



Pendle Primary School

Autumn Term Wellbeing Newsletter



We hope you enjoy the first of our termly Wellbeing Newsletters. They will be filled with useful ideas, tips and links to help support positive mental health and wellbeing for your children and yourselves.

At Pendle we really understand the importance of keeping both bodies and minds healthy. Our mental health lead is Mrs Atkinson, and Mrs Marshall is our Emotional Literacy Support Assistant (ELSA).

At Pendle we value the importance of really getting to know our children; each morning staff greet the children at the classroom door for a welcome chat. We also hold termly supervision meetings in our key stage teams to make sure we are doing our best to support all of our children to best access their learning.

Mrs Atkinson is extremely proud to work with our Wellbeing Warriors, a group of children from Year 2 to Year 6 who help to spread awareness of how we can look after our wellbeing and lead us in mindful activities such as the lunchtime colouring club for KS2 children which will start after half term; they will also lead games for our younger children at lunchtime.

Conversation Starters

Talking to your child about how they're feeling can be tough, especially if you're concerned that they're having a hard time. You might not know what to say, or feel worried about how your child will react. It doesn't matter what topic the conversation starts with – it's about the opportunity it gives you to talk about feelings and provide comfort.

Whilst the activity is underway, what's the best way to encourage your child to open up? Have a look at some of our conversation starters.



Here are some things you could ask to get the conversation started:

What was the best bit of your day?
What was the worst bit of your day?
What did you do today that made you proud?
How are you feeling?
What would you like to talk about?

If your child is having a hard time, you can try to find out how they like to be supported by asking gentle questions like:

How can I support you through this?
Do you want to talk about what's going on?
Is there anything you need from me? Space, time to talk, time to do something fun?
What was the biggest problem you had today? What helped?

"Is there anything you need from me? Space, time to talk, time to do something fun?"



Coping Skills Fortune Teller This is a lovely resource for exploring coping strategies linked to sadness, anger, anxiety and fear. There are three versions for you to use.

<https://www.elsa-support.co.uk/coping-skills-fortune-teller/>

Evidence suggests there are 5 steps you can take to help improve your mental health and wellbeing, these are connect, be active, take notice, keep learning and give.

<https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/five-steps-to-mental-wellbeing/>



Please remember you can visit the Wellbeing Warrior section of our website to find further resources, links and guides to help you support your child's wellbeing.

Wellbeing warriors

