



# Summerfield School

## Mental Health and Wellbeing Newsletter



ISSUE 1

27th May 2021

At Summerfield, we are committed to supporting our children, staff and parents in their wellbeing and mental health.

As you are aware, the school has been working towards the Wellbeing award and are committed to achieving this soon.

Since returning from lockdown, the Change Team responsible for Mental Health and wellbeing, have reviewed staff, parent and pupil questionnaires and are embedding ideas into every aspect of school life. Here is what we have been up to...

### Mental Health Awareness Week

The chosen theme this year was 'Nature'. The evidence is clear that access to nature is crucial for our mental health and millions of people re-discovered that during lockdowns this year. However, this was not the same for all of us.

Each child completed a nature journal. Taking part in daily activities, like looking at the clouds or creating pictures out of sticks and leaves, allowed the children time to appreciate the world around us whilst given time to improve their wellbeing.

To end the week, Mrs Cronin led a Qi'Gong Session. The idea is to use as little energy as possible to move. It combines breath, movement, posture, and relaxation and is a popular part of martial art training.

### Walk to School Week

Walking has so many benefits from physical to mental wellbeing; aiding concentration and creativity and creating safer, less pollution and more welcoming streets.

All that makes for a happy, healthy child set up for success in and out of the classroom.

Well done to all who joined in walking to school. It was great to see children and staff walking towards our school.

The winning classes were:

**EYFS/KS1 Fireflies** 74% of active walkers

**KS2 Otters** 82% of active walkers



Many of our staff completed the Place2Be course which enhances professionals' understanding of children's mental health and introduces approaches that foster positive wellbeing in schools and communities.



### Pupil Wellbeing Champions

Well done to the following children who were selected to be our new Wellbeing Champions.

#### Summerfield Wellbeing Champions



Led by Miss Martin, these children will be 'looking out' for other children in the class, be a positive listening ear and someone who can speak to staff if they are concerned about someone's wellbeing.

## Cluck, Cluck, Cluck...



Did you know that Chickens can help decrease any anxiety, increase motivation and help children learn nurturing skills?

We are extremely lucky to have 11 lovely Chickens for the children to visit and care for with the help of our resident expert, Mr Barby.

Every child in the school will be involved in Egg collecting, feeding and playing with the Chickens in the Summer Term.

Don't forget to ask your child about their experience.



## Coming up next half term...

- Weekly Meditation
- Wellbeing Picnic and Sports Day
- The Road to Tokyo
- School Council Wellbeing Week
- Nature Club (places limited)
- Yoga Club (places limited)

### WEBSITE LINKS to

Mental Health and Wellbeing Support

Please visit the school website for tips, links and resources to help support positive wellbeing in children and adults.

[www.summerfieldschool.org](http://www.summerfieldschool.org)

## Tips for talking to your child about Mental Health

1. Make conversations about mental health a normal part of life: Anywhere is a good place to talk; in the car, walking the dog or cooking together. Model everyday talk about feelings such as by talking about a TV character's feelings.
2. Give your full attention: We all know it's horrible to be half listened to. Keep eye contact, focus on the child and ignore distractions.
3. Check your body language: Try to keep it open and relaxed and make sure you come down to the child's level.
4. Take it seriously: Don't downplay what the child is saying or tell them they're "just being silly". Resist the urge to reassure them that everything is fine.
5. Ask open questions: Such as "How did your day go today?" This will help to extend the conversation.
6. Calmly stay with the feelings that arise: It can be our automatic reaction to steer away from difficult emotions.
7. Offer empathy rather than solutions: Show that you accept what they are telling you but don't try to solve the problem.
8. Remember we are all different: Respect and value the child's feelings, even though they may be different to yours.

# 5 WAYS TO WELLBEING MK

Be Active

Do what you can.  
Enjoy what you do.  
Move your mood

Keep Learning

Embrace new experiences.  
See opportunities.  
Surprise yourself

Give

Your time,  
your words,  
your presence

Connect

Talk and Listen.  
Be there.  
Feel Connected

Take Notice

Remember the simple things that give you joy