

Christ Church Junior School

Wellbeing Newsletter 2



Summer Term 2023

Summer Holiday Opportunities

Please see second page of the newsletter for details

Mental Health Support Team

CRAFT 'N' CHAT

Drop in event for children, young people and their parents and carers.

Free Event

Come along and make... Also...

- Worry Jars
- Bubble Art
- Friendship Bracelets
- And many more
- Relaxation Corner
- Parent/Carer Coffee Corner

Wednesday 2nd August 2023
Wednesday 16th August 2023
Drop in any time between 10am and 1pm

Location:
Cedar Room, Graiseley Family Hub,
Wolverhampton, WV2 4NE

Complete the form on the back of this page to secure your place.

Keneish Dance
Mental Health Support Team

DANCE 'N' CHAT

Dance, Movement & Yoga designed to help you manage your feelings and emotions.

Free Event

- Dance, Movement & Yoga
- Workshop on Managing Feelings & Emotions
- Relaxation Corner
- Parent/Carer Coffee Corner

Tuesday 25th July 2023
10am - 12:30pm

Location:
Cedar Room, Graiseley Family Hub,
Wolverhampton, WV2 4NE

Complete the form on the back of this page to secure your place.

What's New This Term?

Wellbeing Ambassadors

This term, we are introducing wellbeing ambassadors to our school. These children have applied for this role and have been chosen based on their commitment to the role.

Their job will be to support their peers with their mental health and help encourage a positive mental health attitude at Christ Church Junior School. They will also help with the wellbeing newsletter and other in school activities going forward. The children already have lots of lovely ideas for in school! Our ambassadors are Jonah, Jayden, Serafina, Jasmine, Jaya and Oliver.



Helping your child with their mental health in the summer holidays

<https://mentallyhealthyschools.org.uk/resources/relaxation-activities-for-children/>

<https://mentallyhealthyschools.org.uk/resources/mindfulness-calendar-daily-five-minute-activities/>

Positive Affirmations for this term

- I can make a difference
- I deserve to be happy



If your child would like to attend the Craft 'n' Chat event please complete the below form by Monday 31st July 2023. Please send completed forms via email to bchft.reflexions@nhs.net.

Child/Young Person's Details:		
Name:	Date of birth:	Age:
Address:		
Postcode:		
Gender:	Ethnicity:	
School Name:		
Any known allergies? <input type="checkbox"/> Yes <input type="checkbox"/> No		
If yes, please provide details:		
Does the child/young person have any Special Educational Needs? Yes <input type="checkbox"/> No <input type="checkbox"/>		
If yes, please provide details:		
Parent(s)/Guardian(s) details:		
Name(s):		
Contact number(s):		
Email address(es):		
Consent:		
As parent/guardian I consent to my child attending the event: <input type="checkbox"/>		
During the event, Reflexions will take photographs for social media purposes, do you consent for your child's photograph to be taken? Yes <input type="checkbox"/> No <input type="checkbox"/>		
Do you consent to your child being administered First Aid if required? Yes <input type="checkbox"/> No <input type="checkbox"/>		



If your child would like to attend the Dance 'n' Chat event please complete the below form by Monday 24th July 2023. Please send completed forms via email to bchft.reflexions@nhs.net.

Child/Young Person's Details:		
Name:	Date of birth:	Age:
Address:		
Postcode:		
Gender:	Ethnicity:	
School Name:		
Any known allergies? <input type="checkbox"/> Yes <input type="checkbox"/> No		
If yes, please provide details:		
Does the child/young person have any Special Educational Needs? Yes <input type="checkbox"/> No <input type="checkbox"/>		
If yes, please provide details:		
Parent(s)/Guardian(s) details:		
Name(s):		
Contact number(s):		
Email address(es):		
Consent:		
As parent/guardian I consent to my child attending the event: <input type="checkbox"/>		
During the event, Reflexions will take photographs for social media purposes, do you consent for your child's photograph to be taken? Yes <input type="checkbox"/> No <input type="checkbox"/>		
Do you consent to your child being administered First Aid if required? Yes <input type="checkbox"/> No <input type="checkbox"/>		