



Wellbeing Newsletter

29.9.2022

Welcome to the first Wellbeing Newsletter for this new academic year!



We hope you all had a lovely summer break and enjoyed some quality time as families. Wellbeing and positive mental health continues to be a priority at Stanley Crook Primary School. Looking after each other and showing a caring and supportive attitude is really important. Please continue to look after yourselves and each other in the year ahead and stay kind.

15 ways to promote and support Good Mental Health

1. Make sure you get enough sleep
2. Eat healthy food and drink healthy drinks
3. Learn how to relax and switch off
4. Connect with friends and family
5. Learn new things every day
6. Help others whenever you can
7. Exercise each day
8. Talk about your feelings
9. Be mindful and take notice of what is happening around you
10. Be thankful for all the things you have
11. Set goals for yourself and embrace your wishes and dreams
12. Challenge any negative thoughts
13. Learn how to smile more!
14. Ask for help if you have a problem
15. Have fun and laugh!



MESSAGES FROM US!



The theme of 2022's World Mental Health Day, set by The world Federation for Mental Health, is

'Make mental health and wellbeing for all a global priority'.

Children in all Teams will complete activities emphasising the importance of looking after our mental health and keeping our minds thinking positive.

'Always try your best and smile'
Danny Year 6

'Be a kind friend'
Amber Year 4

Music

In school, we have really enjoyed our music lessons and have learnt to play many musical instruments. Music releases a feel good chemical in the brain called dopamine.

'Music releases a chemical in the brain that has a key role in setting good moods, a study has suggested'

[\(Music 'releases mood-enhancing chemical in the brain' - BBC News\)](#)

In Team Cowell, children have been practising clapping beats, singing and playing untuned instruments.



Team Dahl have used their bodies to find the pulse in songs using various actions. They were fantastic at using the correct musical language, when answering questions.

Their favourite part was using/playing the glockenspiel when they heard the pulse in the song.

Marvellous Musicians!

The Mental Benefits of Swimming for Children

1. Enhances mental development Swimming stimulates young children's senses and is thought to improve brain and emotional development.
2. Develops confidence Children can often be fearful of water if they are not sensitised to it.
3. Boosts social skills Swimming, while often thought to be a solo activity, is actually a great social activity. Year 3's have attended swimming lessons this half term.

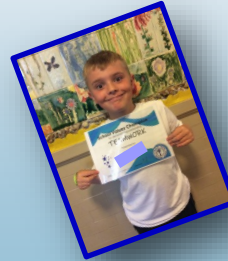
"I like to go swimming with my friends, it's fun!"

Lola Year 3



School Values– Every Monday in our whole school assembly, a new 'Value of the Week' is chosen for us to demonstrate this value in and around school. We really think about how it makes other people feel when we are kind, caring and supportive towards others and show excellent teamwork.

A new display with details and evidence of our values can be seen, located outside of the hall door.



Take a quick look when you're next in school!



Upcoming support and training

Parent Care® (for children and young people aged 6-25yrs)
TRAINING & Information Sessions

Understanding and managing anxiety and emotionally based School avoidance This session will increase understanding of what anxiety is and why we experience it, and also awareness of signs for school avoidance and how it can be managed.
Wednesday 19th October 2022 @ 9.30 am - 11.30 am or
Tuesday 6th December 2022 @ 9.30 am - 11.30 am (both sessions will be the same)

Emotional Wellbeing What is it and how can we improve it for ourselves and our children?
Thursday 27th September 2022 @ 9.30 am - 11.30 am or
Wednesday 16th November 2022 @ 9.30 am - 11.30 am (both sessions will be the same)

The sessions are aimed at parents of school aged children but parents of younger/older children are very welcome. The sessions will be led by a CAMHS trainer and will run on Microsoft TEAMS

To book please email teams@countydurhamhealthtrust.nhs.uk
Please state which session(s) you would like to attend and give your name, email address and contact number.

NHS
Tees, Esk and Wear Valleys

Dads and Male Carers support sessions

DURHAM NEURODEVELOPMENTAL FAMILY SUPPORT HUB

Thursday 22nd September
Thursday 20th October
Thursday 17th November
Thursday 8th December

6:00 - 7:30pm
Venue to be confirmed

Rollercoaster Sept-Oct 2022 Diary dates
For families supporting a child or young person (up to 25 years) with emotional or mental health difficulties

Date	Time	What's on	More information	Venue
Wed 7th Sept	10-12am	Support Group	Support, information, advice on a range of topics around mental health with a parent peer supporter & CAMHS Nurse	Box 6, Durham Cricket Ground
Wed 14th Sept	6-8pm	Virtual Support Group	Support, information, and guest speakers on a range of topics around mental health	Facebook Live & Zoom
Wed 21st Sept	6-8pm	Support Group	Support, information, advice on a range of topics around mental health with a parent peer supporter & CAMHS Nurse	Angel Trust, Bishop Auckland
Fri 30th Sept	1-2pm	DROP-IN with SENDASS & CAMHS	Advice and support around mental health - book a 1:1 with a CAMHS Nurse or with SENDASS for advice on Education	Virtual - Zoom
Wed 5th Oct	10-12am	Parent Support Group	Support, information, advice on a range of topics around mental health with a parent peer supporter & CAMHS Nurse	Box 6, Durham Cricket Ground
Monday 10th October	1-4pm	World Mental Health Day	A day to celebrate and find out about mental health support in County Durham	Durham City venue to be confirmed
Wed 12th October	6-8pm	Virtual Support Group	Support, information, and guest speakers on a range of topics around mental health	Facebook Live & Zoom
Wed 19th October	6-8pm	Support Group	Support, information, advice on a range of topics around mental health with a parent peer supporter & CAMHS Nurse	Angel Trust, Bishop Auckland
Fri 28th October	1-2pm	DROP-IN with SENDASS & CAMHS	Advice and support around mental health - book a 1:1 with a CAMHS Nurse or with SENDASS for advice on Education	Virtual - Zoom

Individual Support
Talk to a Parent Peer Supporter - Book a 1:1 support session with a Rollercoaster Parent Peer Supporter who has been through similar experiences
Closed Facebook group - Rollercoaster closed Facebook Group is a safe space for parents to access support from other parents at any time

For more information or to book a session get in touch using one of the contacts below:

07377 213952 | support@rollercoasterfs.co.uk | @rollercoasterparentsupport | @rollercoasterFS

Wellbeing activities for all the family



WELLBEING BINGO #HelloYellow

Have a go at playing our wellbeing bingo and see if you can find people to play with - see us try to be nice with your friends and family.

In the past week I have...

Sung in the shower	Played with a happy friend	Had a good sleep	Spent some time with my family/friends
Listened to my favourite tune	Read a good book	Watched a great movie/TV show	Eaten something delicious
Done some exercise	Stayed hydrated	Drawn a picture	Laughed until my cheeks hurt
Spent some time in a park	Danced	Treated myself	Wrote something

Help others whenever you can
Who do you help now? Who should you help more? Fill the "helping hand" with all the things you do to help others.

Being	and say good	Do 20 Jumping	Go to bed 1 hour	Tidy your room	Daily
and say good to everyone in your house	Take a few minutes to write down how you feel today.	Jacks	earlier tonight and wake up 1 hour earlier tomorrow		Draw or paint most colourful thing in your house
share without asked to	Eat something new today.	Write an acrostic poem for FRIENDSHIP	Read 20 pages from the book you are reading or start a new book.	Ask your parent/carer to teach you how to cook a new meal.	listen to your favourite song dance around room
card game or rd game you it played in a	Stay off social media for 2 hours straight and keep yourself occupied.	Using paper and some colours create a flower and give it to someone in your house	Use 10 French words today.	Do the washing up today for at least 2 meals	Research place you would like to travel to in the future
in the spot for 3 es then do 3 jumps	Draw your favourite animal using geometric shapes	Tidy a room in the house that is not your room.	Design a pair of trainers or shoes	Do something nice for a sibling/parent/carer	learn a new sequence
a post on Y5 blog	Write down anything that comes to your mind for 5 minutes without stopping.	Write down 5 positive things about yourself	Ensure you have more than 5 fruit and veg today, write them all down.	Write a letter of appreciation to the NHS and share it with a member of your family.	Sit down, close your eyes and focus on your breathing for minutes