



Abbey Gates Wellbeing Newsletter



Children's Mental Health Week

This week has been Children's Mental Health Week and in school we have been exploring this year's theme of 'Growing Together'.

Growing Together is about growing emotionally and finding ways to help each other grow. Challenges and setbacks can help us to grow and adapt and trying new things can help us to move beyond our comfort zone into a new realm of possibility and potential. However, emotional growth is often a gradual process that happens over time, and sometimes we might feel a bit 'stuck'.



The Place 2 Be Website has produced some fantastic free resources to support parents and carers which can be found at <https://www.childrensmentalhealthweek.org.uk/parents-and-carers/>

They have also developed a new site for parents and carers with practical tips to support children's wellbeing and behaviour: <https://parentingsmart.place2be.org.uk/>

Lizzie's Workshops for Parents and Carers

Lizzie Allsop (our pastoral care lead) will continue to host face-to-face drop in sessions for parents and families of children after the half term break. Please do come along for some informal advice or simply just to meet Lizzie with tea, coffee and biscuits!



These drop-in sessions will take place on:

- Thurs 10th March (9am) - sign up at <https://forms.office.com/r/4CLpcDYbJw>
- Thurs 19th May (2:15pm)
- Thurs 7th July (9am)

Lizzie can offer a wealth of support in areas such as anxiety, managing emotions and anger, sleep and routine, e-safety, bereavement....and much more!

Starting a Conversation with your Child...

Sometimes it can be difficult to know how to start a conversation with your child when you have concerns about their wellbeing.



Young Minds have produced some top tips to help with how to open up a conversation: <https://www.youngminds.org.uk/parent/starting-a-conversation-with-your-child/>

There are also some great activities to do with your child here: <https://www.annafreud.org/schools-and-colleges/resources/my-self-care-plan-primary/>

Take Five at School - Update

In recent newsletters we have shared our 'Take Five' project with you. This week, we launched the project with the children in assembly/classrooms and after half term, children and staff will be taking part in daily 'Take Five' practices.



Find out more by watching [this video](#), developed by a group of pupils at Misterton Primary School.

Action for Happiness - Monthly Calendars



Don't forget, 'Action for Happiness' produce some excellent calendars each month. These can be downloaded and used with your children (and the adults in your family too)

This month's theme is 'Friendly February' for daily actions to make yourselves and others happier.

You could also download the [Action for Happiness App](#). The app is like having a little personal action coach in your pocket who:

- Gives you friendly 'nudges' with an action idea each day
- Sends you inspiring messages to give you a boost
- Helps you connect & share ideas with like-minded people

We all hope that you have a wonderful half term break and look forward to seeing everybody safe, happy and healthy after the holidays!

Miss Sam Taylor
Assistant Head Teacher