



WELLBEING NEWSLETTER AUTUMN 22



:) Hello and welcome to the first KIA Wellbeing Newsletter. :)

What happens at King Ina to support positive mental health and wellbeing?

There is a lot of great work that goes on in and outside of the classroom to ensure the positive mental health and wellbeing of our children and their families. All staff at King Ina are committed to ensuring that positive relationships and mutual respect are fostered within our school community. Here are some of the ways that we do this....

Emotion Coaching— This is a whole school approach adopted by King Ina to support the recognition and regulation of children's emotional responses. Emotion Coaching views all behaviour as a form of communication and makes an important distinction between children's behaviour and the feelings that underlie that behaviour. A key belief is that all emotions are acceptable, but not all behaviour. Emotion Coaching is about helping children to understand their different emotions as they experience them, why they occur and how to handle them, leading to happier, more resilient and well-adjusted children. All teaching staff, teaching assistants and mid-day supervisors are trained in Emotion Coaching approaches to promote emotional intelligence and positive behaviour for all children. Miss Chandler and Mrs Lawrence are the Emotion Coaching experts at school, as well as being Mental Health First Aiders.

PSHE— In PSHE lessons, children learn about emotions, naming what they are and how they feel in their bodies. All classrooms have an emotions check-in board and time to talk to staff if they need. Through the SCARF program, (Safety, Caring, Achievement, Resilience, Friendship) children learn about SCARF's whole-school approach to positive behaviour, mental health, wellbeing, resilience and achievement.

Playtimes— Miss Dare has recently recruited Peer Mediators, who have been working hard to help younger pupils solve problems at playtimes and lunchtimes. These Year 5 and 6 pupils have been available to listen to any problems that may have occurred and have offered solutions, kind words and ways to rebuild any friendship difficulties between peers. There are Peer mentors stationed outside and in the library with some quiet activities such as colouring and board games. Sports Captains have also been elected to help support children at playtime by organising games that all children can choose to participate in if they wish.

School Council— Our recently elected and inducted school council have been busy meeting this week to prepare for anti-bullying week on 14th November. The theme this year is Reach Out and we have discussed reaching out FOR help and reaching out TO help others. The school council will be passing this message onto their classes and taking part in a whole school assembly too.

ELSA— *Emotional literacy support assistants* - or ELSAs - are teaching assistants trained to provide emotional and social skills support to children, which is delivered through individual or group sessions. We are lucky to have two super ELSAs at King Ina, Miss Long and Mrs Winter, who work with children throughout the school.

Social Communication Group— Relationships can be tricky to negotiate, and for those children that need help with the skills needed for successful social communication, teachers can refer children into a social communication intervention group. Social skills help children to develop social competence which means the ability to read emotions, co-operate, make friends and negotiate conflicts. We have a dedicated social communication intervention called 'Talkabout' which is delivered by Mrs Lawrence.

Make yourself happy... Check out this website <https://actionforhappiness.org>

It has lots of tip and advice to promote happiness in your life!

Some Healthy tips for November: : Have a micro adventure—explore something new, read a new book, discover a new work, sleep under the stars, plan a new meal.



Key Wellness dates this term:

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November 5th Remembrance Day

November 11th World Kindness Day

14th - 18th Nov 2022 Anti-Bullying Week

16th Nov 2022 International Day of Tolerance

18th November: Children in Need. Children to come to school in mufti and to bring donations of loose change per family.

5th December: International Volunteer day



Tuning Into Kids

You will hopefully have seen our poster advertising Tuning Into Kids, a course designed for parents to help make better emotional connections with their children.

Please contact the school office if you would like a place on the next course starting 3rd January



Mental Health Support Team

We are very lucky at King Ina to be part of a pilot scheme introducing the Mental Health Support Team to schools in Somerset.

This service is for young people aged 5-16, providing low intensity CBT interventions and support to schools to adopt a Whole Schools Approach to mental health and wellbeing.

This term, the MHST will be providing resilience workshops to Year 6 and an introduction to Emotion Coaching for parents, dates and information to follow.

The Mental Health Support Team is a collaborative service delivered by Young Somerset and Somerset Foundation Trust.

Educational Mental Health Practitioners (EMHPs) can come into school to work with children and offer short-term support to children and young people who are experiencing difficulties with things like anxiety, worries and low mood. EMHPs can help children, young people and their parents/carers to learn new skills to make changes and help themselves to feel better.

Practitioners also offer support to parents/carers of primary age children up to age 12, through parenting and parent led Low Intensity Cognitive Behavioural Therapy (LICBT). This is suitable for mild to moderate mental health needs and is different to counselling. It requires a degree of motivation and involves children/young people practicing skills outside of the sessions.

Educational Mental Health Practitioners will carry out an initial assessment prior to treatment to see if low intensity CBT is the right support. If it is offered, interventions are weekly over 6-8 weeks. The service is accessible via a request for help through the school's Designated Mental Health Lead, which at King Ina is Mrs Stock. If you are a young person/parent/carer and you are interested in receiving support, you can contact Mrs Stock over the telephone or by email through the school office, office@kingina.co.uk to talk about whether a referral to this service may be appropriate.

World Kindness Day - Sunday 13.11.2022

November 13th is World Kindness Day! Imagine what the world would be like if each person did one kind thing for someone else. Get started making a difference with these simple ideas:

- Compliment the first three people you talk to.
- Say good morning/afternoon as you walk past people.
- Pick up some litter.
- Check in on a relative or friend that you haven't seen in a while.

