing on your sitting bones. Weave your arms under your legs, palms up. Pretend to be a flower in bloom.

Website Details on Knife Crime:

The Ben Kinsella Trust, benkinsella.org.uk

ChildLine, Helpline: 0800 11 11, childline.org.uk

Your Choice Your Future, ycyf.co.uk

You & Co, youandco.org.uk

Victim Support

Victim Supportline: 08 08 16 89 111, victimsupport.org.uk

Knife Crimes.Org, knifecrimes.org

Lives Not Knives: Email: info@livesnotknives.org

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