



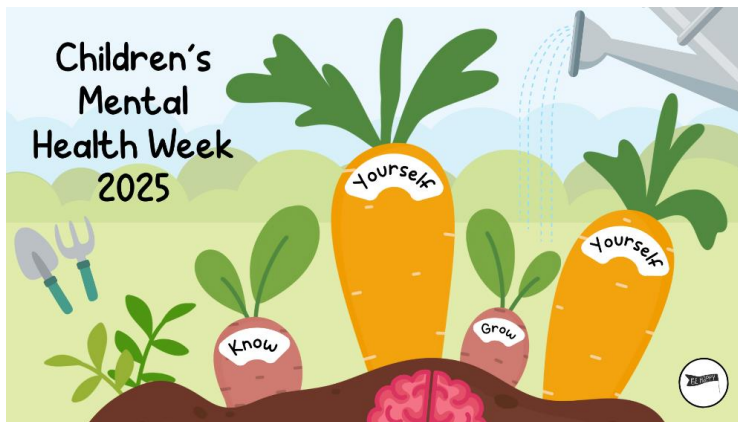
“We are the seeds. Our school is the good ground which provides everyone with all they need to grow and achieve.”

Mental Health Newsletter

Mental Health and Wellbeing

At Harry Hotspur, Wellbeing is high on our list of priorities for our children, parents and staff; we are constantly looking at our current practice and ways that we can improve and enhance the mental health and wellbeing of our whole school community.

This week we are taking part in children’s mental health week with the theme ‘Know yourself, grow yourself’



Why is Mental Health Important?

- It helps us feel good about ourselves.
- It helps us handle big feelings like sadness, anger or worry.
- It helps us be kind to ourselves and others.
- It helps us try new things and grow!

What is Children's Mental Health Week?

- This week is all about learning how to take care of our feelings and minds, just like we take care of our bodies.
- It's a chance to talk about our emotions, explore who we are, and find ways to grow and feel our best!

How Do We Get To Know Ourselves?

Getting to know yourself is all about understanding what makes you, you!

- **Think about your favourite things** - What brings you joy or makes you feel happy inside?
- **Recognise your strengths** - What are you really good at? What's something you'd like to get better at?
- **Discover what matters to you** - What's important in your life, such as family, friends, kindness or learning?
- **Notice your emotions** - How do you feel when you're excited, sad, nervous or calm?

How could you get to know yourself at home and at school?



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Emotional Resilience

Emotional resilience is the ability to manage feelings and cope with day-to-day stresses as well as major life events. We recognise that children will experience a range of feelings, both positive and negative, such as excitement, anticipation, frustration and disappointment. Our aim is to equip children with the necessary tools to deal with different experiences as they grow and develop and to prepare children to help them to feel good and function well. All staff are seeking to build upon pupil's emotional resilience by providing opportunities in everyday learning to explore problem-solving activities, develop relationships with peers and take risks.

At school we use the Zones of Regulation to talk about our feelings – You could try this at home too!

BLUE ZONE	GREEN ZONE	YELLOW ZONE	RED ZONE
 sad	 happy	 frustrated	 angry
 tired	 calm	 worried	 terrified
 sick	 feeling ok	 silly	 yelling
 bored	 ready to learn	 excited	 hitting
I can try... stretch	I can try... drink water	I can try... deep breaths	I can try... take a break



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Do you know about the '5 Ways to Wellbeing'?
Give these a try this week at home!



TALK & LISTEN,
BE THERE,
FEEL CONNECTED



DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR MOOD



REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY



EMBRACE NEW
EXPERIENCES,
SEE OPPORTUNITIES,
SURPRISE YOURSELF



Your time,
your words,
your presence

Come to school wearing your scarf on **Friday 21st March** to celebrate our 'SCARF' values!



This Children's Mental Health Week, wear your SCARF to school and celebrate the values:

- Safety
- Caring
- Achievement
- Resilience
- Friendship



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Useful Links and Groups

<https://www.beyounorthumberland.nhs.uk/>

We can help you...

Be you 

We know how important it is to find solutions together: see the events available for parents/carers and professionals.

<https://www.qwell.io/>

 **Qwell**

**Whatever's on your mind,
we're here to listen**

Free digital mental wellbeing support for adults across the UK



Do you have a child aged 0-19 years? Come along for a cuppa and chat and to meet other parents. No diagnosis needed!

JOIN US ON:

**Tuesday 18th March 2025 1-3pm at Alnwick Family Hub
On St Michaels School Site, Howling Lane, NE66 1DJ**

FAQ

Do I need to book?

No, just turn up on the day.

Do I need to stay for the two hours?

No, you can drop in at any time that is convenient for you.

