



## World Mental Health Day

Thank you to everyone who helped the Wellbeing Team to make World Mental Health Day a great success. Everyone dressed in bright and cheerful colours which helped us all to have fun and feel positive. We were able to raise £352.50 to support YoungMinds. YoungMinds is a charity committed to improving the emotional wellbeing and mental health of children and young people. They provide advice for professionals, parents and young people through their parent helpline, online resources, training and development and outreach work. If you would like more information about YoungMinds visit their website at [www.youngminds.org.uk](http://www.youngminds.org.uk).



## Lucy's Blue Day

During our Wellbeing Circle Times, we have been exploring different emotions. Year 2 and 3 have been focusing on a book called 'Lucy's Blue Day.' Lucy's Blue Day is about a girl who has magic hair that changes with her mood. If she is happy, her hair is purple, red if she is angry and green when she feels envy. Mostly it is yellow when everything is fine but one day Lucy wakes up and her hair is blue! With Lucy, the children have explored why we may feel blue even if sometimes we cannot explain why. With discussion and activities, the children were able to understand what to do and who they can turn to

when they may be experiencing difficult emotions. They also know that it is normal to have times when you don't feel great and that feeling will not last forever.

# Wellbeing Ambassadors

We are pleased to say that each class have elected their new Wellbeing Ambassador. Each ambassador is a pupil representative with a special responsibility for leading and promoting the wellbeing of the school community. The ambassadors have supported each class during Anti-Bullying Week. The theme for Anti-Bullying Week was 'United Against Bullying'. The ambassadors worked with their class to design a puzzle piece which was put together to show that we are all a piece in the puzzle and together we are united against bullying. As well as revamping their wellbeing corners, each class have their own Wellbeing Book which will promote positive health and wellbeing. The Wellbeing Ambassadors are looking forward to planning activities and promoting positive wellbeing during Children's Mental Health Week 2021 in February.



# Mental Health Support Team

As part of our partnership with South West London Trailblazer, we now have our own Mental Health Support Team (MHST) working in school with children and families. The MHST are funded by NHS England, working jointly with the Department for Education. This service is delivered by two established local charities (Off The Record and Croydon Drop-in) and during these difficult times, they will continue to be available for support. The trained Wellbeing Practitioners work in school and online to build on interventions already implemented. Meet the team:



## **Ilaria Calussi**

Ilaria is the Senior Mental Health Practitioner and Team Lead for the Croydon Mental Health Support Team. Ilaria is a BACP Accredited Counsellor/Psychotherapist. She is responsible for the day-to-day management of the team as well as direct work with children and families. Ilaria brings a wealth of experience having worked in mental health for the last twenty years, particularly with children and families. Ilaria looks forward to meeting more people from the school community.



## **Elizabeth Finn**

Liz is an Education Wellbeing Practitioner who will support us with mental health and wellbeing. Her work will mainly involve supporting parents/ carers in helping children with emotional wellbeing. Liz has many years of experience working in a primary school, supporting children with their learning and emotional needs. Liz is excited to be a part of the work Rockmount has already implemented in this important area of children's education. She is looking forward to getting to know us all (even if it is only virtually at the moment!).



### **Peace Ogbonna**

Peace is also a Wellbeing Practitioner who will be supporting us to increase access to psychological therapies for children and families. Peace uses evidence based, low intensity intervention for children who present with anxiety, low mood and behaviour difficulties. She will work with families to achieve their child's goals and teach parents strategies to practice with their child. Peace is looking forward to working collaboratively with our school community to promote wellbeing.

### **Julie Lewis**

Julie is a child and young person counsellor. She has had the pleasure of working as part of the MHST in school delivering counselling sessions to children since October 2020. These sessions take place in school or online and offer children a safe space to open-up about things in their life that have been challenging for them. It is her hope that children continue to feel that they can trust adults around them to talk about their feelings and support their wellbeing.

The MHST will be offering one to one sessions to parents / carers who need some support to manage their child's challenging behaviours, anxiety or low mood. If you would like more information about this service, please speak to your child's class teacher who will support you to make this referral.

## **Online resources**

GoNoodle is a free online resource which helps teachers and parents to get children active and learning while developing social and emotional awareness. In addition to exercise and brain building, GoNoodle also focuses on mindfulness to increase children's wellbeing and focus. This desk-side movement has been timetabled in most classes to help children achieve more by keeping them engaged and motivated throughout the day. Why not try GoNoodle at home? Visit [www.gonoodle.com](http://www.gonoodle.com) to create a free family account.



- To Keep Primary Kids Safe Online During School Closure

<https://static.lgfl.net/LgflNet/downloads/digisafe/Parent-Top-Tips-Safe-Online-Corona.pdf>

- A short book supporting and reassuring children about Covid

<https://www.mindheart.co/descargables>

- Free wellbeing journals and home workout plans

<https://www.nuffieldhealth.com/kidswellbeing>

- Spread the Happiness is a channel dedicated to spreading happiness and positive thoughts

<https://www.spreadthehappiness.co.uk/spread-the-happiness-tv/>

- iMoves keep children happy, healthy and focussed with everything from outdoor games to exercise videos to mental wellbeing activities.

<https://imoves.com/the-ovement>

## Talking to your child about coronavirus



Try not to shield your child from the news, which is going to be nearly impossible at the moment. The amount of information on the internet about coronavirus can be overwhelming, so ask your child about what they're seeing or hearing online and think together about reliable sources of information.



Talk to your child about what's going on. Find out how they're feeling and what they're thinking about; let them know it is okay to feel scared or unsure and reassure them that this will pass.



Try to answer their questions and reassure them in an age-appropriate manner. Remember, you do not need to know all the answers, but talking can help them feel calm.



Reassure your child that it is unlikely they will get seriously ill and if they do feel ill, you will look after them. Your child might be concerned about who will look after you if you catch the virus. Let them know the kind of support you have as an adult so that they don't feel they need to worry about you.



Give some practical tips to your child about how they can look after themselves. For example, show them how to wash their hands properly and remind them when they should be doing it.



Spend time doing a positive activity with your child (such as reading, playing, painting or cooking) to help reassure them and reduce their anxiety. This is also a great way of providing a space for them to talk through their concerns, without having a 'big chat'. [Have a look at conversation starters and ideas for activities you can do with your children while isolating at home.](#)



Remember to look after yourself too. If you yourself are feeling worried, or anxious about coronavirus, talk to someone you trust who can listen and support you.



Encourage your child to think about the things they can do to make them feel safer and less worried.



Be aware that your child may want more close contact with you at this time and feel anxious about separation. Try to provide this support whenever possible.



Keep as many regular routines as possible, so that your child feels safe and that things are stable.