

## Supporting the Mental Health and Well-Being of our School Community

This is the second leaflet that will provide you with a basic understanding of how we can help each other to support the emotional well-being and mental health of the school community.

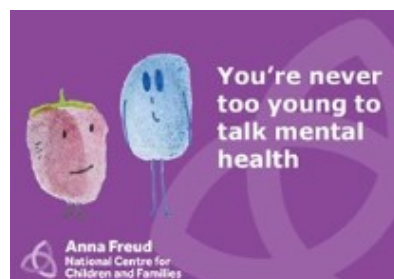
At Green Ridge Primary Academy, we are committed to supporting children, staff and parents in their well-being and mental health. We know that well-being, physical and mental health are all essential to positive learning experiences and future successes.

Our aim is to provide help, tips and resources to support both adults and children as we recognise the importance of parents and carers feeling supported and well in themselves.

### What has been happening this term?

This term, it has been more important than ever to ensure the children are settled back in to school and feel safe and secure.

This newsletter will highlight some of the strategies we have put into place to support the children coming back to school.



### Pupil Voice

We have completed some pupil voice this term to gain a baseline for current levels of pupil understanding of Mental Health and Well-Being and to gain an idea of how children support themselves to self-regulate in class. It was great to hear that the children in class have access to the Zones of Regulation poster (explained on the next page) and that children are able to use the 'Calming Kit/Area', and other strategies, within the class to support themselves if they had some difficult feelings.

### What is happening next term?

#### Parent Workshops

Over Spring or Summer Term we hope to run Parent Workshops. These sessions will be run remotely. Each session will start with a presentation and will include some ideas for activities, discussion and reflection.

If you would be interested in attending a workshop, please look out for a survey in the new year to register your interest. The topics we are likely to cover include:

- Understanding your child's behaviour
- Supporting your child to manage anxiety
- Supporting your child to manage frustrated and angry feelings well

### Places to go for Support and Advice

#### Healthy Minds Bucks

This is an NHS Psychological service that offer free support to people aged 18 or over experiencing difficulties such as, low mood, anxiety, employment support, worry, stress or long term health conditions.

You can self-refer by calling 01865 901600 or submit an online referral [here](#).

#### Child and Adolescent Mental Health Service (CAMHS Oxford Health)

CAMHS is a free NHS service that assesses and treats children and young people, aged between 0-18 years, with emotional, behavioural or mental health difficulties. For more information you can call: 01865901951 or [click here](#) for a referral form and more information.

#### NHS Every Mind Matters (<https://www.nhs.uk/oneyou/every-mind-matters/>)

This website from the NHS offers expert advice and practical tips to help you look after your children's mental health and well-being as well as the rest of the family.

#### Communicate your concerns with school

If you have any concerns about your child's emotional behaviour or well-being, please let school know.

# Ideas to Support Mental Health and Well-Being

## Zones of Regulation

In YR-Y5 every class at Green Ridge has the Green Ridge Zones of Regulation poster in their class displayed clearly. There are 4 'Zones' to describe how your brain and body feel.

The Zones teaches students:

- \* Vocabulary of emotional terms
- \* How to recognise their own emotions
- \* How to detect the emotions of others
- \* What may trigger certain emotions
- \* How others may interpret their behaviour
- \* Problem solving skills



Why teach the Zones of Regulation?

- Provides a common language to discuss emotions — a language that is non-judgemental
- The Zones of Regulation is simple for children to understand but is helpful for all!
- The Zones of Regulation teach *healthy* coping and regulation strategies.

## Understanding Zone Tools

Children learn to use 'tools' to move between the Zones. They encourage the children to identify a range of different calming and alerting strategies/tools that support them. Tools may include sensory supports (from the Calming Kit), calming techniques or thinking strategies.

## Zones of Regulation At Home

You can support your child/children at home by asking them which zone they are in using 'I wonder'. For example: "I wonder if you can in the yellow zone at the moment, you seem a bit worried." Naming the emotion will help them with their emotional literacy and show them that you can see they are feeling a certain way.

Other ideas include:

Play "Feelings Charades" - take turns choosing emotions from a stack of cards/papers and act it out using only face and body clues. Guess each other's emotion, discuss which Zone it's in and why. (Added challenge: Name a tool you could use when feeling that emotion).

'Name That Feeling' - whilst watching a film/tv programme, encourage your child to name a character's feeling, discussing which Zone they are in and why.

## Calming Kit

Within each class, the children have access to a 'Calming Kit' (please see photo below). The Calming Kit supports children to self-regulate into the Green Zone, especially if they are experiencing some difficult feelings.

The Calming Kit contains various sensory toys, mindfulness colouring, stress balls and sometimes an iPad for calming apps ('Gravitarium' or 'Go Particles').

The calming kit also contains a 5 minute timer so the children are aware of how long they are able stay with the calming kit.



An example of a Calming Kit

Some parents have asked for links for some of the objects in the Calming Kit. Please search 'Sensory Toys' on Amazon; the 'Expanding Ball' supports children with breathing techniques using the ball to support with breathing in and out.