

Christ Church Junior School

Wellbeing Newsletter



Autumn Term 2022

Welcome

Welcome to our first mental health newsletter. We will aim to send one at the end of each term to update you on what we are doing in school to support our children's mental health and wellbeing.

Parents' Coffee Mornings

Thank you for the parents that joined us in October for our 'coffee mornings'. These workshops were held by Christine, who is our educational mental health practitioner. We would love to arrange a second coffee morning and will be sending out a form after Christmas for you to decide what would be beneficial for you.

Key Mental Health Staff at Christ Church Junior School

- Mrs S Blower – Executive Head Teacher, Infant School Mental Health Lead, Safeguarding Lead
- Mrs J Nash – Head of School, Deputy Safeguarding Lead
- Miss C Tolley – Assistant Head, Deputy Safeguarding Lead
- Mrs R Banner – Junior School Mental Health Lead, PSHE Subject Lead, Year Four Teacher
- Miss S Hancock – SENDco
- Christine Stevens – school-based Trainee Educational Mental Health Practitioner
- Su Ghale—School Counsellor

What's New This Term?

Zones of Regulation

This term, we have begun to introduce the 'Zones of Regulation' to the children at Christ Church. We are passionate about ensuring the children are able to identify how they feel and are able to find strategies to support them with big and uncomfortable emotions. For further information about the Zones of Regulation, please follow this link -

<https://www.zonesofregulation.com/learn-more-about-the-zones.html>

To access the video we will use with the children, please follow this link
<https://www.youtube.com/watch?v=vnrBrHJ7Wnc>



Key Mental Health Date

6-12 February 2023 is Children's Mental Health Week. The theme this year will be 'let's connect'. How could you connect with others in meaningful and rewarding ways? Please view the video from Place2Be regarding the 'let's connect' theme if you would like more information.

https://www.youtube.com/watch?v=wb8SDnS-M_M

Positive Affirmations for this term

- I am unique
- I am powerful
- I have lots to be proud of!