



# Community Wellbeing Newsletter

## Autumn 2024

Welcome back to our termly Community Wellbeing Newsletter. This newsletter is designed to give helpful advice and signposting for a range of wellbeing topics. This edition of the newsletter includes the following:

- What is The Friendship Bench?
- Mental Health Champions
- Mindfulness practice
- Supporting Your Child's Wellbeing



We welcome any feedback or suggestions as to how we can offer further support to our families.

Please email [admin@vinetree.cheshire.sch.uk](mailto:admin@vinetree.cheshire.sch.uk)

## What is The Friendship Bench?

Last year, our school council got together and decided that it would be nice to have a friendship bench in the playground that children could sit on if they needed someone to play with or talk to. Mr Locke agreed and we chose one that we thought looked both inviting and stood out from the other benches on the playground.



# Mental Health Champions



This year, we are introducing Mental Health Champions. Two children will be elected from each class in years 2,3,4,5 and 6. These



children will help the adults working in school to make decisions around supporting mental health and wellbeing in school. They will also put together termly assemblies to deliver to the rest of the school on issues that they choose and create displays to inform everyone in school of their amazing work. It is a vital new role and we need children who are interested in the role to fill out an application form! (ask your class teacher)

## Mindfulness Practice



1. As you trace your finger along the rainbow take a deep breath in through the nose until you reach the middle.
2. When you reach the middle, begin to exhale through the mouth as you trace to the end of the rainbow.
3. Repeat for each colour of the rainbow.

## Supporting Your Child's Wellbeing

Giving our children and young people opportunities to open up is one of the biggest things we can do as parents and carers to support their wellbeing. It can be easy to forget the simple power of sharing what we're going through and feeling heard. But even though you can't fix everything when your child is

struggling, you can make them feel seen and understood – and this in itself can make them feel more able to cope.

Talking about how they are, how their day has been and what's on their mind as part of everyday family life shows your child that you're interested in them and want to listen. It also supports them to practise thinking and talking about their feelings, helping them to get to know themselves and what they need.

But talking isn't always easy. You might feel like you don't know where to start, when a 'good time' is, or how your young person will react. Or, you might be worried about making things worse or saying the wrong thing. If this is the case, try to remember that your child doesn't need you to always get it right – they just need to know you're there. (youngminds.org)

For activities and more advice about how to have these conversations at home, please visit:

<https://www.youngminds.org.uk/parent/how-to-talk-to-your-child-about-mental-health/>

## In-School Support

We have Sarah from the Crewe Mental Health Support Team working with us in school. She works with us on our whole-school approach to wellbeing as well as offering small group sessions and 1:1 sessions to support wellbeing. A member of the MHST will be available to meet and chat at our upcoming Macmillan coffee morning.

Please contact the following members of staff if you need further support:

Mrs Walker (Deputy Headteacher and SENDCO)

Mr Holt (Senior Mental Health Lead)

Mrs Cope (Emotional Literacy Support Assistant)

