

Ashwell Primary School



MENTAL HEALTH AND WELLBEING NEWSLETTER

Number 1 – Autumn 1

Welcome to our first Mental Health and Wellbeing Newsletter. At Ashwell School, we are committed to supporting children with their wellbeing and mental health. Nationally there has been a rise in the number of young people with a mental health need. According to the NHS, 1 in 6 young people in England (aged 5-16) experienced a mental health challenge in 2022, rising to 1 in 4 in young people aged 17-19. We strongly believe, however, that looking after our children's mental health and our own is not something we should just do if we are struggling, feeling low or anxious. It is actually something we should think about all the time and really invest in, just like with our physical health. We hope that this half-termly newsletter will share with you some of the things we do in school every day to support our children, and also offer tips, strategies and pointers to support you at home.

A MINDFUL MOMENT

5,4,3,2,1, Grounding Technique

A mindful practice to try at home – great for helping your child to calm when struggling, or for just helping focus on the present moment. Sit with your child and softly ask them to:

- Notice and name **five** things that they can see.
- Notice and describe the texture of **four** things that they can feel..
- Listen carefully. Notice and name **three** sounds they hear in their environment.
- Notice and name **two** things they can smell.
- Focus on and name **one** thing they can taste.

5 THINGS YOU CAN SEE
4 THINGS YOU CAN HEAR
3 THINGS YOU CAN FEEL
2 THINGS YOU CAN SMELL
1 THING YOU CAN TASTE

Lumi Nova is therapeutic digital intervention (game) for childhood anxiety. Fully funded for children living in Hertfordshire aged between 7-12 years old and providing support for children facing difficulties with anxiety. Click on this video link to find out more: https://www.youtube.com/watch?v=fEOT9_fuRuc&t=3s



Hertfordshire Community
NHS Trust

The Hertfordshire School Nursing Team have created a team of Emotional Wellbeing Practitioners, who provide support and resources to children living within Herts. Information about their service can be found at the following website: <https://www.hct.nhs.uk/search/service/childrens-wellbeing-practitioners-21/> Links to many of the free courses for parents, being offered this term, are at the bottom of this newsletter.



We teach the 'Zones of Regulation' to help children discuss their emotions in a simple, non-judgmental way. Children are taught how to recognize their own emotions, detect the emotions of others, understand what triggers certain emotions and build up their own 'toolbox' of thinking, calming and sensory strategies to support with regulation. Ways in which you can support your child at home with the 'Zones' can be found at the bottom of the newsletter. More information is available on the Zones of Regulation website <https://zonesofregulation.com/>

Do you need help and support?



NESSie are a local organisation offering free online and face-to-face parent workshops, a parent support line, 1-to-1 support and advice sessions.

<https://nessieined.com/parents-carers-support>

Children's Wellbeing Practitioner Workshops (October-December 2023)

Workshops are open to all young people & parents/carers of children and young people who attend a school or are registered to a GP in Hertfordshire. A referral is not needed to access a workshop. All workshops are currently being delivered online via Microsoft Teams. For more information about what each workshop covers and to book a place onto a workshop, visit the Children's Wellbeing Practitioner Eventbrite page: <https://www.eventbrite.co.uk/o/childrens-wellbeing-practitioners-school-nursingservice-hertfordshire33494371787>

Workshop	Date & Time
Emotional Wellbeing (For Young People 11-16) A workshop focused on adolescents managing their own emotional wellbeing and things parents/carers can do to help.	Wednesday 22 nd November 6pm
Supporting Adolescents with Self-Esteem A workshop focused on adolescents improving their self-esteem and what parents can do to support.	Wednesday 15 th November 6pm
Supporting your Child's Self-Esteem A workshop focused on parents/carers supporting their child to improve their self-esteem.	Monday 9 th October 10am Tuesday 5 th December 10am
Supporting with Sleep Difficulties A workshop supporting children and adolescents with managing their sleep difficulties and how parents/carers can help.	Tuesday 3 rd October 6pm Thursday 7 th December 6pm
Supporting your Child's Resilience A workshop focused on parents/carers supporting their child to improve their resilience.	Friday 27 th October 10am Monday 18 th December 6pm
Developing your Child's Emotional Literacy A workshop focused on parents supporting their child with developing emotional literacy.	Tuesday 7 th November at 10am
General Emotional Wellbeing and Regulation Tips for Parents A workshop focused on parents supporting their child's general emotional wellbeing and emotional regulation.	Monday 13 th November 6pm
School Transitions A workshop supporting children and adolescents with managing school transitions.	

To access the recorded Emotionally Based School Avoidance Webinar please visit: <https://www.hct.nhs.uk/ourservices-and-referral-information/our-services-a-z/childrens-wellbeing-practitioners-service/>

What can I do to support the Zones of Regulation at home?

- Identify your own feelings using Zones language in front of your child (e.g. “I’m feeling frustrated because..... , I am in the Yellow Zone.”)
- Talk about which tool you will use to be in the appropriate Zone (e.g. “I’m going to go for a walk as I need to get to the Green Zone.”)
- Provide positive reinforcement when your child is in the Green Zone and if they make efforts to stay in the Green Zone. Eg. “I can see you are working really hard to stay in the Green Zone by...”
- Label which Zones your child is in throughout the day (e.g. “You look sleepy, I wonder if you are in the Blue Zone?”)
- Teach your child which Zone tools they can use (e.g. “It’s time for bed, let’s read a book together in the rocking chair to get to the Blue Zone.”)
- Post and reference the Zones visuals and tools in your home (Zone check in stations and toolboxes for the family!)
- Play “Feelings Charades”

Take turns choosing emotions from a stack of cards or papers and act it out using only face and body clues. Guess each other’s emotion, discuss which Zone it’s in and why. (Added challenge: Name a tool you could use when feeling that emotion).

- Play “Name that feeling”
- People watch and guess the feelings/zones of others.
- Name the feelings of characters while watching a movie (and point out any strategies they use).

- Read ‘The Way I Feel’ by Janan Cain.
- Play “Zones Uno” (can be purchased online).

The ZONES of Regulation

Blue Zone Sad Bored Tired Sick	Green Zone Happy Focused Calm Proud	Yellow Zone Worried Frustrated Silly Excited	Red Zone overjoyed/Elated Panicked Angry Terrified

