

# St Peter's CE Primary Academy Wellbeing Newsletter

Supporting the Emotional Wellbeing & Mental Health of our  
School Community – February 2024

At St Peter's, we are committed to supporting children, staff and parents in their wellbeing and mental health. We know that wellbeing, physical and mental health are all vital to successful learning. If you have any worries or concerns about your child's emotional behaviour or wellbeing, then please let school know. There will be things we can do to help further and support.

## Find out more about one of our Wellbeing team



My name is Lisa Cavendish. I am the Special Educational Needs Coordinator at St Peter's, having joined this fabulous school in September. I've been a teacher and SENDCO for 20 years (time flies)! In my spare time, I love crafting and will give any type of crafting a go. I especially love sewing and woodwork. I also love the outdoors and exploring the countryside with my Chihuahua Buddy.



Hinckley and Bosworth Council are currently training some of our Year 5s and 6s with strategies to help with wellbeing. They will then have the chance to share these ideas with other children around the school.



## Children's Mental Health Week

This year the theme was 'My Voice Matters'. We began the week with an assembly to launch it, where Mrs Perrett shared a book called 'Speak Up' by Nathan Bryon & Dapo Adeola. It told the story of a little girl who used her voice to make a difference. On the Tuesday, our School Council gave up their lunchtime to find out what our children would like to see happening at St Peter's to make it even better. Mrs Holt, Mrs Perrett and Miss Cavendish will look at their suggestions over the coming weeks.

We also celebrated, as a school and community, what we are all proud of – making 'Proud Clouds' which are proudly displayed in the entrance area so everyone who comes into school can see them. Thank you to those of you who joined in with this at home – it is lovely hearing about our school community too



### Days out with the family

<https://www.primarytimes.co.uk/leicestershire/listings/>  
<https://letsgowiththechildren.co.uk/events/leicestershire/>  
<https://www.dayoutwiththekids.co.uk/things-to-do/east-midlands/leicestershire>

We know it can be hard for parents and carers during holidays – these websites may be useful with ideas.

### Tips for Talking...

#### Guided Meditation to do together

<https://www.youtube.com/watch?v=EIRabf12InE>



#### Places to go for help and support

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



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



<https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/>

**NSPCC**

- 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.
- 9 Look for clues about feelings:** Listen to the child's words, tone of voice and body language.
- 10 Some ways to start a conversation about feelings might be:**  
 "How are you feeling at the moment?"  
 "You don't seem your usual self. Do you want to talk about it?"  
 "Do you fancy a chat?"  
 "I'm happy to listen if you need a chat."

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ACTIVITIES INCLUDE A CHOICE OF -

TABLE TENNIS INDOOR CURLING  
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WITH A SOCIAL REFRESHMENT BREAK

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07760 111869  
clubhousemanager@sp  
FOR MORE INFORMATION

RUNS 2ND MONDAY & LAST TUESDAY OF THE MONTH

# Friendly February 2024



MONDAY



5 Make time to have a friendly chat with a neighbour

TUESDAY



6 Get back in touch with an old friend you've not seen for a while

WEDNESDAY



7 Show an active interest by asking questions when talking to others

THURSDAY

1 Send a message to let someone know you're thinking of them

FRIDAY

2 Ask a friend how they have been feeling recently

SATURDAY

3 Do an act of kindness to make life easier for someone

SUNDAY

4 Invite a friend over for a 'tea break' (in person or virtual)

11 Send an encouraging note to someone who needs a boost

10 Look for good in others, particularly when you feel frustrated with them

9 Thank someone and tell them how they made a difference for you

8 Share what you're feeling with someone you really trust

7 Show an active interest by asking questions when talking to others

6 Get back in touch with an old friend you've not seen for a while

5 Make time to have a friendly chat with a neighbour

12 Focus on being kind rather than being right

13 Smile at the people you see and brighten their day

14 Tell a loved one or friend why they are special to you

15 Support a local business with a positive online review or friendly message

16 Check in on someone who may be struggling and offer to help

17 Appreciate the good qualities of someone in your life

18 Respond kindly to everyone you talk to today, including yourself

19 Share something you find inspiring, helpful or amusing

20 Make a plan to connect with others and do something fun

21 Really listen to what people say, without judging them

22 Give sincere compliments to people you talk to today

23 Be gentle with someone who you feel inclined to criticise

24 Tell a loved one about the strengths that you see in them

25 Thank three people you feel grateful to and tell them why

26 Make uninterrupted time for your loved ones

27 Call a friend to catch up and really listen to them

28 Give positive comments to as many people as possible today

29 Acknowledge someone's problem or pain rather than trying to fix it



ACTION FOR HAPPINESS

Happier · Kinder · Together