



**BASSETT GREEN**  
PRIMARY SCHOOL

# Safeguarding Newsletter

## Wellbeing - December 2022



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Ms Long and Mrs Stillwell are also DSL's.



### Mental Health

At Bassett Green Primary, we are committed to supporting the emotional health and wellbeing of all our pupils, parents / carers, and staff. We understand that everyone experiences challenges in life that can make us vulnerable and at times, anyone may need additional support in some way. We take the view that positive mental health is everybody's business and that we all have a role to play.

This newsletter contains useful information to support you and your child's wellbeing as we enter the Christmas holidays.

### 5 Ways to Wellbeing

Here are 5 general ways we can improve our general wellbeing that also supports our mental health and emotional wellbeing. These 5 strands can make a difference to how children feel, think, and react to life and all its ups and downs.

The 5 Ways to Wellbeing are :

- 1 – **Keep Learning** – embrace safe new experiences and keep learning, see new opportunities – surprise yourself!
- 2– **Connect** – talk & listen, be there and feel connected.
- 3 – **Take Notice** - remember the simple things can give you the most joy.
- 4 – **Give** – your time, your words, your presence.
- 5 – **Be Active** – do what you can, enjoy what you do, move your mood.



## 4 Tips for managing your own mental health



If you struggle with stress and anxiety as a parent, you're not alone. The Mental Health Organisation reports that approximately 68% of women and 57% of men with mental health problems are parents – indicating that parents may need to be doing more to support themselves and to help each other.

Here are some tips to help you deal with the daily challenges of being a parent, not only for your own benefit but to support your children's development too.

- 1- Know that when you look after yourself, you set a good example and instil mental and emotional health values in your children – no matter their age.
- 2- Be honest and open about your feelings, and don't shy away from labelling and teaching your children about those emotions.
- 3- Embrace and pass on positive coping techniques. If you need a 5-minute sit-down, to take a few deep breaths, or a walk outside, embrace those needs and tell your children about them.
- 4- Parents, will not be surprised to hear that one of the most common questions parents seek support for is how to deal with challenging behaviours – especially in relation to managing your own emotions in difficult situations. You are not alone; this can be challenging.

## 4 Tips to nurture your child's mental wellbeing

Here are some of the ways that you can support your child in understanding and managing their emotions and mental health:

- 1- Be there for them and listen. Let your children know that it's ok to talk about their feelings and nurture the idea of being open.
- 2- Validate their feelings by taking what they say seriously.
- 3- Support them through difficulties while encouraging them to stay open.
- 4- Build positive routines with structure, plenty of sleep, healthy eating habits, regular outdoor time and physical activities.



## Creating a Worry Box

Creating a worry box together can really help manage feelings of worry and anxiety so they do not distress your child or prevent them from doing things.

Follow this link to find out more – [How To Make A Worry Box: A Guide For Parents | YoungMinds](#)



## Mindfulness

Mindfulness can really help when emotions feel overwhelming, anxiety is there, and you cannot switch off. Here are some ideas to help you and your child practice mindfulness.

- Squeeze Muscles: Starting at your toes, pick one muscle and squeeze it tight. Count to five. Release, and notice how your body changes. Repeat exercise moving up your body.
- Belly Breathing: Put one hand on your stomach and one hand on your chest. Slowly breathe in from your stomach (expand like a balloon) and slowly breathe out (deflate).
- Meditation: Sit in a relaxed, comfortable position. Pick something to focus on, like your breath. When your mind wanders, bring your attention back to your breath.
- Blowing Bubbles: Notice their shapes, textures and colours.
- Colouring: Colour something. Focus on the colours and designs.
- Listening to Music: Focus on the whole song or listen specifically to the voice or an instrument.

Why not try some at home!

## Being Active

Why is being active so important for our mental health and wellbeing?

It is easier to grasp the idea that by being active we keep our bodies in better shape and functioning well, We often think of our bodies and minds as separate to each other but there are strong connections between the two – between our physical health and our mental health.

If our bodies are healthy and working well it is more likely our minds will be too, and visa versa.

Yoga is a great way to achieve a healthy body and mind – try this link - [Yoga for Kids! - YouTube](#)

## Useful websites and contacts

Childline – 0800 1111, [www.childline.org.uk](http://www.childline.org.uk)  
Young Minds – [www.youngminds.org.uk](http://www.youngminds.org.uk)  
SHOUT – text 'shout' to 85258 for 24 hour support  
Emerging Minds – [www.emergingminds.org.uk](http://www.emergingminds.org.uk)  
Think U Know – [www.thinkUknow.co.uk](http://www.thinkUknow.co.uk)  
MindEd for Families – [www.mindedforfamilies.org.uk](http://www.mindedforfamilies.org.uk)  
MIND – [www.mind.org.uk](http://www.mind.org.uk)

