



Well-being and Mental Health at Colerne Church of England Primary School

Mental health and emotional wellbeing are always key priorities for us and at the heart of all we do as a school. Whilst we value the importance of daily support, we also see the importance of whole school events to celebrate and support our children and give them tools and techniques to support their own wellbeing.

As you are aware we had a fantastic week focusing on our mental health and well-being back in February linking to Place2Be's Children's Mental Health Week 2022.

We chose Arts and Creativity as a medium to show children the different ways in which we can look after ourselves—both physically and mentally.

As a follow up, we thought we would put together some ideas that might help you as parents with your children. You might have noticed that some of them came home from the Mental Health Week a little distressed or overwhelmed after talking about their feelings and how they deal with tricky situations. This is totally normal. It doesn't mean that they didn't enjoy the week, but that it allowed them to think more closely about how they feel in certain situations and as young children, they don't have the toolkit to break their worries down. This emphasises the importance of our on-going support in school. We try not to make a big deal about their worries, but we try to support them and help them understand who they can turn to, why they might be feeling that way, and what they can do to help themselves.



The Power of Positive Language

At the end of the day, your child might be tired and grumpy. They need time to shake off their day and probably a snack and a drink. We all know that we adults like to unwind when we get in from a busy day at work...our children are the same.

If walking home, let them open up to you about their day in their own time. Great questions to ask would be 'Can you tell me something good that happened today?' 'Who has made you smile today?' 'Have you been a good friend today—what did you do?' Sometimes it is all too easy to focus on the negatives like a lost jumper or water bottle, when there are many lovely things that we could focus on.

There will, of course, be times when your child is upset and it is really important to get to the bottom of their problem. But encourage them to take their time to explain and discuss their worries after having a little bit of quiet time. They will then be more able to verbalise their thoughts and may have had time to allow their anxiety to settle.

ELSA—Worry Tree

The tree opposite is a wonderful resource from ELSA Support. We use this to talk through worries with children in 1-1 work. Our children need to know that adult worries are for adults, they do not need to shoulder the burden too. We remind the children of this regularly.



As ever, we are here to support your children, and you as parents in any way we can. If you have any concerns or your child has been worried about something, please let us know so that we can talk things through with them. Sometimes the smallest problem or worry can play on their minds and can affect their day hugely.