



# West Lynn Primary School

## Mental Health and Wellbeing Newsletter

### Autumn Term 2021

#### Mental Health Newsletters

West Lynn Primary School's ethos is 'We work together to learn together', this sums up our approach to mental health nicely.

At West Lynn Primary, we take the mental health and wellbeing of our pupils and staff very seriously. We have a whole school approach to mental health and work in partnership with senior leaders, parents, families, professionals, governors and external agencies to ensure all pupils are given the support they need.

We will be sending out termly mental health newsletters which will include useful information, links to services and websites as well as keeping you up to date with any mental health and wellbeing activities happening in school.

#### Mental Health and Wellbeing at West Lynn Primary

In our school we have 3 members of staff who are trained Mental Health Champions. The Mental Health Champions can give support, guidance, signpost help and make referrals to support services if needed. If you have any concerns for your child's mental health, please either speak to the Mental Health Champions directly or talk to a member of staff who can then pass this on. Please also look at the mental health tab on our school website for information, links to support services, wellbeing and mindfulness activities. You will find this on

[www.westlynnprimary.co.uk](http://www.westlynnprimary.co.uk) under the 'About Us' tab.

Our Mental Health Champions are:



Mrs Adams



Mrs Grimmer



Mrs Radford

#### Jigsaw PSHE Scheme

At West Lynn Primary we use the Jigsaw scheme for our PSHE lessons. The aims of Jigsaw PSHE is to provide a cohesive, whole-school mindful approach to PSHE. All year groups in the school focus on the same theme each half term, as follows:

Autumn 1 – Being me in my world

Autumn 2 – Celebrating difference

Spring 1 – Dreams and goals

Spring 2 – Healthy me

Summer 1 – Relationships

Summer 2 – Changing me

Each year group develops the theme further based on the content children have focused on in previous years. The way the themes are revisited and developed ensures the children gain confidence. Content of the Jigsaw scheme is age-appropriate and handles key themes that are vital in supporting children's development in the modern world, including bullying, different types of families and relationships, physical health, mental health, personal safety (including e-safety). Each lesson includes a mindfulness activity, where children practice calm breathing and focusing on their bodies. More information can be found on the Jigsaw website - <https://www.jigsawpshe.com/>



#### Wellbeing and Mindfulness Ideas

- Exercise – bike rides, walks, swimming, ball games etc.
- Healthy eating – See [www.nhs.uk](http://www.nhs.uk) Change 4 Life.
- Colouring and painting activities such as painting pebbles.
- Going for a walk and making notes about what you can see.
- Cloud watching – See what animals and figures you can see in the shape of the clouds!
- Keeping in touch regularly with friends and family.
- Cosmic Yoga – [www.cosmickids.com](http://www.cosmickids.com)
- Board Games.
- Go on a nature hunt.
- Get a good night's sleep!