



St Anthony's Catholic Primary Academy

Stafford Road, Wolverhampton, WV10 6NW

Principal: Mrs T Davis

Telephone: 01902 558935

School Queries Email: office@stanthonyscpa.co.uk

Reporting Absences: absence@stanthonyscpa.co.uk

www.stanthonyscatholicsschool.co.uk



@StAntsWolves

2nd October 2023

Dear Parents/Carers,

I am writing to you to outline the **well-being support** that we have in place at St Anthony's and direct you to the [Mental Health page](#) within our school website.

We have a number of universal practices in place (provision for all pupils) which support well-being. Firstly, all pupils are welcomed into the classroom by their class teacher with a personal greeting. This is a good opportunity for the teacher to gauge how the children are feeling that day. Next in place is the pupil check-in with the Zones of Regulation. Children can 'check-in' to the classroom by registering their name in the coloured pot that reflects how they feel. The teacher and/or Teaching Assistant monitor these so that if anyone has checked-in as RED or BLUE, then they can have a quiet word and support them.



Children have access to resources and techniques to help them support themselves when they are struggling with their feelings.

This is in place for pupils across KS1 and KS2. EYFS pupils have a circle time morning welcome with similar support strategies.



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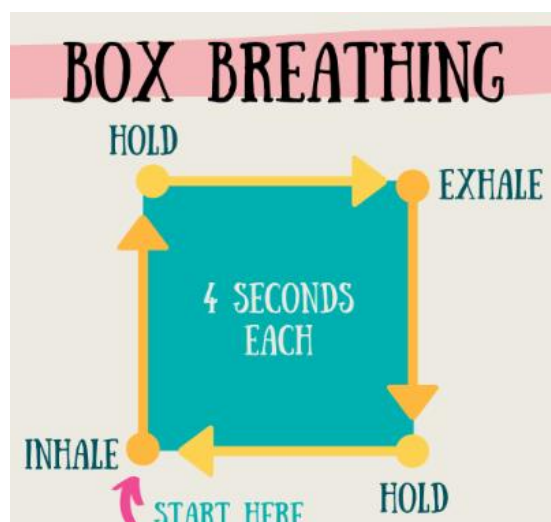
Another part of our routine is our daily prayer and reflection. Pupils are welcome to share personal intentions and often do – even the youngest of pupils. They are given the time to reflect and ask for God’s help with any difficulties. They can access the prayer table across the day and the prayer garden, if they seek permission. Many children have laid name plaques for loved ones they have lost.



Throughout the curriculum, our children are taught ways of looking after their mental health and well-being. These are features within the PSHE Curriculum – where we have focus days or weeks in line with World Mental Health Day. They are also within our Relationships and Health Curriculum, which as parents, you have access to. Please feel free to make use of these resources with your children in your own time too. Forest School for Early Years children teaches them to connect with nature as part of maintaining positive well-being.

Pupils in Reception classes are also taught **Yoga techniques**, not only as a way to improve flexibility and balance but also as a technique for a calm mind and clear focus.

Breathing exercises are also taught across the school and are used to support children who may be upset due to needing first-aid or having a fall-out with their peers. The key techniques used are the 5-finger breathing technique and square or box-breathing:



What if my child needs more help?

At some points in our lives, we all need a little more help. This can be due to change of circumstances, bereavement, friendships, family breakdown and more. In these cases, the school can put 1:1 or small group work in place for your child. This might be through a school-based intervention (such as Rainbows for bereavement) or via an external service, such as Reflexions (NHS) or the School Nurse.

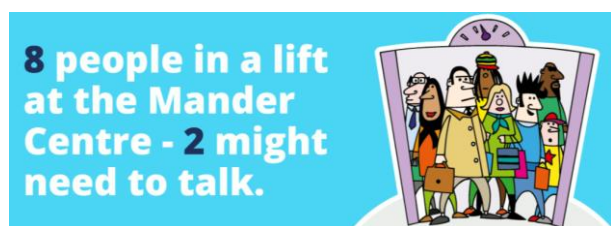


There is a Virtual Worry box on the Mental Health page on the website where you can submit a concern that might require a referral. Equally, you are always welcome to talk with Mr Bradbury or Mrs Davis directly at the school gates.

Parent Support

Supporting children's mental health is hard enough. As adults, we need to ensure that we are looking after our own mental health needs too. Too often, parents can forget about themselves and always put their child first. As with the concept of putting your own oxygen mask on before tending to your child on an aeroplane, so too the priority of addressing adult mental health needs is essential in being able to support your child. Please see the links for potential support:

<https://www.blackcountryhealthcare.nhs.uk/our-services/mental-health-liaison-team/wolverhampton-mental-health-liaison-service>



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



Kind regards,
Mrs T Davis
(Principal)



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