



Wellbeing and Mental Health News

Our First Newsletter!

At Moorlands Junior School, we are dedicated to supporting all our children and their families, therefore we will be producing half termly Wellbeing Newsletters which give some helpful advice and information to help our families in regards to wellbeing and mental health. We will also be sharing information about what we have been doing to promote and support these areas in school.

MJS Welcomes our ELSA

We are very proud to have our very own trained ELSA in school -Miss Eccles.

ELSAs are emotional literacy support assistants. They are teaching assistants who have had special training from educational psychologists to support the emotional development of children and young people in school. ELSAs have regular professional supervision from educational psychologists to help them in their work.

ELSAs help children and young people learn to understand their emotions and respect the feelings of those around them. They provide the time and space for pupils to think about their personal circumstances and how they manage them.

For more information about ELSA please see the school website or speak to a member of the wellbeing team.

The MJS Wellbeing Team

Mr Gillam

Ms Davidson

Miss Eccles

Mrs Drinkwater

The role of the MJS Wellbeing Ambassador is:

- To spread happiness and peace throughout the school.
- To welcome new children and staff to the school.
- To be kind, caring and helpful towards others.
- To always treat others as you would like to be treated yourself.
- To promote and put into place the 'Five Ways to Wellbeing'.
- To fully embody our Moorlands School Values.

Year Group Wellbeing Ambassadors

Year 3 -Catherine and Kasper (3C) Jasmine and Tom (3K)

Year 4 - James W and Matilda (4P) Peter and Amelia (4F)

Year 5— Ania and Declan (5D) Emma and Harry (5C)

Year 6- Lucas and Evie (6G) Isaac and Alyssa (6T)

WN – Zidane and Caleb



World Mental Health Awareness Day

World Mental Health Day was on October 10, 2021. At Moorlands, we marked this event on Friday 8th October. The whole school watched the movie "Inside Out", which is an animated adventure about the five dominant emotions inside an 11 year-old girl's head, as she struggles to come to terms with moving home.

Teachers then chose an activity suitable for their year group and discussed mental health throughout the day, with a particular focus on the 5 dominant emotions mentioned in the film.

The aim was to ensure all of our children were aware of the importance of mental health and that they are prepared to overcome any of their emotions.

There were a range of activities going on throughout the day, Year 6 enjoyed creating their own emotion emoji's in the outdoor learning area, whilst Year 5 looked carefully at the 'Zones of Regulation' and went on to produce their own emotion poetry. In Year 4, freeze frames were created to represent emotions and Year 3 looked at how emotions change and develop as they get older.

For more information about what we did as part of this day, you can visit our school website.

Tips for talking to your child about their Mental Health

1. Make conversations about mental health a normal part of life: Anywhere is a good place to talk; in the car, walking the dog or cooking together. Model everyday talk about feelings such as by talking about a TV character's feelings.
2. Give your full attention: We all know it's horrible to be half listened to. Keep eye contact, focus on the child and ignore distractions.
3. Check your body language: Try to keep it open and relaxed and make sure you come down to the child's level.
4. Take it seriously: Don't downplay what the child is saying or tell them they're "just being silly". Resist the urge to reassure them that everything is fine.
5. Ask open questions: Such as "How did your day go today?" This will help to extend the conversation.
6. Calmly stay with the feelings that arise: It can be our automatic reaction to steer away from difficult emotions.
7. Offer empathy rather than solutions: Show that you accept what they are telling you but don't try to solve the problem.
8. Remember we are all different: Respect and value the child's feelings, even though they may be different to yours.
9. Look for clues about feelings: Listen to the child's words, tone of voice and body language.
10. Some ways to start a conversation about feelings might be: "How are you feeling at the moment?" "You don't seem your usual self. Do you want to talk about it?" "Do you fancy a chat?" "I'm happy to listen if you need a chat."

Useful Links

This website from the NHS offers expert advice and practical tips to help you look after your child's mental health and wellbeing as well as the rest of the family. <https://www.nhs.uk/oneyou/every-mind-matters/>

The NSPCC are offering support and advice if you feel your child is struggling with their mental health and anxiety due to the coronavirus. More information and advice can be found on their website: <https://www.nspcc.org.uk/keeping-children-safe/coronavirus-advice-supportchildren-families-parents>

Young Minds - <https://youngminds.org.uk/>

Other useful links can be found on our school website and also in future wellbeing newsletters.

If you have any worries or concerns about your child's emotional behaviour or wellbeing, then please let school know. There will be things we can do to help further and support you.