



Rockmount Wellbeing & Safeguarding Newsletter



Patch! Blaze! Coco!

By now we hope that you have seen or met the newest members of our school community; Patch, Blaze and Coco are our adorable Mini Lop rabbits who all have their own personalities but are friendly and playful. Although it has taken some time and patience to get our Mini Lops comfortable with the noise and being held, holding them has been an enjoyable experience for us all.

Why do we have Mini Lop Rabbits?

Research has shown that animals can help to build children's empathy, responsibility and life skills. Not only does having animals support our PSHE curriculum of emotional and social needs but animals can encourage children's learning needs especially in reading, communication, observation and speaking. The Mini Lops will be a useful tool when teaching all children but can be particularly helpful for children with special educational needs (SEN). They can help children with behavioural needs as studies have shown that time with animals can decrease cortisol and blood pressure as well as be a calming reward. For many children, it will be their only contact with a pet as they don't have them at home.



Children's Mental Health Week

This year, Children's Mental Health Week was celebrated at home via Google Classroom and by those in the Keyworker facility at school. Everyone embraced the theme of self-expression and, with the encouragement from their class Wellbeing Ambassador, they were able to find creative ways to express themselves. Many children and staff took part by expressing themselves through dance, music, yoga, poetry, art and more. The week was ended with everyone 'Dressing to Express!'



BNF Week

BNF Healthy Eating Week took place from 14 to 18 June 2021. The Week's message was '*Find your healthier you*' and was supported by five themes:

- Know the facts – information, advice and myth busting.
- Make a healthier choice – tips and tools to make better choices;
- Plan for success – ways to plan healthier meals and menus;
- Be the chef – how to cook healthier options, with links to recipes and ideas;
- Keep moving – promoting the importance of being active for health.

How did you celebrate BNF week?

Crystal Palace Team Mates

Over the last 8 months, Palace for Life Foundation, the official charity of Crystal Palace Football Club, have been working with groups of children in Year 6 to support their emotions by creating positive coping mechanisms, ensuring they are equipped and ready for their transition to secondary school. The Team Mates have used a games-based approach to learning, partaking in team exercises and group discussions. The programme aims to build resilience, confidence and self-esteem along with developing key social skills in pupils to ensure that they are able to cope with everyday pressures.



Welcome to our newest Wellbeing Practitioner

Nora is a Counsellor/Mental Health Practitioner who joined the MHST in March 2021. She is delivering one-to-one sessions to children in Primary Schools across the borough. Nora is an HCPC Accredited Art Psychotherapist, who primarily uses art therapy during her sessions. The sessions are mostly non-directive and are planned together with the children in order to meet their individual needs. Nora hopes to build strong connections with the Rockmount team and to work together to promote the wellbeing of the children and their families.



Year 6 Transition

Our Wellbeing Practitioners have been working with children from Year 6 to explore their feelings about starting secondary school. They work by offering practical tips, such as ways to deal with worries, balancing worries with things they are excited about, taking small steps towards something that will be a challenge for them (for example, practising the journey to school with support before attempting it independently) and some coping techniques for times when they feel worried. This support will give Year 6 the tools they will need to maintain their own mental health as they continue their educational journey.

Entering secondary school can be an exciting time but for some it can be a daunting and stressful experience. For those who are struggling to cope, the transition to secondary school may see the emergence of underlying mental health problems and therefore additional understanding and support is needed at this pivotal point. Below are a list of resources which parent/ carers may find useful to support the transition.

[Young Minds](#)

Find Your Feet aims to enable young people to express their thoughts and feelings about change, talk about worries they may have and helps them to gain the skills to manage those feelings. It aims to help parents understand more about how to support their children's mental health and wellbeing during this time.

<https://youngminds.org.uk/youngminds-professionals/our-projects/find-your-feet/>

[Mentally Healthy Schools](#)

Mentally Healthy Schools provide resources to support parents/ carers identify signs which suggests a child may be struggling with their transition to the new phase in their education.

<https://www.mentallyhealthyschools.org.uk/risks-and-protective-factors/school-based-risk-factors/transitions/#>

[Place2Be](#)

Place2Be provide advice which will help parent/carers prepare with their child/ren and manage the transition from primary to secondary school.

<https://www.place2be.org.uk/our-services/parents-and-carers/getting-ready-to-start-secondary-or-high-school/>

#SelfcareSummer

The last few months have been tough for most of us and, for many, Summer holidays and other plans may have been cancelled as we continue to live with uncertainty. There are a lot of things you can do to look after yourself so we really encourage families to focus on self-care over the summer. The Anna Freud Centre have launched #SelfcareSummer packs for Primary and Secondary schools with a range of creative activities. The [#SelfcareSummer Primary pack](#) aims to help children identify strategies that help them should they feel low or anxious.



Rockmount 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 email 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/>

Rockmount Safeguarding Team

Meet our Designated Safeguarding Leads (DSL)

We have seven Designated Safeguarding Leads across the school to ensure that the welfare of pupils is consistently addressed throughout the school day and across the week.

The Co-Headteachers, Helen Carvall and Tracey Langridge, are Designated Safeguarding Leaders for the whole school and retain overall responsibility for the safety, welfare and wellbeing of all in the school community.

Although all DSLs share responsibility for Safeguarding, they also have specific areas of focus to ensure that we remain up to date with national and local updates as well as changes to statutory requirements.



Viv Bull
(Assistant Head)

My role as DSL is to ensure the safety and wellbeing of the pupils and families within the school. I have a particular focus on children who are looked after by the local authority.

Amber Pearless
(Assistant Head and SENCO)

As a DSL, I take responsibility for any safeguarding requirements related to special educational needs and disabilities.



Annette Schembri
(Learning Mentor)

As DSL, I take lead responsibility for receiving Safeguarding concerns from anyone involved with our school community. Any concerns are dealt with in accordance with our Safeguarding Policy.



Donna Rankine
(Learning and Teaching Leader)

Within my role as DSL, I take responsibility for safeguarding and child protection, with a particular focus on online safety in school.



Ana De Miguel
(Extended Services Manager)

As DSL, I take responsibility for safeguarding within Rockmount Children's Club.



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