Ashwell Primary School

MENTAL HEALTH AND WELLBEING NEWSLETTER – SUMMER 1

We hope you enjoy reading our first Mental Health and Wellbeing Newsletter of the summer term. Our aim is to empower you with valuable insights, practical tips, and resources to navigate the various facets of your child's emotional well-being.

A MINDFUL MOMENT

Miss Sohal's Top Activities

Below is a selection of Miss Sohal's favourite activities for promoting mindfulness and also general wellbeing:

- **Sensory Walks:** Take a "sound walk" to listen to nature or focus on five things your child can see.
- **Nature Scavenger Hunts:** Explore outdoors, searching for specific natural items.
- **Dance Parties:** Crank up favourite songs for a quick, mood-boosting dance.
- **Making Stress Balls:** Fill balloons with flour or rice for a sensory, calming tool.
- **Cooking Together:** Bake or prepare healthy snacks to learn new skills and bond.

CHAT & CHILL

Our regular Wednesday drop-in sessions continue to be popular with children from all year groups. Our Y6 Wellbeing Ambassadors have recently purchased a set of blue hi-vis jackets and are taking to the playground! They are now available at lunchtimes for any child that might need a little support or want to talk.

If you feel your child has a minor worry that you feel they would benefit from discussing, please do remind them that they can drop by Chill and Chat any Wednesday lunchtime. If they are reluctant, but you feel it would be helpful, please feel free to email the office, for the attention of Mrs. Andrews and she or Miss Sohal will endeavor to reach out to your child and encourage them to come along one Wednesday.

MHST Update

Please see the poster at the bottom of this email, introducing Rhiannon, the school's Mental Health Support Team Practitioner.

Stress Awareness Month

April was stress awareness months across Hertfordshire NHS community trust. Many of our families may have older children currently taking exams and the trust is reminding parents that they can now book onto their free virtual workshops to get support with their own or their child's emotional wellbeing. Teenagers and parents of children aged 5 to 19 can book on to the free online workshops supporting adolescents' and children's emotional wellbeing and mental health. Topics include managing anxiety, improving sleep, supporting self-esteem, and building emotional resilience.

www.hct.nhs.uk/service-details/service/childrens-wellbeing-practitioners-21

No referral is needed – families can book directly but they must have a child or young person who attends a school or is registered with a GP in Hertfordshire.

Hi, I'm Rhiannon!

Who am I?

Hello! I'm Rhiannon Hislop and I am a Trainee Education Mental Health Practitioner, in the North Herts Mental Health Support Team.

What do I do?

I work with children and young people who may be experiencing low mood, worries and behavioural difficulties. I do 1-1 sessions, group work and workshops where we explore thoughts, feelings and behaviours we are currently dealing with.

Fun facts:

- I play netball
- I enjoy listening to music
- I have two rabbits
- I love going on holiday
- I love being outside in the sun
- I enjoy listening and helping people!