**Emotional Health & Wellbeing News letter**

This new section of the school newsletter aims to share information about how the school is working to support the children's emotional health and wellbeing.

**School support and provision**

* Mental health and wellbeing professional development for the staff team
* Providing a nurturing learning environment with staff who are responsive to children and young people’s social, emotional and mental health needs.
* Extra talk-time with trusted adults to discuss any worries and concerns
* Extra personalised praise and rewards
* Extra home school communication
* Regular opportunities to choose between different activities
* Safe, quiet space to support self-regulation within the classroom when needed
* A calm space hut in the playground children can access independently and with encouragement
* A whole school mindfulness-based PHSC curriculum
* Nurture groups at KS1 and KS2
* Specialist referrals to external support services as appropriate
* Ongoing nurture lead support from ESBAS

For more guidance and resources, please visit the school wellbeing page for resources to support Mental Health and Emotional Well-being.

**You might find the following helpful for supporting your child if they are in an anxious moment**

* Breathe slowly and deeply together.
* Sit with them and offer calm physical reassurance.
* Reassure them that the anxiety will pass and that they will be okay.
* Ask them to think of a safe and relaxing place or person in their mind.
* Encourage them to do something that helps them to feel calmer.
* Think together about whether there’s anything in particular that’s making them feel anxious.
* Help your child to recognise the signs that tell them they’re getting anxious, so they know when to ask for help or help themselves.
* Try activities that help us to relax, such as mindfulness, yoga or meditation.
* Make a worry box or self-soothe box.

A lot of these strategies are about helping your child to understand themselves and find out what works for them. The more confident they feel about helping themselves when things are hard, the more they will believe in their ability to cope – helping to reduce feelings of overwhelm.

**The following organisations are here to help your wellbeing.**

Young Minds have wellbeing, and ideas on how to support and communicate with your child https://youngminds.org.uk/find-help/for-parents/parents-lounge/

Mind provides information on mental distress and ideas for self-care <https://www.mind.org.uk>

The Samaritans are there to listen if you are feeling overwhelmed <https://www.samaritans.org>

CAMHS Sussex have advice on mental wellbeing for children and parents <https://sussexcamhs.nhs.uk/help-support>

Citizens Advice offer practical information about all aspects of your life <https://www.citizensadvice.org.uk>

The NHS have a range of apps you can use to promote your own wellbeing <https://www.nhs.uk/apps-library>

Home Start provides parenting tips and mentoring <https://www.home-start.org.uk>

The NSPCC has tips on child safety and wellbeing, and ideas on how to communicate with your child <https://www.nspcc.org.uk>

Carers UK have advice for all carers

<https://www.carersuk.org/help-and-advice/practical-support/planning-for-emergencies>

We appreciate how challenging this time is for everyone. Hopefully, something in the list above might support your family and you. Please make sure that you reach out if you need help.