



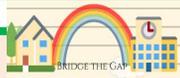
Welcome to our mental health and wellbeing newsletter that is designed to showcase what we are doing in school and also to signpost our families to areas of interest around many different aspects of wellbeing including ways in which to support your own wellbeing as well as your child's. We are currently in the process of adding sections to the new website so further information to this newsletter will be found on there. If you feel there is anything you would like adding to the next newsletter or the website please contact either Mrs O Hare or Mrs Hallam.

### Senior Mental Health Leads within school

We are very lucky at Lawn to have two qualified mental health leads, Mrs O Hare and Mrs Hallam. They both recently gained their qualification from Leeds Beckett University and Carnegie School of Education.

The role is about raising awareness and increasing the capacity of knowledge within school and beyond in order to support mental health. Mrs O Hare and Mrs Hallam are there to support families and also staff within school but are not trained to diagnose or take the place of a medical professional. However, we will support and signpost those in need of more professional support for their mental health.

Please contact either Mrs O Hare or Mrs Hallam should you need any advise/resources or signposting on anything related to mental health.



### Bridge the Gap Coffee Morning

A huge thank you to all that attended the Bridge the Gap coffee morning – it was a huge success. I know many of you have since been in touch with BTG and are finding the support they offer face to face, along with our school platform, beneficial to your own understanding of child development and various topics that support mental health and wellbeing. It's always good to know that the services we are buying in to are useful as we can justify the continuation for future years. Please let us know any feedback you have.

School have chosen to invest in Bridge the Gap, a local charity funded organisation, whose commitment to improving children's long-term mental health is outstanding. As a parent, you can access the online portal, that has numerous resources that maybe just what you are looking for. We know that there are several parents who are using it and have already booked things for their families – thank you, this is great news!

If you need the link to the BTG parent portal please refer back to the message on School Dojo or contact Mrs O Hare.

### Your words from the Bridge the Gap Coffee Morning

#### What do we do well at Lawn for wellbeing?

- Always providing the children a safe space to talk
- Activities to support the children's self-esteem
- Giving the children the opportunity to express themselves
- Teachers really care for the children
- Giving children time to be themselves
- Talking with the children and addressing concerns asap
- Encouraging them to talk about their problems

#### What would you like to see on the Mental Health section of the website?

- Easier way to find this section. Not really sure under what heading it is. **This section can be found under the parent tab at the top of the webpage. 'Mental Health and Wellbeing'**
- Links to supporting organisations/support groups/help and advice for parents. **We will keep adding these on when we get credible organisations**
- Bios of the mental health champions of the school- with pictures, to put a face to a name. **We will be putting this on before the end of this half term☺**



### Worry Boxes

From time to time we all have worries, we always remind the children that they can talk to any adult within school but sometimes it is hard to say them out loud. With this mind, at the end of last year we brought worry boxes to go up around school. These are accessible to all children, of all ages. They can pop in any worries they have about themselves or even someone else (which has happened). The worry box is checked regularly by Mrs O Hare who then may spend time with individual children or small groups to work through worries. As always, if there are any worries that cause us concern we will notify parents/carers. Likewise, if your child expresses worries at home please encourage them child to write a small note and pop into the box when they get to school. The worry boxes have already been a huge success and have already helped so many children have the opportunity to talk through their big worries, that may seem small to adults.



### Mental Health and Wellbeing in the Curriculum

Mental Health and Wellbeing is at the very core of our curriculum at Lawn. It is weaved into every part of the school, it's culture and ethos. We promote living a healthy lifestyle and it's benefits through our topics such as; We are all Unique and Freedom and Equality. Not only is it visible in our topics but also our PSHE lessons, our Wellbeing Wednesday initiative, extra curricular clubs, our playground buddy scheme, the healthy eating policy and our Learning Nutrients (Ambition, Success and Failure and Making Choices to Support Next Steps to name but a few.)

Our PSHE curriculum ensures that, through a rolling programme, children are taught topics such as Beginning and Belonging, Family and Friends and My Emotions. Through these topics children can unpick threads of themes like respect, resilience and kindness which are woven into our curriculum and ethos. Indeed, just look at our children and you will see these themes in action. It's the lifeblood of our school, our family.

We ensure that by the time our children end their journey at Lawn they are ready for the challenge and next chapter that secondary school brings. Skills taught and learnt here will stay with them and enable Lawn children to support themselves moving forward. We all know that being able to look after our own mental health is a vital component of life now. The world has been through unprecedented change in the last few years (indeed the world looks very different to when we were children ourselves) and we acknowledge that we want to provide our children with those life skills required to support themselves or seek help from others should they need it. *(Mrs Cousins & Miss Bexson: PSHE Lead/RSE Champions)*

### Wellbeing Wednesdays

Wellbeing Wednesday is a whole-school initiative which began a couple of years ago at Lawn Primary School. Each week, the whole school takes part in a short session designed to promote discussion about mental health and wellbeing. Our decision to include Wellbeing Wednesdays and many other stand alone mental wellbeing initiatives such as; Hello Yellow, Anti Bullying week, playground buddies, worry boxes, body image workshops for UKS2 and actively seeking out Pupil Voice shows our commitment to push the agenda of mental health of our children. Wellbeing Wednesdays are an important and vital moment in the midst of a busy week to talk, reflect and discuss. Topics are covered through the 5 social and emotional competencies. These are self-management, self-awareness, responsible decision making, social awareness and relationship skills.

### What we are currently working towards in school:

- Pupil Wellbeing Ambassadors within school
- Anti-Bullying Week
- Second Coffee morning with Bridge the Gap
- E-safety evening for parents
- Gain pupil voice about mental health and wellbeing within school
- Update the website with information and signposting



### Did you know that Lawn Primary is an Attachment and Trauma Informed School?

#### **What is an Attachment and Trauma informed school?**

An Attachment Aware School is a place where resilience is promoted and where the most vulnerable children are able to recover from trauma and relational loss. We understand that relational loss and trauma are adverse childhood experiences (ACE's) which disrupt and impact on a child's emotional development and capacity for learning. We help to provide the stepping stones necessary towards adaptation and recovery so that these pupils learn security and self-regulation. What can we give them that they haven't had? As staff within education we can become both the eyes and minds for the pupil, and the external stress regulators they need at this stage in their development. We work to provide safety, security, stability and repetitive attentive, attuned responses for children who have experienced ACE's. The key to any attachment aware school is building strong 'relational bonds'. Relationships are the bridge into adaptation and recovery which create love, empathy and humanity as children grow into adulthood.

#### **Which staff are formally qualified attachment leads?**

Mrs Hallam (Deputy Head) has PG (dip) in Strategic Attachment Lead, Mrs Levesley (FS2 teacher) has PG (dip) Strategic Attachment Lead, Mrs O Hare (Learning Mentor) gained Attachment Lead Status. All staff are attachment and trauma aware.

#### **What are ACE's (Adverse Childhood Experiences)**

Please take a look on the following link to find out more about what Adverse Childhood Experiences are.

<https://mft.nhs.uk/rmch/services/camhs/young-people/adverse-childhood-experiences-aces-and-attachment/>

### Hello Yellow

It was wonderful to see so many children coming into school wearing something yellow in support of young people's mental health. Young Minds is an amazing charity that supports so many young people and with your kind donations, they are able to support even more. As a school through donations brought in and the Just Giving Page we managed to raise in excess of £250. This means that Young Minds can give 8 a parent/carers a 50-minute telephone call with a qualified mental health front line worker, who can provide clinical advice and guidance. The children had an assembly where we shared and discussed the theme of everyone's feelings matter. The children then went on to carry out activities in the afternoon that embedded this message. Thank you to you all.



### Useful Websites:

Every Mind Matters <https://www.nhs.uk/every-mind-matters/>

Mental Health Service <https://www.nhs.uk/nhs-services/mental-health-services/>

Mental Health Service for young people <https://www.nhs.uk/nhs-services/mental-health-services/mental-health-services-for-young-people/>

Place2Be <https://www.place2be.org.uk/>

Mental Health Foundation <https://www.mentalhealth.org.uk/>

YOUNGMiNDS <https://www.youngminds.org.uk/>

Qwell (offers online support <https://www.qwell.io/>)

Anna Freud National Centre for Children and Families <https://www.annafreud.org/>

Freedom Programme – Domestic Abuse <https://www.freedomprogramme.co.uk/>

### Signposting

Who you can call this  
Mental Health Awareness Week



**0300 123 3393**  
Open 9am-6pm weekdays



**116 123**  
Always open



**0800 58 58 58**  
Open 5pm - midnight

If you're in Wales:



**0800 132 737**  
Always open

If you're under 25:



**0808 808 4994**  
Open 4pm - 11pm