

# Ashwell Primary School



## MENTAL HEALTH AND WELLBEING NEWSLETTER

Welcome to our first Mental Health and Wellbeing Newsletter of the 2025-26 academic year. At Ashwell School, we strongly believe 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 publish this half-termly newsletter to share with you some of the things we do in school every day to support our children, and also to offer tips, strategies and pointers to support you at home.

### A MINDFUL MOMENT

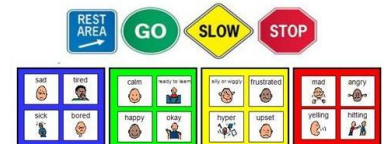
#### 5,4,3,2,1, Grounding Technique

*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.



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/>

### Wellbeing Ambassadors!

Each week, Miss Sohal and Mrs. Andrews run 'Chill and Chat' a lunchtime club where children can come to discuss any worries they might have. We are excited to announce that we have recruited 10 Y6 Wellbeing Ambassadors, who will be working alongside the adults, to support our younger children during Chill and Chat each Wednesday. They will also be helping us to arrange whole school events, such as Anti-Bullying Week and Children's Mental Health Week. Congratulations to: Ben, Callum, Casey, Connie, Harry, Isabella, James, Jordan, Lucas and Nathan.

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 2025)

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
<b>Emotional Wellbeing (For Young People 11-16)</b> A workshop focused on adolescents managing their own emotional wellbeing and things parents/carers can do to help.
<b>Supporting Adolescents with Self-Esteem</b> A workshop focused on adolescents improving their self-esteem and what parents can do to support.
<b>Supporting your Child's Self-Esteem</b> A workshop focused on parents/carers supporting their child to improve their self-esteem.
<b>Supporting with Sleep Difficulties</b> A workshop supporting children and adolescents with managing their sleep difficulties and how parents/carers can help.
<b>Supporting your Child's Resilience</b> A workshop focused on parents/carers supporting their child to improve their resilience.
<b>Developing your Child's Emotional Literacy</b> A workshop focused on parents supporting their child with developing emotional literacy.
<b>General Emotional Wellbeing and Regulation Tips for Parents</b> A workshop focused on parents supporting their child's general emotional wellbeing and emotional regulation.
<b>School Transitions</b> 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/>

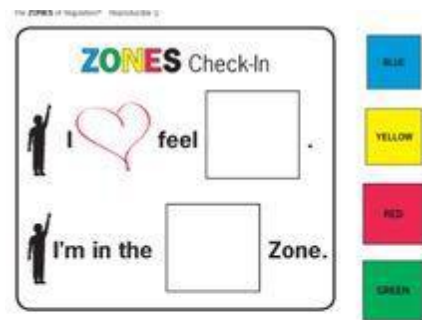
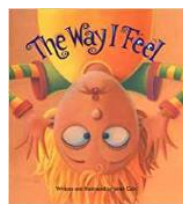
## What can I do to support the Zones of Regulation at home?

- 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

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

