



Mental Health & Well-being

Having a night time routine has been proven to have positive benefits to a child. In addition to improving sleep, bedtime routines teach your child self-care and lay the ground for working memory, attention, and other cognitive skills. Results show that children who have a good quality sleep and who have a structured routine, perform better in school.

A great start is snuggling up with a book at night rather than watching TV or playing on an I-pad. Cosying up in pyjamas after a lovely bath or shower allows the brain to start relaxing, ready for bed.

Each child in school has a wellbeing break everyday where they can complete mindful activities and have time to reflect and re-focus before their next lesson.

Finding time at home to switch off and enjoy tasks such as colouring, drawing, yoga, walking and reading is really important and a great way to avoid technology for a while.

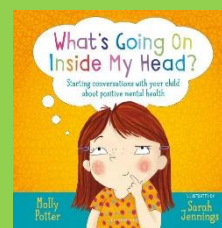
If you have noticed your child struggles with worrying and anxiety, this is a great basic exercise to try.

Relaxation Activity: Shoulder Shrug

- Ask your child to sit in a comfortable position
- Encourage them when breathing in to lift their shoulders up to their ears and hold the position for 5 seconds
- When they breath out, make a big sigh and release the shoulders
- Repeat 3 times

This book has been designed to help open up conversations about mental health with children. It talks about positive self-image, emotional intelligence, relationships and mindfulness.

<https://www.amazon.co.uk/Whats-Going-Inside-Head-conversations/dp/147295923X>



We now have a brand-new set of Mental Health Champions in School. These children applied for the role and were selected due to their kind, caring and nurturing personality. These children will support children at playtimes and lunchtimes on the playground and work alongside Mrs Stoddart to lead Mental Health and Well-being workshops and assemblies. They have been set their first task of coming up with some ideas of what they would like to put in place, before taking these ideas to Mrs Peers!