



**Sir Thomas Abney**  
PRIMARY SCHOOL

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## Wellbeing Week at STA

The week beginning 20<sup>th</sup> May 2019 was our very first **Wellbeing Week for the children** at Sir Thomas Abney School. It was a huge success and we hope that it will be the start of us weaving wellbeing into our normal everyday life here at STA. We hope that your children have told you all about it, but if not, here are some of the things we did:

We started the week off with two Wellbeing Assemblies for the children to explain what wellbeing meant and all the activities which had been planned for them.

There was a Word of the day which children discussed in class. The words were:



On Tuesday **Years 1 to 5** took part in a carousel of activities in the hall and playground, delivered by Young Hackney. There were 4 stations, where the children learnt about the importance of Emotional Wellbeing, exercise, dental hygiene and sugary drinks.



### Early Years, Foundation Stage & KS1



Children in **Nursery, Reception, Years 1 and 2** took part in a **communal art project** run by our WAMHS (Wellbeing and Mental Health in Schools) worker Alex, who is an Art Therapist. Amongst other things, children drew pictures about the things that made them happy. Many drew their families, ice cream, the sun and the end result of the art produced was amazing!



**New Greeting** - most classes introduced a new way of greeting the children each morning – the children could choose between a high five, a thumbs up, a wave, a dance or a hug. The dancing by way of a greeting was the most popular!

**Nursery** practised yoga every morning in the playground, played mindfulness games, including the 3 minute game.

**Reception** took notice of their environment, listened to music and learnt basic massage techniques which they practised on each other.

**Year 1** watched and talked about the film Inside Out, enjoyed some planting and drawing. Bay class even managed a brief run around the playground every morning.

**Year 2** practised yoga and meditation, as well as enjoying lots of art and games in class.

## KS2

**Years 3, 4, 5 & 6** were all offered pieces of fruit or veg (including apricots, cucumber, tomatoes, bananas, etc) during every morning playtime. The chunks of cucumber were a particular hit with the children! A big thank you goes out to Fresh and Fruity who donated the fruit each day.



**Years 3, 4, 5 & 6** all practised yoga and meditation sessions provided by Andrea, from Om Yoga, which they really enjoyed. They also tried out a combination of mindful colouring and doodling to relax, mindfulness, played the Compliments game (saying something nice about each other), laughter yoga, the mirror game, wellbeing bingo, etc. Years 5 & 6 also had a Wellbeing Workshop delivered to them by Young Hackney.



## WHAT IS MENTAL WELLBEING?

Mental wellbeing is how we're feeling and coping with the things we face every day. Just like physical health, sometimes it's good and other times not so good. You could think of it as your mental fitness!

Your child's feelings can change depending on what is happening in their lives. Mental health can be affected by friendships, online pressures and family or school worries.

## WHAT IS MENTAL HEALTH?

### Mental health can be defined as:

“the strength and capacity of our minds to grow and develop, to be able to overcome difficulties and challenges and to make the most of our abilities and opportunities.”

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### Children who have poor mental health may show some of these signs:

- Constantly be negative about themselves
- Feel lonely, sad and withdrawn
- Find it hard to talk to their family or friends
- Get angry easily and find it hard to calm down
- No longer take part in things they usually enjoy

## Children with good mental health are usually able to:

- Express themselves and talk about their worries
- Meet new people, make friends, and keep up relationships
- Join in and take part
- Feel happy and sad, and manage those feelings
- Cope with challenges
- Recover from anger or embarrassment

Read more at:

<https://www.boots.com/health/mental-health/a-million-and-me#loXDSTdXDrGfZUIv.99>

**A Million  
& Me**



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## What is A Million & Me?

A Million & Me is an early action programme funded by BBC Children in Need which aims to support children aged 8-13 with their emotional wellbeing. Through encouraging children to talk about their feelings and supporting family, friends, carers and trusted adults to listen and have conversations with their children, the initiative aims to have a positive impact on the mental wellbeing of future generations. Boots and Young Minds are part of the project

Find out more at <https://www.boots.com/health/mental-health/a-million-and-me#loXDSTdXDrGfZUIv.99>

Or join in the conversation by visiting selected stores where Boots staff can provide information and advice on how to help support your children's mental wellbeing, share the 'five ways to wellbeing', which is a proven set of evidence-based actions aimed at improving mental wellbeing, and signpost to further resources and support.

Speak to a Boots pharmacist, look out for colleagues wearing the A Million & Me wristband, or pick up a leaflet created with Young Minds for more information. By having an active involvement in your children's mental wellbeing, you could help prevent mental health issues later on in life.

## Supporting mental wellbeing

The 'five ways to wellbeing' are proven to build confidence and resilience in children and to help them cope with life's challenges. They are the wellbeing equivalent to five fruit and vegetables a day.

- Connect
- Be Active
- Take Notice
- Keep Learning
- Give

## WINNING WAYS TO WELLBEING



TALK & LISTEN,  
BE THERE,  
FEEL CONNECTED



Your time,  
your words,  
your presence



REMEMBER  
THE SIMPLE  
THINGS THAT  
GIVE YOU JOY



EMBRACE NEW  
EXPERIENCES,  
SEE OPPORTUNITIES,  
SURPRISE YOURSELF



DO WHAT YOU CAN,  
ENJOY WHAT YOU DO,  
MOVE YOUR MOOD

**INTRODUCE THESE FIVE SIMPLE STRATEGIES INTO YOUR LIFE AND YOU WILL FEEL THE BENEFITS**



Download Boots' [five ways to wellbeing guide](#) to print and keep on hand. Putting the 'five ways to wellbeing' into practice is easy and you may already be doing these without even knowing it!

## TRY THESE FIVE WAYS TO WELLBEING WITH YOUR CHILD

Research tells us these proven five simple ways can make a big difference to a child's happiness and help build their confidence and resilience. It's the wellbeing equivalent to 'five fruit and vegetables a day'. Try and build these simple actions into everyday life.



### 1 CONNECT

- Take time to talk about feelings and listen
- Share mealtimes to talk about their day
- Find activities you can enjoy together as a family
- Encourage them to see their friends outside of school rather than by phone or online



### 2 BE ACTIVE

- Go for a walk, run, skip, cycle, swim, dance – whatever they may enjoy, indoors or outdoors
- Find a local group sport or activity they can join
- Exercise is a mood booster and a great way to feel good

### 3 TAKE NOTICE

- Take them out to a park, woods, the seaside or even a different part of the city or town so they can enjoy a varied environment
- Encourage them to notice how they are feeling and how they can process their emotions in a positive way

### 4 KEEP LEARNING

- Learning isn't just for school. Encourage them to read 'just for fun'
- Pass on skills like cooking, sewing, model making, photography and DIY so they know that learning can be fun

### 5 GIVE

- Help them to be kind, share and show interest in others
- Encourage them to do something nice for a friend, family member or charity

A Million & Me



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Find out more at <https://www.boots.com/health/mental-health/a-million-and-me#loXDSTdXDrGfZUiv.99>

#### Other helpful resources:

#### **BBC Children in Need A Million & Me -**

<https://www.bbc.co.uk/programmes/articles/4wNj6S0WhGfxWRTp6zb8QmQ/a-million-and-me>

For more information about A Million & Me

**YoungMinds -** <https://youngminds.org.uk>

A free parents' helpline with trained advisors who can talk to you about any aspect of your child's mental health 0808 802 5544 Mon-Fri 9.30am to 4pm.

**Parent Zone -** <https://parentzone.org.uk/home>

Parent Zone offers support to families on any parenting issue including online problems.

**Shout -** <https://www.giveusashout.org/>

Shout is the UK's first free 24/7 direct messaging service for anyone in crisis anytime, anywhere. To get help from a Crisis Volunteer today, TEXT CIN to 85258. (Shout is delivered in partnership with Crisis Text Line).

#### GP

Talk to your GP who will be able to provide further advice and support.

#### School

Talk to your class teacher or Jennifer Handovsky, STA's Pastoral Manager.