



Wellbeing Newsletter Autumn 1 - 2023

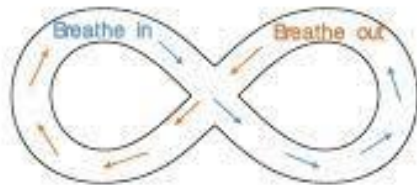
Welcome to the first edition of our Wellbeing newsletter for this academic school year. It is wonderful to see how well the children have settled in after returning from the summer holidays and witness them fully immersed in their new year groups. At Barrow Hedges, we pride ourselves on our rich and varied curriculum, with so many exciting events, trips and visits having taken place already. However, we also recognise that this can be a challenging time of year for some of our pupils.

Looking after ourselves and each other is extremely important and we would like to remind everyone that World Mental Health Day is on Tuesday 10 October 2023. To help raise awareness of this, we will be participating in #HelloYellow as other wellbeing activities in our PSHE sessions and beyond. Please also see the attached ideas below around transition. As the half term is rapidly approaching, please also enjoy a restful break with plenty of time to recharge your batteries before we return in November!

Miss Swinfield – Mental Health Lead

Mindfulness

Practice each breathe board by following the lines with your finger as you breathe in and out.



Sit, stand,
or lay
down.

Close
eyes.

Listen
carefully.

Notice
each
sound.

One new thing I will try this year

My Year Ahead

Name: _____

My favourite two subjects:

- 1)
- 2)

Five words to describe myself

My three targets for the year are:

- 1)
- 2)
- 3)

My portrait

Outside of school I like to:



Choose health

Know what affects your child, what makes them grumpy, tired, disconnected...

Do they need snacks throughout the day?
Do they need lots of sleep?
Do they need to get out and about and do exercise?
Do they need time alone?

Trust that you know your child and give them the basics that they need to cope with difficult days

Work together

Share ideas about how to:

- create action plans
- have a problem-solving approach
- enjoy achievements
- be forward-looking
- show them that we can all get things wrong

Move on up

Encourage independence:

- help them to move positively from child identity towards teen identity
- increase their responsibilities
- be positive wherever they act maturely

Be aware of your child's changing needs. Sometimes it might feel like one step forwards, two steps back.

Be calm

Try to stay calm whilst your child is feeling distressed. Your child may show:

- highs and lows
- blame
- melodrama
- self-centredness
- anger

Communicate

The small things you do make all the difference:

Keep talking, texting, listening, hearing, hugging, sympathising, smiling, reassuring, checking, sharing, suggesting, encouraging, respecting

Get learning

Be involved, find out more and talk about:

- social media
- internet benefits and dangers
- new music
- language and slang
- current affairs
- what it's like to be young in the current world

Be wise

As they discover new things, try to:

- be interested
- be non-judgemental
- guide
- give boundaries
- see it from all sides
- listen to their point of view
- choose your words carefully
- act on warning bells

Be the anchor

In times of change you are:

- constant
- family
- familiar
- routine
- in-jokers
- irritating
- comforting
- home

Have fun

Provide lots of light relief:

- be silly
- be embarrassing
- play games
- laugh together
- do stuff together
- make jokes
- make things
- be outside

Look after yourself

Support yourself, to best support your child:

- lean on friends
- offload on other family
- find 'me time'
- see the GP
- relax, exercise
- sleep well, eat well
- remember tomorrow is a new day

YM Parents Helpline
0808 802 5544
youngminds.org.uk
Mon-Fri 9.30am-4pm

Ten Ways for parents to help children cope with change