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March 2023

Dear Parents / Carers,

Welcome to our first newsletter for 2023. I want to start by thanking all those who take the time to read this newsletter. Our mental health and wellbeing are so important, and it is reassuring to see how many of you enjoy and benefit from the content of this newsletter. Thank you also, to those who completed the Microsoft form questionnaire. I have taken your views on board and have some exciting things planned for Eastfield over the coming months.

Before half term was children's mental health week and we were proud to support this within school. The theme this year was 'lets get connected' and we used some of the resources provided on the Place2Be website, which also has some useful tips for families

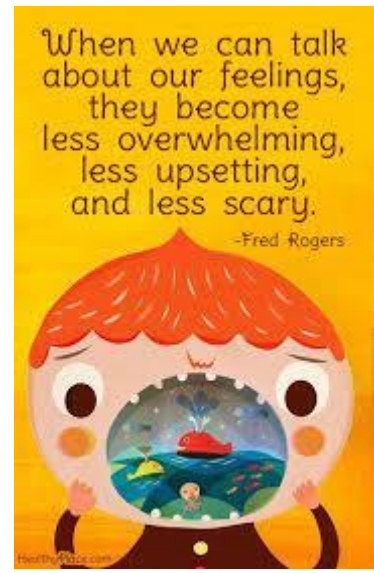
<https://www.childrensmentalhealthweek.org.uk/families/>

As parents and carers, you are an important role model to your child. How you connect with friends and family will influence your child, and how they develop their own friendships and relationships. For example, how you greet people and maintain friendships, but also how you forgive people or say sorry when you need to.

What can you do?

Here are a few simple ways you can connect with your child and help them to make meaningful connections.

1. Connect with your child in everyday ways – in the car, on the way to places, at mealtimes etc
2. Talk to your child about important connections they have.
3. Talk to your child about their friends.
4. Take an interest in your child's world.
5. Find time to connect as a family.
6. Try to resolve conflict and re-connect after arguments.



We always welcome your feedback on our wellbeing newsletter.
Thank you for your support Mrs Reynolds

Useful Links

- <https://www.wolverhamptonhalthyminds.nhs.uk/useful-contacts-and-links>
- <https://www.mentalhealth.org.uk/>
- <https://www.mind.org.uk/>
- <https://www.youngminds.org.uk/>
- <https://www.wolverhamptonhalthyminds.nhs.uk/>



10 WAYS PARENTS CAN SUPPORT THEIR CHILDREN TO BUILD POSITIVE MENTAL HEALTH HABITS

- 01** 

Encourage your child to openly talk about their feelings and thoughts
- 02** 

When your child is worrying help them to effectively problem solve
- 03** 

Support them to connect and build positive relationships with others
- 04** 

Encourage them to look after their physical health (Sleep, food, exercise)
- 05** 

Help them to stay focused on the present moment using mindfulness
- 06** 

Highlight the importance of looking after both physical and mental health
- 07** 

Be a mental health role model. Demonstrate positive behaviours
- 08** 

Praise, encourage, motivate and regular support your child to build their self esteem
- 09** 

Work together to learn some coping skills such as deep breathing

10 

As your child grows up encourage and support autonomy

 @BELIEVEPHQ

