

# Wellbeing and Mental Health Newsletter

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## Quick Look

- The Wellbeing Team
- World Mental Health Day
- Mental Health Workshop
- Staff training
- Quiet spaces
- Discussion topic – How to boost your child's self-esteem?

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## Who are the Wellbeing Team at St Stephen's CE Primary School?

- Michael Schumm - Headteacher
- Sally Bouwman - Assistant Headteacher/ Senior Mental Health Lead
- Yasmin Bill - Relationships and Health Education Lead
- Theresa Kyeyune - School Counsellor
- Tami Gibb - Emotional Literacy Support Assistant (ELSA)
- Marian Blackmore - School Nurse
- Crystal Luk - Clap and Toot Music Therapist
- Lia Pereira – Librarian, Quiet Spaces ambassador
- Val Bridgeman - Midday Meal Supervisor/Chief provider of staff snacks



Introducing our first ever Wellbeing and Mental Health Newsletter from Mrs Bouwman and Mr Schumm!

As a first venture, we are excited to hear your views on, what we plan to be, a termly newsletter.

Please do let us know how we are doing after your first read.

Sally Bouwman - Senior Mental Health Lead

**[s.bouwman@ststephensce.lbhf.sch.uk](mailto:s.bouwman@ststephensce.lbhf.sch.uk)**

## World Mental Health Day

On Thursday, St Stephen's celebrated World Mental Health Day by supporting the 'Hello Yellow' initiative by YoungMinds. The children came to school in their favourite yellow clothing and in return, they made a small donation towards the charity, YoungMinds. We raised over £500!

In the Key Stage 1 Collective Worship, children thought about the range of emotions we can feel at any time: happy, sad, lonely, worried, angry, calm and all the ways in which we can help our mental health. The children were challenged to spread their winning smiles and to use their kind words and kind hands at all times.

In the Key Stage 2 Collective Worship, the children discussed what our mental health is: all the different feelings and emotions we experience. We shared how there are days when all of us struggle with how we are feeling and it can be difficult knowing how to cope but challenged ourselves to talk to those trusted adults around us, who can really help. We also were treated to a song by our school choir, providing a ray of sunshine to our day!

This week's RHE lessons have been focused on discussing the importance of positive mental health as well as physical health. The children have focused on developing strategies to support our mental health through creating positive affirmation and sticker cards.



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## Mental Health Workshop

### A message from our School Counsellor, Theresa

For those of you that don't know me, I'm Theresa, the School Counsellor. I'm in school from Wednesday through to Friday. Children can be referred to me for various reasons by either parent/carers or staff.

Some of you may have attended the FOSS talk 'Let's talk Mental Health' last school year. Mrs Bouwman and I are very much looking forward to organising another parent workshop in the near future. This again will cover mental health and subjects such as 'rupture and repair', dealing with anger and the important issue of self-care, as after all, we can't pour from an empty cup!

**Theresa Kyeyune**

## Staff Training: Co-regulating with children

Crystal Luk delivered a fabulous training session to support staff this week on co-regulation. Staff were reminded that children learn how to form their thermostat from us (not too cool and not too hot) and that we, as the adults, are their thermostat at times of distress. Staff were introduced to some simple techniques to help children regulate and to de-escalate times of high emotion.

## Quiet Spaces

At times, the playground can be an overwhelming space. For this reason, the Library is open from Monday to Thursday for Key Stage 2 as a place to read and relax with calm music and cushions. Some children prefer to help reorganise the library and sort the shelves as a therapeutic activity. It is also a good time to grab the School Librarian for some bookish advice!

Our Library has books on many sensitive topics. Please don't hesitate to ask for these should a need arise at home. Topics include bereavement, separation, moving house, a new sibling, worries, anger, neurodiversity, friendship and racism, just to name a few. This year, we hope to produce booklists around these topics. Here is one on bereavement. The books on the list can be found in our Library.

**Mrs Peirera**

<https://www.ststephensce.lbhf.sch.uk/wp-content/uploads/2024/10/Berevment.pdf>

## Discussion Topic Self-esteem: the way we help ourselves

As a parent, what can you do to help boost your child's self-esteem?

The best thing you can do for your child's self-esteem is to set a good example.

Talk kindly about yourself in front of your child. Remember you are your child's role model and they learn so much about how to be a grown up from watching how you behave.

Try not to focus on looks or what other people think, look after your own mental health and cultivate your own interests, to show them that you are special and unique.

When faced with a problem, try to use positive, solution-based language. If something's gone wrong, it's not immediately important to work out who is to blame or how it could have been avoided. Look at the situation carefully and work out how to make it right.

Show your child you're still learning new skills as an adult and share with them your first attempts at things. It's ok to fail and keep trying. How long did it take to learn to drive? How many tests did you have to take?

Talk to your child about diversity and teach them, by example, how to show respect to others. If your child can appreciate differences in other people they meet, it will be easier for them to believe in their own specialness.

It can be tempting when your child is doubting their abilities to compliment and praise everything they do. But they'll get wise to this very quickly! Instead, try to be specific with your praise, for example, if they've drawn a great picture, compliment their attention to detail or ask about a particular part of it.

Take an interest in their interests, they will enjoy being the expert. Conversely, if you know they are struggling with something, suggest small ways they could improve.

Peer pressure can be very powerful at this age, let your child know they are as special and as wonderful as they are. Try to gently encourage them towards good role models and feed their imaginations with inspiring books, films and activities.

**For further information look at websites like [Mind](#), [Childline](#) or [YoungMinds](#).**

**Further reading:**

**Banish your Self-Esteem Thief by Kate Collins-Donnelly.**

**The Story Cure: An A-Z of Books to keep kids Happy, Healthy & Wise by Ella Berthoud & Susan Elderkin.**

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## A final word from our ELSA, Tami

**My favourite quote is: *You can't stop the waves but you can learn to surf.* Joh Kabat-Zinn**

Life can be tough sometimes, feeling as if you are stuck in an almighty, never-ending storm. It can be helpful to remind ourselves that nothing is forever and the storm will calm eventually. You can only do your best, it may not feel good enough but it is your best. Be kind to yourself and trustfully, ride the waves.

**Tami Gibb**

Thank you parents/carers and staff for your continued support addressing this all important area of need.

Mrs Bouwman