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31st October 2022

Dear Parents / Carers,
Welcome to our first wellbeing and mental health newsletter for this academic year. Such a lot has happened over the first half term, so I hope that you all rested in your week off and are raring to go when we come back tomorrow on Tuesday 1st November.

It was World Mental Health day on the 10th October and we celebrated this by taking part in #HelloYellow again. It was brilliant to see so many of our children and staff supporting this event, which aims to raise awareness and funds for young peoples' mental health. With the current financial climate being as it is we did not enforce donations, but did still welcome them on a voluntary basis, and I was overwhelmed with your generosity again this year as I was last year.

#HelloYellow
Congratulations
Eastfield Primary School
Together you raised
£137
for
YOUNGmINDS
fighting for young people's mental health




Supporting our young people with their mental health and wellbeing is so important as it enables them to get the most out of their lives and their education.

Not only that, but it can help us with our mental health also – a good way to take care of your own wellbeing is to help others.

It can be hard at times, and we are here to help and offer advice where we can.

If you are struggling and don't know where to turn, there is also a lot of support online.


Top tips to support children and young people



Be there to listen

Regularly ask how they're doing so they get used to talking about their feelings and know there's always someone to listen if they want it. Find out how to create a space where they will open up.


[How to start a conversation with your child](#)



Support them through difficulties


Pay attention to their emotions and behaviour, and try to help them work through difficulties. It's not always easy when faced with challenging behaviour, but try to help them understand what they're feeling and why.

[Help with difficult behaviour and emotions](#)




Stay involved in their life

Show interest in their life and the things important to them. It not only helps them value who they are but also makes it easier for you to spot problems and support them.



Encourage their interests


Being active or creative, learning new things and being a part of a team help connect us with others and are important ways we can all help our mental health. Support and encourage them to explore their interests, whatever they are.



Take what they say seriously

Listening to and valuing what they say, without judging their feelings, in turn makes them feel valued. Consider how to help them process and work through their emotions in a more constructive way.

[The Anna Freud Centre support guide](#)



Build positive routines

We know it still may not be easy, but try to reintroduce structure around regular routines, healthy eating and exercise. A good night's sleep is also really important – try to get them back into routines that fit with school or college.

[Sleep tips for children](#)

In each edition of the newsletter I will share some useful links to websites that have helpful advice on them. The image above was from <https://www.nhs.uk/every-mind-matters/supporting-others/childrens-mental-health/>

I would love your feedback on our wellbeing newsletter. Send your comments to ereynolds@eastfieldpri.co.uk

Thank you for taking the time to read this newsletter,

Mrs Reynolds
School Senior Mental Health Lead

- ### Useful Links
- <https://www.blurtitout.org/>
 - <https://www.mentalhealth.org.uk/>
 - <https://www.mind.org.uk/>
 - <https://www.youngminds.org.uk/>

