



@ St. Joseph's

Dear Parents,

Welcome to the first edition of our new wellbeing newsletter which we will be creating half termly.

In these uncertain and worrying times, we understand how challenging it feels for parents having to home school children whilst trying to work from home and not being able to socialise with friends and family members as we usually would.

We wanted to be able to reach out to our parents and signpost the various services that are on offer - from those that are carried out in school, to the outside agencies who are there to help positively impact mental good health and wellbeing. In this first edition, We will introduce you to the St. Joe's Wellbeing Team.

Ms Wilson



5 WAYS TO WELLBEING

At St Josephs, staff are also looking at ways to improve wellbeing. We know that our staff need to have good mental health in order for our pupils to thrive. As part of our Performance Management Cycle, all staff have included a personal target from the 5 Ways to Wellbeing that they are adopting.

We subscribe to the PSHE Association Programme of Study (Personal, Social, Health and Economic). It is a school subject through which pupils develop the knowledge, skills and attributes they need to manage their lives - now and in the future. These skills and attributes help pupils to stay healthy, safe, achieve their potential and prepare them for life and work. These sessions are extremely important and are often a first step in teachers identifying children who may be struggling with wellbeing.

Meet the Wellbeing Team



Ms Wilson is our Inclusion Lead and part of the Safeguarding Team at St. Joseph's. She is experienced in children's mental health concerns through the rigorous training she has received and the subsequent interventions that she oversees in school. She is also the school liaison with outside agencies in order to ensure that our children receive the best advice and support.

Mrs. Barry is one of our PSHE subject leaders and teaches in Year 6. She is an experienced teacher and has been part of the St. Joseph's team for over ten years. Mrs. Barry has attended a number of training courses on mental wellbeing for children and is currently implementing the new PSHE and RSHE curriculum across the whole school.



Mrs Roberts is a valued member of our Reception Team. She has worked at St Joseph's for five years and has a wonderful rapport with the children. She has completed training as an ELSA (Emotional Literacy Support Assistance) and is delivering intervention to children.

Mrs Lammas has worked at St Joseph's for ten years and has been a valuable support in all year groups. She has lots of pastoral care experience, having led our Therapy Dog sessions in school as well as supporting children when the class can seem overwhelming. Mrs Lammas trained as our ELSA (Emotional Literacy Support Assistant) and is in her 3rd year of delivering intervention to children.



Mrs Clay is our School Business Manager, she has worked at St Joseph's since 2017. Her career in education means that she has over 20 years experience in working in Havering primary and secondary Schools. Her role at our school includes health and safety and she is passionate about making sure our school is safe for all its stakeholders

Mrs Partridge has been teaching for 20 years, firstly in Wolverhampton, and then in East London, teaching children aged 4 to 7. She has been part of the St. Joseph's team for three years, and currently teaches Year 2. She is English Subject Leader and a member of the middle leadership team and wellbeing team. She has attended training on supporting positive mental health in children.



Mental Health

Useful CAMHS

Resources



The children have celebrated Mental Health Week, the theme being - Express Yourself . Giving children the opportunity to talk openly about Mental Health from a younger age can help them better understand their own emotions and more readily discuss their feelings.

- CAMHS Parent Virtual Drop-in sessions are being offered to parents and new slots are now available in March. These sessions are a great opportunity for you to speak with a CAMHS clinician regarding any concerns that you might have about your child.

Speak to Ms Wilson who will book a slot

- CAMHS Talking Therapies for parents/carers who feel they might be anxious, or depressed.

Information sent via ParentMail

Sleep Tips

Children might be experiencing difficulty with sleep at the moment because they are feeling a range of different emotions which can have an impact on their ability to sleep. It is so important to continue a good bedtime routine and here are some tips to help.

- ♦ Encourage relaxing activities such as reading, colouring or listening
- ♦ Take all electronic devices away
- ♦ Run a warm bath
- ♦ Avoid sugary snacks

[Click to view Nuffield Health's Tips for Children's Bedtime video](#)

ACTION FOR HAPPINESS

Friendly February has 28 suggested actions to show acts of kindness to others and how to be a better friend during the global crisis. Please find the calendar attached and see how many of the good deeds that you can carry out as a family.



ACTION CALENDAR: FRIENDLY FEBRUARY 2021

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

1 Send someone a message to say how much they mean to you

8 Share what you're feeling with someone you really trust

15 Smile at the people you see and brighten their day

22 Give sincere compliments to people you talk to today

2 Ask a friend how they have been feeling recently

9 Thank someone and tell them how they made a difference for you

16 Check in on someone who may be struggling and offer to help

23 Be gentle with someone who you feel inclined to criticise

3 Do an act of kindness to make life easier for someone else

10 Look for the good in people, even when they frustrate you

17 Respond kindly to everyone you talk to today, including yourself

24 Tell a loved one about their strengths that you value most

4 Organise a virtual 'tea break' with colleagues or friends

11 Send an encouraging note to someone who needs a boost

18 Appreciate the good qualities of someone in your life

25 Thank three people you feel grateful to and tell them why

5 Show an active interest by asking questions when talking to others

12 Focus on being kind rather than being right

19 Share a video or message you find inspiring or helpful

26 Give positive comments to as many people as possible today

6 Get back in touch with an old friend you've not seen for a while

13 Send a friendly message of support to a local business

20 Make a plan to connect with others and do something fun

27 Call a friend to catch up and really listen to them

7 Make an effort to have a friendly chat with a neighbour

14 Tell your loved ones why they are special to you

21 Actively listen to what people say, without judging them

28 Make uninterrupted time for your loved ones



"The best way to cheer yourself up is to cheer somebody else up" - Mark Twain



"The only way to have a friend is to be one" - Ralph Waldo Emerson



ACTION FOR HAPPINESS

www.actionforhappiness.org

Learn more about this month's theme at www.actionforhappiness.org/friendly-february

Happier · Kinder · Together