

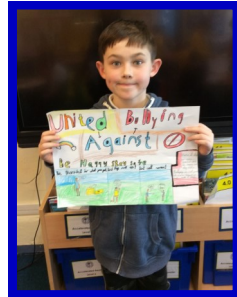


WELLBEING



November 2021

Newsletter



Anti- Bullying Week 2021

During Anti-Bullying Week we discussed the importance of talking to someone or helping someone who feels they are being bullied. We talked a lot about Cyberbullying where people send, post or share unkind messages that can be harmful to others. In Team Morpurgo we listed some of the electronic devices and gaming platforms we use that Cyberbullying could occur. We designed some Anti-bullying posters including details about the types of bullying including physical and verbal bullying and the ways you can receive help if you need help!

Reece & Cormac Yr 6



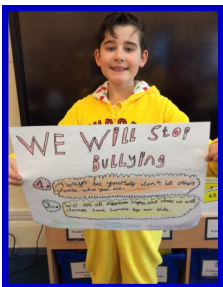
"I like it when we put our feelings on the emotion ladder" Troy Yr 5

"I enjoy reading our stories at the end" Imogen Yr 5

TSW- Therapeutic Story Writing

Last week we started our story writing sessions . Every week, in a small group we discuss our feelings using an emotion ladder and write stories including uncomfortable feelings. In this group we are able to share any thoughts or worries we may have and support our peers in the same way.

"It helps us to share our feelings and talk about our worries" Lydia Yr 6



Every team have enjoyed completing fun activities relating to Children In Need 2021. Team Dahl completed some fantastic Pudsey Bear artwork- well done Team Dahl. As a school, we raised £200 to support families and help change lives that need us most. To ensure every person has the access to the opportunities they deserve is extremely important and we feel very grateful that we can help support this charity.

Children & young people's mental health and wellbeing has been seriously affected by the pandemic. For those already facing disadvantage, the effects can be even more severe. Thank you for your support!



World Kindness Day World Kindness Day is a nationally recognised day for the celebration of kindness in society and day-to-day life. This year it took place on Saturday 13th November. Individual acts of kindness are encouraged on this day. There are a huge number of benefits to being kind so see how many ways you can find to be kind—you can use the attached 'Kindness Wheel' to come up with ideas.

Some of our kindness comments:

"I like to be kind and make people smile" Savannah Yr 4

"When people are kind it makes me feel happy" Megan Yr 3

"You should always be kind to others" Oliver Yr 3



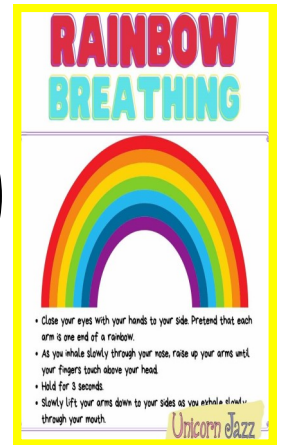
Fun Challenge!

Create A Family Playlist!! Listening and sharing music and songs together as a family is a really lovely experience and creating your own family playlist provides a wonderful opportunity to talk, share and have fun together. Try swapping your finished playlists with friends and other families!



In Zippy's Friends we have talked about what makes us happy and sad. Everyone in Team Cowell have their own Zippy's books full of fantastic activities and thought bubbles, to share our feelings. We share our drawings and feelings and talk about what makes us feel that way. When thinking of solutions we think of ways that won't hurt us or anyone else like deep breathing, counting to 5 or having some quiet time.

Can any member of Team Cowell remember Zippy's Friends-GOLDEN RULE?



MENTAL HEALTH SUPPORT FOR FAMILIES

PARENTS/ CARERS	YOUNG PEOPLE
SAMARITANS 116 123 <small>Free, confidential phone service available for anyone who needs to talk 24/7</small>	YOUNG MINDS CRISIS LINE TEXT: YP TO 85258 <small>Free mental health crisis support for young people 24/7</small> www.youngminds.org.uk/
BREATHING SPACE 0800 83 85 87 <small>Free confidential phone service for anyone age 16+ experiencing low mood, depression or anxiety</small>	CHILDLINE 0800 11 11 <small>Free, confidential phone service for children experiencing mental health issues, suicidal thoughts, abuse etc.</small>
LIVING LIFE (MHS) 0800 328 9655 <small>Free telephone appointments to support low mood, mild-moderate depression or anxiety 16+</small>	PAPYRUS 0800 068 41 41 <small>Free, confidential service for people who are thinking about suicide (under 35s)</small> <small>Weekday 9am-10pm, Weekends 2pm-10pm</small>
PARENTLINE SCOTLAND 08000 28 22 33 <small>Free advice and support for all families</small> www.childrentist.org.uk/help-for-families/parentline-scotland/	BEAT - EATING DISORDERS YOUTH LINE 0808 801 0711 STUDENTLINE 0808 801 0811 <small>Helplines, webchat and resources for individuals (& families) affected by eating disorders</small>
ANXIETY UK 03444 775 774 <small>Helplines and wide selection of resources for adults and young people</small> www.anxietyuk.org.uk	CRUISE BEREAVEMENT SCOTLAND 0845 600 2227 <small>Providing phone support for young people & adults suffering with a bereavement</small>

IT'S OK NOT TO BE OK! This is not an exhaustive list



HELP!!

From 29th November to 3rd December Stanley Crook Primary are supporting Tow Law Food bank by donating as many food items to support our local community and people in crisis. Please support the food bank by placing food items in the boxes located near the school gates every day this week.

Thank you!!