

Heatherside Junior School Wellbeing Newsletter - Spring 2025

Last week (3rd - 9th February), we took part in Children's Mental Health Week. This year's theme was **Know Yourself, Grow Yourself**.

It is so important we understand what makes us tick, our likes and dislikes, strengths, fears, hopes and dreams. Our emotions play a key role in telling us just that, and being aware of how to listen to and express ourselves is a major part of building self-awareness. It is through knowing ourselves and speaking with others, that we can build resilience, grow and develop.



Mental health is just like physical health: everybody has it and we need to take care of it.

Everyone (including children) will experience 'bad days' or days when their mood is low; it's just that we all deal with it in different ways.



Know Yourself, Grow Yourself
supported by The Walt Disney Company through the characters of Pixar's Inside Out.

The more we can understand about ourselves, the more prepared we are to express our emotions and take on life's ups and downs. Being self-aware means getting to know and understand what we are good at, what we find difficult, our likes and dislikes, what makes us feel JOY and what may cause us SADNESS. It is also about understanding what makes us unique and our fears, hopes and dreams. As we build a sense of self, we grow in our ability to connect with others, as well as develop our skills and talents. It is with this basis we can form strong and healthy relationships, from early childhood right through to adulthood and are equipped to cope with the challenges that life brings our way.

During Place2Be's Children's Mental Health Week 2025, children have taken part in different activities that will help them explore their different emotions in order to grow themselves.

Here are a few simple ways you can help support your child to 'know themselves and grow themselves'

1 Encourage journalling

Just like Riley, encourage your older children and young people to express their emotions and thoughts through journalling. It can be less confronting than speaking out loud and is a helpful way to process what is going on.

2 Make space for reflection

When children and young people reflect on their different emotions, it can help them better understand themselves and what they need. Go for a walk, drive, or try some mindful colouring or baking together.

3 Be visual

Use imagery, such as emojis or flashcards to help children and young people recognise and label their feelings.

4 Practice mindfulness

Try mindful activities, and quiet family time, to enjoy being in the present moment. This can help children and young people be aware of their thoughts and emotions and learn a useful new coping technique.

5 Communicate

Feedback is crucial for helping us see our blind spots and gain greater insight. Children and young people are no different. Creating safe and supportive ways to share your own experience with your child can help them understand themselves and their impact on the world around them.

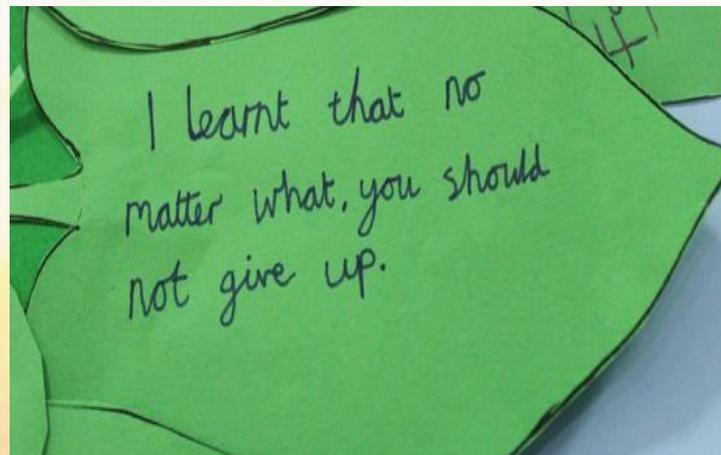
Here are some useful links for further support and information.

- There are lots of valuable information linked to children's wellbeing and mental health on our website [here](#).
- Parenting Smart, Place2Be's site for parents and carers, has lots of practical tips to support children's wellbeing and behaviour [here](#).
- [Hampshire CAMHS website](#). This website has a wealth of information about potential difficulties your child might be experiencing and practical ways to support them, including workbooks, podcasts and apps.
- [Here4you website](#).

We recognise that there will be families in our community who sometimes need help and support outside of what we can offer from school. Please do call or contact us and we will do our best to help signpost you to local support routes which may be able to help. There is more information on our website [here](#).

Here are some of the activities we completed as part of mental health week:

- Our Wellbeing Ambassadors handed out 'positive postcards' to children on Monday morning to brighten their day.
- A few volunteers from Year 4 planted sunflower seeds for all the classes. I wonder which class is going to have the highest sunflower by Easter?
- We created a whole school display where children reflected on the week. Every petal and leaf shows something that each child either enjoyed or learnt, showing how we grow every day.



The zones of regulation are a framework designed to help individuals, especially children, develop self-regulation skills and emotional control. There is more information on our website [here](#).

We want all our children to thrive and be able to recognise and manage different emotions and feelings.

Zones of Regulation helps us to:

- Understand that we all experience different feelings and emotions throughout the day.
- Recognise when our feelings or emotions become 'too big' which can lead to us feeling upset, cross, over-excited, sad etc.
- Learn positive strategies to help us feel calmer, happier and ready to learn and play - green means we're good to go!



A huge thank you to Mrs Davis, Miss Cain and our Wellbeing Ambassadors (pictured) for being champions of our health and wellbeing at Heatherside!



The wellbeing of children and staff is fundamental to all our work at Heatherside. We actively promote the 'Five Ways to Wellbeing' through a whole range of ways, such as through our assemblies and curriculum, and work hard to support all aspects of children's development. More information can be found [here](#).

Coming Up!

We will be celebrating World Wellbeing Week 2025 24th June - 30th June. More information to follow about the activities we will be carrying out in school.

