



March Busbridge Bulletin No. 3 - Wellbeing

The Continual Pursuit of Excellence



Dear Families

Signs of Spring are becoming more evident everyday; yellow daffodils are showing their cheery faces, buds are beginning to burst and gardening is back, well at least for me! As a keen gardener, I can't wait to enjoy the longer daylight hours and be in the greenhouse or at least outdoors walking with my two dogs - all in the name of Wellbeing! Hopefully, the featured aspects in this edition will be helpful in striving for the school's vision: ***the continual pursuit of excellence.***

In March's edition:

- What is Wellbeing?
- Looking after your Wellbeing.
- Wellbeing at School.

Darren Heatley

Headteacher

What is Wellbeing?



"Mental wellbeing doesn't have one set meaning. We might use it to talk about how we feel, how well we're coping with daily life or what feels possible at the moment. Good mental wellbeing doesn't mean that you're always happy or that you're unaffected by your experiences. Having good wellbeing doesn't always mean that you don't have a mental health problem. You may live with a mental health problem, but have good wellbeing right now. Or you might not have a mental health problem, but be struggling with your wellbeing at the moment". Mind

There should always be something to celebrate in everyday life but when things get tough and unexpected things are 'thrown our way', bouncing back is really important for us all, including children. The World Health Organisation's definition of mental health and wellbeing is "a state of mental well-being that enables people to cope with the stresses of life, realise their abilities, learn well and work well and contribute to their community." WHO

Looking After Your Wellbeing



Keeping well can form a regular part of everyday life for us all. Some people practice Mindfulness, others stay active. For many, getting enough sleep is important but did you know that '**practising gratitude**' is just as important? These are just some of the areas which were highlighted to staff in recent training on Wellbeing which you might find useful to know!

What's also important, is to recognise, what else may be out there to manage one's feelings & emotions and to seek support when you need, in order to maintain a good sense of wellbeing.

Have you seen the 5 [steps to mental health](#) or know about [Mind](#)?

Wellbeing at School

Busbridge Infant School intends to promote and nurture positive mental health in our inclusive environment. As a community, we wish to provide a safe space for adults and children, to discuss mental health and access support when needed. We recognise that good mental health and wellbeing is crucial for all, particularly for children to thrive with their learning. The School Leadership Team aim to 'create a culture where calm, dignity and structure encompass every space and activity' in accordance with the DfE Guide to Mental Health and Behaviour in School (2018).

The Wellbeing of staff is overseen by a trained **Senior Mental Health First Aider** in school; Mrs Scully, along with members of the Senior Leadership Team and members of SFET, who are able to deliver training and signpost staff to support. Policies and procedures are in place to manage any concerns that may be raised. There is also a confidential helpline that all staff can access.

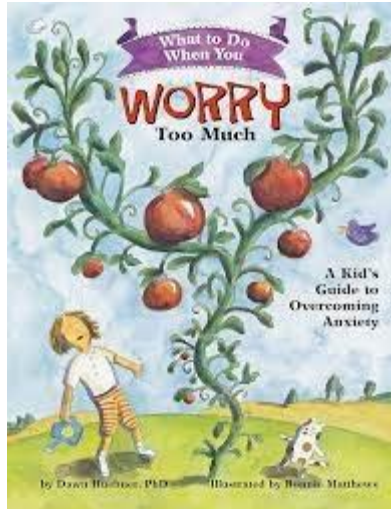
This support is in addition to the necessary sweet treats and of course healthy snacks! Staff events and any opportunities for a 'get together' sit alongside this!

The Wellbeing of children is equally as important in school. This is mainly recognised through the understanding of the **Zones of Regulation** and the associated language we use to talk about feelings. The recent workshop on the Zones of Regulation can be downloaded from the school's [website](#).

As part of the additional support for children to manage their feelings which have been previously recognised and discussed, **Emotional Literacy Support Assistant (ELSA)** sessions ensure a bespoke approach to address particular concerns around anxiety, loss, friendship issues or whatever it may be. An information leaflet can be found in the [Home School Link Worker](#) section on the school's website. You play a very important role in your child's mental health and wellbeing. For practical support and tips that have been sourced and developed by experts please take a look at [Place 2 Be](#).

Helpful Children's Books

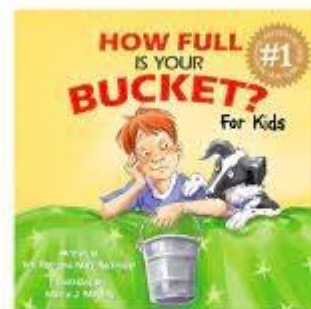
These books are just a few of our favourites as we have so many more that the list is too long to share! Have a look, they might just help! You can always contact us at school for more information to improve either your Wellbeing or your child's by contacting HSLW.busbridge@sfet.org.uk. Thank you.



1 - This may help children overcome anxiety.



2 - The message behind this book is that no one is ever alone; we are all connected by an invisible string.



3 - This book helps children to understand how little interactions with others can affect our relationships.



4 - This book shares the story about a little girl who worries a lot about anything and realises that sharing her worries helps them go away.