Flanshaw JIN wellbeing newsletter

Autumn

Welcome to Flanshaw Junior, Infant and Nursery's first wellbeing newsletter. Below are some useful websites, ideas, resources and information to support you and your child's wellbeing.

What is mental health?

We all have mental health. It is about our feelings, thinking, emotions and moods. Looking after our mental health is very important. It affects how people cope with life's challenges and stresses.



Daily wellbeing check-in

Mrs Page and Mrs Curran, our PSHE Leaders, have introduced a daily check in system so children can tell us how they are feeling. This will hopefully help highlight to us who needs support.



Resilience

The key way to survive and thrive is not striving to be happy all the time, which is unrealistic. It is about learning to cope with harder times, to bounce back from difficulties and to accept yourself for who you are. We understand that this can be hard – the skill that is needed is Resilience!

School are holding assemblies to help children understand resilience this term.

KS2 resilience assembly for children: 26th November

KS1 resilience assembly for children: 26th November

Flanshaw's first 'Cuppa Club!'

Join us on Friday 22nd November at 9am-10am

With Mrs Redfearn and Mrs Wilkinson.

Places to go for support and advice:

This website from the NHS offers expert advice and practical tips to help you look after your own and your child's mental health and wellbeing.

every mind matters

https://www.nhs.uk/every-mind-matters/

Mind provide advice and support to empower anyone experiencing a mental health problem. They campaign to improve services, raise awareness and promote understanding. They believe that no one should have to face a mental health problem alone.

mind

https://www.mind.org.uk/