

Rockmount Wellbeing Newsletter

May 2021

At Rockmount, we are committed to supporting children, staff and parents in their wellbeing and mental health. We know that wellbeing, physical and mental health are all vital to successful learning. Our aim is to provide help, tips and resources to support both adults and children as we recognise the importance of parents and carers feeling supported and well in themselves.

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. Our next newsletter will be out in July, if you have any comments or suggestions about what you would like to see in it, please let the Wellbeing Team know via office@rockmount.croydon.sch.uk

Carry a positive sense of calm in the palm of your hand

1. First ask your child to trace their hand on a sheet of paper.
2. The child then thinks of a positive memory that would help them feel safe and calm to remember even in the midst of stressful and triggering situations.
3. Write each of the five senses (seeing, hearing, tasting, touching, smelling) on each of the five fingers.
4. The child (or adult can write it down for the child) will draw and / or write about the memory in the palm of the hand.
5. Encourage your child to identify how the memory is experienced using each of the five senses on each finger and write or draw a picture for each.
6. Last but not least, talk about how thinking of this memory can help your child feel a sense of safety and inner calmness despite outer life circumstances.



Rockmount Mental Health Support Team

It is important that we all look after ourselves and we would encourage you to find some time for some self-care if possible.

we are also offering individual support for parents / carers of children struggling with either anxiety or challenging behaviour:

One-to-one support for parents / carers of children aged 5-11 struggling with anxiety

Anxiety, fears and worries are normal experiences that we all have from time to time, but sometimes they interfere with our lives. As a parent / carer it can sometimes be difficult to know what to do for the best.

One-to-one support for parents / carers of children aged 5-8 experiencing behaviour problems

We know how difficult being a parent can be, and sometimes parents / carers need some support to manage their child's challenging behaviours, break unhelpful patterns of behaviour, and improve your relationship with your child.

Requests for one-to-one support can be made through your child's class teacher or you can email the MHST directly at MHST@croydondropin.org.uk or call on 07736 043796.

Website Links to Mental Health and Wellbeing Support

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

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

Connect with Nature

Connecting with nature is not just about the amount of time we spend outdoors, it is also about building a relationship with nature by noticing and becoming sensitive to what is around us. We use our senses to do this by noticing the different cloud shapes in the sky, smelling the scents of flowers and listening to the birds chirping in the trees.

Encouraging your child to build in opportunities to connect with nature in everyday life can improve both the health of their bodies and their minds.

Research tells us that there are many mental health benefits to connecting with nature, such as:



Feeling happier



Feeling less stressed or angry



Having more and better quality sleep



Feeling less worried



Being more environmentally aware and engaged



Increasing self-esteem and self-confidence



Improving attention and concentration



Encouraging participation in physical activities



Increasing social contact with other people and animals.

Rockmount Community Connecting with Nature

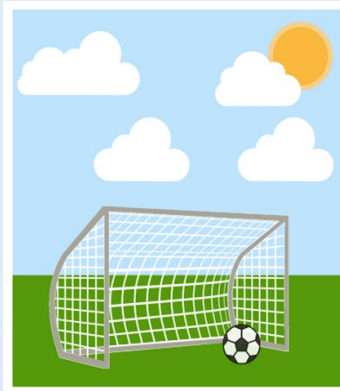
We would love to see how the Rockmount community connects with nature. Send a photo to your year group email or office@rockmount.croydon.sch.uk with a chance to appear in our next newsletter. Have a look at some ideas of how you can connect with nature on the next page or visit at <https://www.rockmountprimaryschool.co.uk/wellbeing-newsletters-2/>

Ways to Connect with Nature

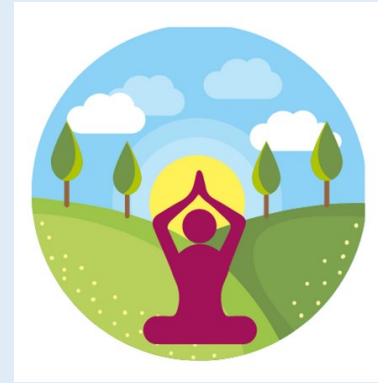
Stay Active



Go for a walk,
run or cycle



Play football with
your friends



Stretch or practice yoga
outside

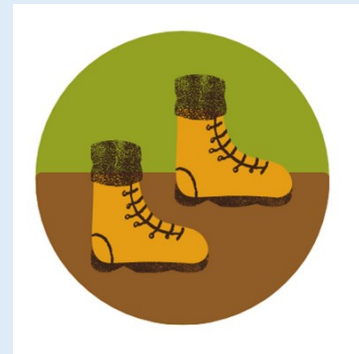
Take a moment to be mindful



Water indoor or
outdoor plants

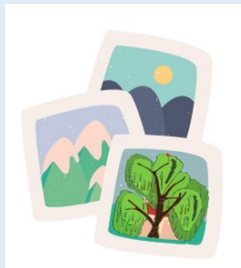


Draw or paint the view
from your window



Walk in your local
natural space

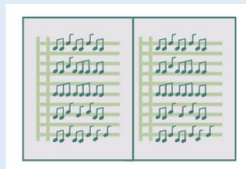
Get Creative



Take photographs of
landscapes and
natural objects



Write some creative
sentences



Write a poem or
song lyrics



Collect natural
objects and make a
handmade card for a
loved one



Play music outside

Places to go for support

Adult Services



Mind is a mental health service providing advice and support to empower anyone experiencing a mental health problem. <https://www.mind.org.uk/>



Every *Mind Matters* can help with expert advice, practical tips and personalised actions to help you stay on top of your mental wellbeing. <https://www.nhs.uk/every-mind-matters/>



**Building
stronger
families**

Family Action provide practical and emotional support to help people challenged by mental health issues to retain their independence, choice and community involvement as well as services that support general wellbeing in order to prevent escalation to more severe mental health issues.

<https://www.family-action.org.uk/what-we-do/adult-mental-health-and-wellbeing/health-issues>

Places to go for support

Children & Young People Services

The NSPCC are offering support and advice if you feel your child is struggling with their mental health and anxiety due to the coronavirus.

More information and advice can be found on their website: <https://www.nspcc.org.uk/keeping-children-safe/coronavirus-advice-support-childrenfamilies-parents>

NSPCC

Visit Place2Be for advice and resources for *parents* and carers to help support your child/s or young person's wellbeing.

<https://www.place2be.org.uk/our-services/parents-and-carers/supporting-your-child-s-mental-health/>

