



Dear Parents / Carers,

Rockmount School is very proud of the initiatives that have been implemented to help promote healthy lifestyles of staff, pupils and its community. We have demonstrated a huge commitment in developing every aspect of our pupils lives and this is evident in our attainment of the London Healthy Schools Gold Award and our food flagship status. As we continue on this path we are keen to make a

difference to as many of our pupils lives and have set ourselves a mission to change the face of mental health and wellbeing of all stakeholders. As a result, Rockmount is now working towards the wellbeing award for schools.

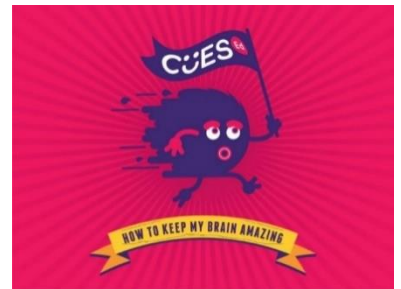
This whole-school award focuses on ensuring effective practice and provision is in place that promotes the emotional wellbeing and mental health of both staff and pupils. The award has a focus on changing the long-term culture of a school, and embedding an ethos where mental health is regarded as the responsibility of all. With this award, our school can:

- Show its commitment to promoting mental health as part of school life
- Improve the emotional wellbeing of its staff and pupils
- Ensure mental health problems are identified early and appropriate support is provided
- Offer provision and interventions that matches the needs of its pupils and staff
- Engage the whole-school community in understanding the importance of mental health awareness
- Capture the views of parents, pupils and teachers on mental health issues

You may have heard your child mention a few initiatives that have already started: Cues Ed, Marvellous Minds, JAM, Yoga and Mindfulness.

CUES- Ed

CUES-Ed have been working with children in Year 4 to help them recognise and make links between thoughts, feelings and behaviour. It has encouraged them to learn how to talk about this with others. It has taught children how to notice the signs (cues) when things aren't right, such as an increase in worry, a change in appetite or sleep patterns and difficulties with friendship groups. They have worked on developing cognitive strategies and behavioural techniques to help manage difficulties.



JAM

Jam from the Chevening Hub have worked with Year 3 to express themselves through movement and dance as a tool to help raise self-esteem through creative expression. As well as a fun exercise, dancing can help the children to feel physically refreshed and improve their mood, tackling serious issues including anxiety and depression. Group dancing is a tool to release daily stress, a distraction from everyday worries and is an outlet for imagination and emotion.



Marvellous Minds

As part of our Tri-School Partnership, Marvellous Minds are working with a small group of children from Rockmount, Downsveiw and All Saints Primary School to assess learning and social and emotional needs. This group provides support and gives whatever help is needed to remove the barriers to learning. There is great emphasis on language development and communication, with opportunities for social learning, helping children to attend to the needs of others, with time to listen and be listened to.

Yoga Tree

The Children's Yoga Tree are working with the children in The Foundation Stage and KS1 on calm breathing and mindfulness techniques to address their physical, mental and emotional needs. The lessons support children's learning by improving concentration, behaviour and confidence.



Yoga has been found to support children in some of the following ways:

- Breathing exercises develop concentration and help the child to feel calm
- Flexibility, strength and balance create healthy body awareness and reduce sports related injury
- Nature based poses create a connection and understanding of the natural world
- Mindfulness helps the child to self-regulate their emotions and become confident and resilient



Mindfulness in the classroom

The Yoga Tree are working with KS2 on techniques to manage their emotions, enabling them to practice calm concentration, put aside their worries and make positive choices. The children have worked on mindful breathing techniques, eating and understanding their inner weather (emotions).

Mindfulness benefits children in some of the following ways:

- Improved personal relationships
- A greater acceptance of troublesome thoughts and emotions.
- Improvements to memory, concentration and cognitive ability.
- A dramatic reduction in levels of stress and anxiety.
- An improved ability to fall to sleep at night.
- A rise in productivity and creativity



Yours sincerely,

Nishad Karim and Donna Rankine

Wellbeing Co-ordinators