



West Lynn Primary School

Mental Health and Wellbeing Newsletter

Spring Term Newsletter 2022



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 use the Jigsaw PSHE Scheme in our school to help prepare our children for life. Jigsaw helps them to know and value who they are and understand how relate to others. For more information, please look at the Jigsaw website.

<https://www.jigsawpshe.com/>

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 under the 'About Us' tab.

Our Mental Health Champions are:



Mrs Adams



Mrs Grimmer



Mrs Radford

Hello Yellow

In October we raised £156 by dressing in yellow clothes for the day! The money raised went to the Young Minds Organisation and will be used to continue the work they do for children's mental health. It also helps raise awareness of children's mental health.

Dress to Express

In February, we showed our support of Place2Be's Children's Mental Health Week by 'Dressing to Express' ourselves. We raised £132 for the campaign which will go towards getting children and young people the emotional support they need.

Mental Health Support Websites

www.nhs.uk

www.justonenorfolk.nhs.uk

www.youngminds.org.uk

www.mind.org.uk

www.annafreud.org

www.place2be.org.uk

Spring Wellbeing and Mindfulness Ideas - See How Many You Can Try During the Easter Holidays

- Make a spring nature crown – go on a nature walk to find spring items such as flowers and twigs, use some ribbon to make them into a nature crown.
- Plant some vegetables, herbs or flowers.
- Make a den in the garden.
- Bake some Easter treats.
- Have a picnic in the park.
- Try some Easter crafts.
- Go on a spring scavenger hunt.
- Go on an Easter Egg Hunt

We would love to see what Spring Wellbeing and Mindfulness activities you have completed. Please send your photos to your class teacher on Dojo.