

Wellbeing & Safeguarding Newsletter

Rockmount Primary School Autumn 2024



Welcome back to yet another exciting and eventful term. This is the first of our termly Wellbeing & Safeguarding newsletter for 2024/25. A copy of this newsletter has also been emailed to you so you can easily access any links and for future reference.

World Kindness Day

The Wellbeing Ambassadors have kick started the year with helping to organise and promote 'World Kindness Day'.

The theme for WKD was 'Prioritising mental health in the workplace'. The Wellbeing Ambassadors decided it would be a great idea to acknowledge the staff working here at Rockmount Primary school with a certificate during assembly.



Zones of Regulation

The Zones of Regulation is an internationally renowned intervention which helps children manage their emotions.

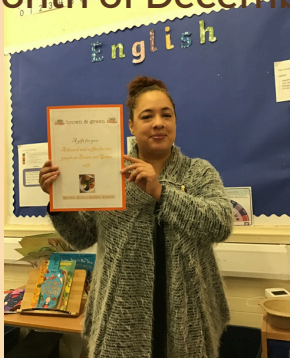
At Rockmount we will use the Zones of Regulation throughout the school. The zones provide a framework for our children to develop effective self-regulation strategies.

Children learn to identify emotions, recognise events that might make them move to a different zone and use the tools they have learnt to help them remain or move to a particular zone to help them regulate their feelings.

Staff Wellbeing

Christmas Advent calendar!!

To help support staff Wellbeing the teachers enjoyed taking part in a staff advent calendar enjoyed festive treats throughout the month of December



Welcome to the Team!

This term we welcomed Mrs Ana Chedburn to the Wellbeing Team.



"It is so great to be part of a school that has such a great focus on wellbeing for both children and adults. I am excited to work alongside the team and learn more about the resources available."

Important Dates

- Children's Mental Health Week - 3rd - 9th Feb
- Safer Inter Day - 11th Feb
- LGBT + Month of February

 /SupportingFamilyCrisis

 @Capa1stResponse



DO YOU TREAD ON EGGSHELLS AROUND YOUR CHILD?

DOES YOUR CHILD HURT YOU?

ARE YOU SCARED OF WHAT YOUR CHILD MAY DO?

If you answered yes to any of these questions, we can help you and your child.

There has been a real change, even after a week. [daughter] is so much calmer and happier.

Mum of 8 yr old girl

Capa First Response offer remote support to any family struggling with harmful and/or aggressive behaviours by a child towards parents or carers.

scan here for more information

CapaFirstResponse.org

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