

MENTAL HEALTH AND WELLBEING NEWSLETTER

St Joseph the Worker Catholic Primary School
Autumn Term 2020

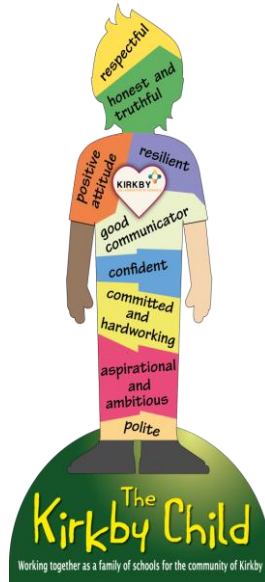
A loving Christian family striving to achieve excellence.

Dear Parents,

We hope that you are all well in these challenging times. Our pupils have adapted to changes in school really well and we are so proud of each and every one of them.



How is your mental health today?



Mental and Health and Wellbeing of all members of our school community is at the heart of everything we do. We will continue to involve our whole school community in developing the physical, mental, social, moral, spiritual and cultural needs of every member of our school family by taking a proactive approach to protecting and promoting emotional wellbeing and mental health. We believe it is the responsibility of everyone in our school family. We continue to work towards achieving the Wellbeing Award and will be working with our School Council and Wellbeing Class Ambassadors throughout this school year.

time to change

let's end mental health discrimination

We are working hard as a school community to end the stigma related to mental health. We would encourage you to start conversations at home with you children and other members of your family. Follow the link for some useful tips on starting to talk and for some ideas on how little things can make a big difference:

<https://www.time-to-change.org.uk/time-talk-day/tips-talking-about-mental-health>



If you're experiencing mental health problems or need urgent support, there are lots of places you can go to for help, please reach out:

Mind Infoline:

Telephone: 0300 123 3393 (9am-6pm Monday to Friday) or text 86463

Email: info@mind.org.uk

Website: www.mind.org.uk/information-support/helplines

Rethink Mental Illness advice line:

Telephone: 0300 5000 927 (9.30am - 4pm Monday to Friday)

Email: advice@rethink.org

Website: <http://www.rethink.org/about-us/our-mental-health-advice>

The Mix – support for young people:

Telephone: 0808 808 4994 (11am-11pm, free to call)

Email: [Helpline email form](#)

Crisis Support: Text 'THEMIX' to 85258.

Website: www.themix.org.uk/get-support

Childline:

Telephone: 0800 1111

Website: www.childline.org.uk

Side by Side:

Website: <https://sidebyside.mind.org.uk/about>

NHS England IAPT (Improving Access to Psychological Therapies):

Website: <https://www.nhs.uk/service-search/find-a-psychological-therapies-service/>

Also see our Mental Health and Wellbeing section of our school website for further documents and useful website links:

<http://stjosephtheworkercps.co.uk/mental-health-and-wellbeing/>

School Council / Pupil Voice:

These children will continue to represent pupils during school council and change team meetings:



Maisie – Year 6

Lee – Year 6

Riley – Year 6

Mia – Year 6

Sienna – Year 5

Dean – Year 5

Meadow – Year 4

Thomas – Year 4

Mia – Year 3

Shay – Year 3

Maisie (Year 6) was elected as our Mental health and Wellbeing ambassador



As you are aware we are working towards the **WELLBEING AWARD FOR SCHOOLS**. This is a whole-school activity to help improve the emotional wellbeing and mental health of everyone in our school community.

Information about the Wellbeing Award for Schools

The National Children's Board has a vision of an education system where good emotional wellbeing and mental health are at the heart of the culture and ethos of all schools. Only then will pupils, with the support of their teachers, build confidence and flourish. Evidence shows us that wellbeing is of central importance to learning and attainment, for children to do well they need to feel safe and happy. Pupils who have mental health problems are more likely to have academic difficulties at school and experience social disadvantage later in adult life.

At St Joseph the Worker Catholic Primary, part of our inclusive vision is to ensure that our staff, children and families have the tools to support their mental health and wellbeing and can access the right support and services when they need to.

Our vision for promoting wellbeing at St Joseph the Worker Catholic Primary School is clear and simple:

We value each other; we nurture each other; we encourage each other; we care for each other; we respect each other; we show love to one another.

Attendance - Autumn 1



Our grades are:

Red Below 90%

Amber 90% - 92.4%

Yellow 92.5% - 95.9%

Green 96%

CLASS	ATTENDANCE	
Rec	93%	Yellow
Y1	93%	Yellow
Y2 	96%	Green
Y3	93%	Yellow
Y4	92%	Yellow
Y5 	95%	Green
Y6	91%	Amber
Whole school	93%	Yellow

Attending school every day is really important for our pupil's mental health and wellbeing. We understand that some children / classes have been affected by period/s of isolation / bubble closures and this can't be helped. Please continue to keep us updated on individual circumstances and remember you are not alone.



Talk about Mental Health

**Miss S. Bradshaw
Mrs H. Yates
(Wellbeing Champions)**

