

St Joseph The Worker R C Primary School

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Dear Families

Next week is Children's Mental Health Week with the theme Growing together. We will be marking the week in school by holding an assembly, delivering work in class and having positive discussions and circle time sessions about how our feelings and emotions, as well as thinking about other people's feelings.



On Friday 11th February, we are holding an Own Clothes Day to raise awareness of "Being Yourself" – Dress in what makes you comfortable, feel good and says something about your personality – I will be wearing my bright colourful stripy jumper and comfy jeans with my favourite brown boots. We can't wait to see what everyone in school wears to show how they can be themselves!

We would really appreciate a kind donation of £1.00 towards raising funds for our sensory resources used across the school on this day.

Mental Health is vitally important for everyone. Positive Mental Health leads to learning, friendships and thriving as an individual.

Our aim, as a school, is to support all of our pupils to have positive mental health and give them strategies to support them at times when they need it. There is no doubt that currently, times have been challenging for everyone and children have shown resilience and strength, but they can also show frustration, be upset or angry and emotions can be tough to manage.

Next week, we encourage you to take time as a family to discuss what you can all do when you are feeling in a particular mood, e.g Have a bath when tired, helps you to relax. This helps a child develop regulation, knowing what strategies and skills they can use when they are faced with emotions and feelings. Give feelings names too – "I can see your angry" "I'm so pleased that you're excited!" Children need to normalise feelings and being able to recognise behaviours that give them those feelings.



Next week, each class will be completing work in class about their feelings, emotions and understanding how we grown and understand our own minds.

A positive approach to understanding our children's feelings is important as children grow and develop. We recognise that understanding why somebody might feel a particular way, rather than labelling or diagnosing is the way forward. We focus on the needs and difficulties and how we as a school and a community can overcome and support our children.

At school we have a strong personal, social and emotional curriculum and we pride ourselves on ensuring our children know that they are all special and part of a family.

We provide extra support in place for children who may be experiencing difficulties with their emotional wellbeing and as a school, undertake training to help improve our own skills as staff, so that we can support all children across the school. We are currently working towards becoming an Emotional Friendly School.

You can find out further information about Children's Mental Health at the links below:

<https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/>

<https://www.nhs.uk/oneyou/every-mind-matters/childrens-mental-health/>

<https://www.childrensmentalhealthweek.org.uk/>

<https://www.place2be.org.uk/about-us/children-s-mental-health-week/>

Should you have any concerns about your child's mental health, we encourage you to seek information and advice from the above websites and speak to your child's class teacher or myself.

Best wishes

Mrs Dunn
Special Educational Needs Co-ordinator/Mental Health Lead
Acting Assistant Headteacher



Top tips to support children and young people



Be there to listen

Regularly ask how they're doing so they get used to talking about their feelings and know there's always someone to listen if they want it. Find out how to create a space where they will open up.

[How to start a conversation with your child](#)



Support them through difficulties

Pay attention to their emotions and behaviour, and try to help them work through difficulties. It's not always easy when faced with challenging behaviour, but try to help them understand what they're feeling and why.

[Help with difficult behaviour and emotions](#)



Stay involved in their life

Show interest in their life and the things important to them. It not only helps them value who they are but also makes it easier for you to spot problems and support them.



Encourage their interests

Being active or creative, learning new things and being a part of a team help connect us with others and are important ways we can all help our mental health. Support and encourage them to explore their interests, whatever they are.



Take what they say seriously

Listening to and valuing what they say, without judging their feelings, in turn makes them feel valued. Consider how to help them process and work through their emotions in a more constructive way.

[The Anna Freud Centre support guide](#)



Build positive routines

We know it still may not be easy, but try to reintroduce structure around regular routines, healthy eating and exercise. A good night's sleep is also really important – try to get them back into routines that fit with school or college.

[Sleep tips for children](#)

