



St Mary's Catholic Primary School

Term 3 Week 2

January 17th 2020

Celebrate

Value Awards

Creative Learners

Zachary C, Malaki A,
Elijah H, Benjamin C

Responsible Learners

Ava-Mae B, Jamie F,
John G

Collaborative Learners

James McA, James K

Independent Learners

Caleb B

Resilient Learners

Florence P

Awards outside school

Sophie D, Mikaela D

Yr5&6 Reading Challenge

Anna C, Eleanor K

Lunchtime Awards

Sophie D, Layla H,
River B

Attendance

Red Class YR: 91.3%

Orange Class Y1: 93.8%

Yellow Class Y2: 94.6%

Green Class Y3: 96.9%

Blue Class Y4: 96.9%

Indigo Class Y5: 96.9%

Violet Class Y6: 97.7%



Well Done
Violet
Class !

Wellbeing Day Two - Mental Health and Wellbeing

Today we have been focusing on helping your children know and understand how to establish and maintain good mental health and wellbeing. This day follows on from our previous Wellbeing Day earlier in the school year when we focused on physical health and wellbeing.

In a rapidly changing world in which more and more challenges come our way, we are seeing an increase in people suffering with mental health issues. People have struggled to maintain good mental health for years and years, but we are now starting to become more aware of these issues and, thankfully, to accept that mental health issues are genuine and nothing to be ashamed of. There is more support for people suffering from mental health issues and much more understanding. However there is not enough support, so it is becoming increasingly more important that we teach our children how to establish and maintain good mental health in the same way that we educated them about good physical health.

Today the children have taken part in a wide range of different lessons and activities to help to develop their understanding of mental health but it would be wonderful if you could help and support our endeavours to ensure that all pupils at St Mary's know how to keep themselves happy, healthy and safe. Please take some time to explore the links below to help improve your own understanding of children's mental health and of how to help your children maintain and develop good mental health.

*Young Minds is the UK's leading charity committed to improving the emotional wellbeing and mental health of children and young people.

<https://youngminds.org.uk/>

*Action for Children is a charity with the vision that every child and young person in the UK has a safe and happy childhood, and the foundations they need to thrive. They do this by working closely with children and their families.

<https://www.actionforchildren.org.uk/support-for-parents/children-s-mental-health/>

*The Mental Health Foundation has prevention at the heart of all they do. They have been pioneering change for over 70 years and their site is a wealth of information and worth checking out.

<https://www.mentalhealth.org.uk/publications/make-it-count-guide-for-parents-and-carers>

If you have any concerns about the state of your child's mental health please do not hesitate to come in and speak to a member of the St Mary's school staff. We are all here to help and know that by working closely together, in a home/school partnership, we can do more to achieve our aim to ensure all the children at St Mary's school live healthy and happy lives.

Dates for Your Diary

Remember: PI shows parents, carers, parishioners and friends are invited to attend.

January 2020

17th Health & Wellbeing day

17th Blue Class (4) Cake Sale

23rd Year 2 Multiskills @ Beacon

27th to 31st Science Week

31st Mass for the Presentation of our Lord 9.30am PI

31st Science Fair PI

February 2020

5th Year 3&4 Netball Skills @ Beacon

10th to 14th E-Safety Week

12th Year 3&4 Handball @ Beacon

14th ICT Assembly PM PI

14th Green Class (3) Cake Sale

14th Last day of Term
3.15pm finish

24th First day back Term 4

26th Ash Wednesday Liturgy
10am PI

Please check as dates are sometimes changed.

Please Note

Parent Consultation dates published on the School Year Planner have changed.

New dates are Thursday 12th March and Monday 16th March from 3.30pm to 6pm for all year groups EXCEPT Year 4.

Year 4's date to be advised shortly.
Thank you.

Taken from this week's Gospel: Second Sunday in Ordinary Time —Year A

'And so, the first miracle that Jesus did was at Cana in Galilee. With this sign, Jesus revealed his glory, and his disciples believed in him.'

John 2:1-11

~ Pray ~ Learn ~ Love ~ Enjoy ~

Health and Wellbeing – What have we been up too?

Mrs Hills began the Mental Health and Wellbeing day with an assembly with a very clear message:

it's okay
not to be
okay

Mrs Hills shared with the school a difficult time in her own personal life following the death of her brother and the challenges this brought to her mental health. This was shared as it is important for the children to know that at times we are all not okay and that we can move forward during these times by seeking support and help from those around us. Mrs Hills

talked to the children about the different ways in which she helps herself to be 'okay' including walking, sewing, gardening and swimming. The children were keen to talk about the issues of mental health and wellbeing during the assembly and then later in their class groups.

Year One began their day by skipping in the hall. The children were able to recognise the important benefits of skipping on their physical health but also on their mental health, with skipping being a fun and enjoyable activity to do.



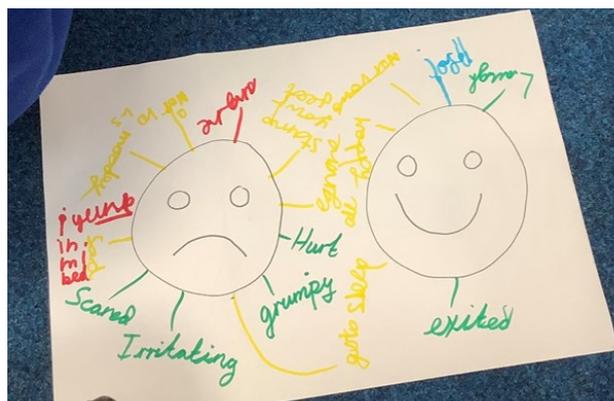
Year Three had a fantastic discussion about 'worrying' and the impact of this on their mental health. They discussed some of the things they worry about and thought carefully about ways in which they could prevent these worries having a negative effect on their health. Mrs Searle and Mrs Pallant shared their own experiences of times when they worried and found things challenging as parents of small children living in areas where they did not have support networks in place. Both Mrs Seale and Mrs Pallant talked about the importance of joining groups of other parents, by attending pre-school and toddler groups, in order to be able to share their concerns with other people in the same position as themselves. It was a very clear message to the children about the importance of talking to others.

The school was also visited today by Yana Anker (School Governor on the Wellbeing Team) who spoke at length to lots of different members of the school staff about their own mental health and managing work related stresses and balancing work life commitments with their personal lives. It was great to have feedback to the SLT saying how well supported staff feel at St Mary's. Indeed, Yana's visit was testament to the School Governor's commitment to the importance the Governing Body places of the health and wellbeing of the whole school community.

The day continued with the children taking part in lots of different and exciting activities. Year Six completed a blueberry study! They were challenged to investigate the blueberry, using all their senses, and in so doing learnt about the benefits of focusing the mind on one thing. The children spoke about how this is very important for them in a world where they can feel over loaded and stressed by the amount of information they have to process, not just in the school day but when using their different devises. The children said it was a lot of fun to study the blueberry – particularly when studying with their sense of taste!

Year Two spent time working with their Robot Dog explaining all about human emotions and the link between physical reactions and their emotions. This was also a focus for learning in Year Five where the children learnt about the links between physical and mental health and explored different strategies to support maintaining good mental health, including colouring, which was a favourite.

Continued....



Health and Wellbeing Day—Continued...

If you are worried about something – “Put your hand up and share your problems with the teacher.”

Erin in Green Class

Year Four had a great time this morning also exploring strategies to support good mental health with a very challenging yoga session in which they stretched their worries away.



If you are stressed – “Try to be positive. Try to make people laugh and try to share things with people as this makes you happy, which helps you to feel better and more relaxed.”

Ashley in Violet Class



If you have a worry – “Stop listening to the voice inside you that’s telling you not to say it and just say it.”

Thomas N in Yellow Class

What a great day and what a fantastic opportunity for everyone involved to spend time thinking and learning about mental health and wellbeing.

There is no doubt that this is a vital part of everyone’s education and we hope you will support us this weekend by: continuing the conversations we have begun with the children today; taking part in some of the activities the children have said they would love to do more of with you at home; and educating yourselves more about children’s mental health by exploring some of the web links provided.

Thank you.

“If you see someone really sad – don’t just leave them.” River in Indigo Class



Out of the Mouth of Babes!!!

Below is a list of activities the children at St Mary's have told us today that they would like you, their parents and carers, to do more of with them to support their mental health and wellbeing and your mental health and wellbeing. Do something amazing this weekend – do something on this list!

- Take us out on walks. We want to go outside, enjoy the beautiful countryside and spend time with our families and pets.
- Interact more with us. Stop tidying the house when no one is coming and take us out.
- Mum and Dad – go out together without us. It is hard being a parent. Go out together and de-stress.
- Play board games as a family.
- Let's all try not to get distracted by our devices and instead go out and exercise together.
- Healthier meals please.
- Take us on muddy walks – muddy walks are the best.
- We need more sleep – send us to bed earlier.
- Read to us – listen to us read.
- Take us to the forest so we can look for animals and collect sticks.
- Draw with us.
- Play with us more.
- Please take us to the playground and park and then play with us when we are there.
- Help us to build lego models.



Thank you.

Headteacher Recruitment

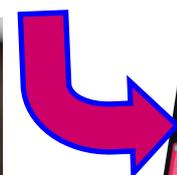
For Your Information:

The Governor's of St Mary's School have begun the recruitment process for the post of Headteacher again, with the advert going live this week on a number of different platforms. They will keep you updated as and when more information can be shared. In the meantime we ask the whole school community to offer up their prayers for the successful appointment of a Headteacher to lead the St Mary's School in its mission to Pray, Learn, Love and Enjoy. Thank you.

SAVE THE DATE

There will be a special assembly at the end of E-Safety week on **Friday 14th February** in the afternoon start time TBC. We would like as many parents as possible to attend this assembly covering very important issues. All year groups will be involved in the assembly and making presentations regarding E-safety. We vvery much hope that you will take the time to join us.

Online Safety Alert!



Are you aware of the latest



Online craze—TikTok?

Please take a moment to make yourselves aware of the facts and dangers with this new online craze in the attached flyer. Thank you.

News from Violet class

On Wednesday, Orange Class had a trip to Beacon academy to do multi-skills. They had a different variety of skills, which had been set up by the Year Sevens, who are training to be future sports leaders. Some of the activities they did were: cricket, football, team games, frisbee and passing the hoop around the circle without letting go of each other's hands. Other schools participated such as: White Hill and Ashdown. Orange Class had lots of fun and were full of energy!

By Mason and Olivia

HOW TO SUPPORT YOUR CHILD'S MENTAL HEALTH

 @BELIEVEPHQ

www.BelievePerform.com



LOVE

Be there for your child and show care and love



EXERCISE

Encourage play, exercise and sport



BEHAVIOUR

Keep an eye out for any changes in behaviour



SUPPORT

Regularly support, encourage and praise your child



REST TIME

Help your child to manage stress by building in some rest time



BE PROUD

Tell your child that you are proud of them



PATIENCE

Be patient. Don't pressure your child



HELP

Don't be afraid to seek help from professionals



FEELING

Get to know how your child is feeling



EDUCATE

Educate yourself about mental health problems



PROBLEM SOLVING

Help your child to effectively problem solve



LISTEN

Make sure you take time to listen to what your child has to say



COPING

Help your child to learn some simple coping skills such as relaxation



SYMPTOMS

Be aware of signs and symptoms



CONVERSATION

Encourage your child to engage in conversation



ENVIRONMENT

Provide a positive environment for your child where they can thrive



Sources of stress

Stress is the body's response when it senses danger. We all experience stress and need it to function. But when stress interferes with our lives, it becomes a problem. Too much stress, for too long, can make us ill.



Some common sources of stress in young people:

Emotional

- Peer pressure including on social media
- Abuse or bullying (online or in person)
- Conflicting cultural values and beliefs
- Coping with uncertainty

Environmental

- Discrimination based on race, sexuality, gender, or disability
- Poor or unstable housing
- Social isolation
- Unemployment, money worries
- Academic pressure

Physical

- Late nights or lack of routine
- Poor diet
- Misuse of alcohol or drugs

Life changes

- Leaving home
- Changing schools, or the transition from school to university
- Family or relationship breakdown
- Accidents, illness or bereavement
- Legal issues, arrest or imprisonment

6 in 10

young people experience levels of stress that interfere with their daily lives

If you are stressed or facing any of the issues above, you're not alone. Support is out there. See self-care and support to get started.



Self-care and support for young people



Some coping strategies are more helpful than others. As with any skill, we can always learn new ways of dealing with stress.

Here's some self-care tips to help protect against stress:

Try

Nurture your physical health - body and mind are connected, so eat regular meals and find a fun form of exercise that suits you and your schedule.

Set aside time to have fun or do something nice for yourself - positive emotions can help build a buffer against stress.

Spend time on an activity you enjoy - whether painting, playing guitar, or learning a new sport.

Talk to someone - tell a trusted friend or family member about how you're feeling, or chat online on a support site like [Childline](#) or [The Mix](#).

Avoid

Overdoing it on caffeine, alcohol or sugar - they're a quick fix which can increase stress in the long term.

Overworking - we all need time to unwind so try to build in short, regular breaks while you're studying, working or revising.

Chasing perfection - it can create unrealistic expectations. It's not fair to compare yourself, as a whole person, to social media highlights from someone else's life.

Too much screen time

- it can affect your sleep, so try to switch off now and then, and don't feel pressured to always be reading, watching or playing something.

Bottling up your feelings and assuming they will go away - this can make things worse in the long run.

If you're struggling to manage your stress, don't keep it to yourself - there is no shame in seeking help.

A good place to start can be talking to your GP, your parent or carer, or a counsellor at your school/college/university.

There are also plenty of organisations out there who can help. See [list of support organisations](#)



St Mary's Catholic Primary School Key Priorities 2019-20

May I be safe.
May I be happy.
May I be healthy.
May I live with ease.

May you be safe.
May you be happy.
May you be healthy.
May you live with ease.

Children will know how to keep themselves **HAPPY, HEALTHY AND SAFE.**

Lisa A. McCoshan, www.barefootbam.com