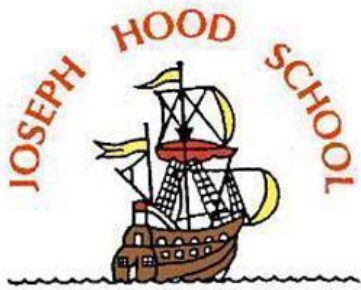


Joseph Hood Primary School

Mental Health and Wellbeing

Newsletter 8



Mental Health and
Emotional Wellbeing

Mental Health and Wellbeing at Joseph Hood

At Joseph Hood, the mental wellbeing of our community is of vital importance. Along with the half-termly Mental Health Newsletter there are more resources available on the website.

<https://www.josephhood.merton.sch.uk/mental-health-and-wellbeing/>

Contact us



If you feel you would like to speak to someone about support for either your child's or your own mental health and wellbeing please email.

mentalhealthlead@josephhood.merton.sch.uk

NHS coffee morning - Understanding Your Child's Emotions

Thank you to all that attended the coffee morning that was run by the NHS wellbeing team. It was amazing to see such a fantastic turn out. The slides from that morning have been sent out and hopefully they are useful to you. We will organise another one soon.

Worry Ninja

All of the year 6 children successfully completed their three Worry Ninja sessions where they focused on recognising and dealing with big emotions. They have their workbooks to refer back to and certificates to celebrate their success. Well done Year 6!

NHS Wellbeing Service



As a school, we are supported by the NHS Wave 6 Merton Mental Health Support Team. The team includes a clinical psychologist and Education Wellbeing Practitioners.

If you would like more information about their work, or how they can support you, please contact your child's teacher or the school's SENCO (Miss Shepard) or Mental Health Lead (Miss Earl) or email their team directly:

Wave6MertonMHST@swlstg.nhs.uk

Our Parent Interventions

We offer 2, parent-led, Guided Self-help support programmes for parents looking to explore new ways of supporting their children with...

Anxiety



Challenging Behaviour



Follow the QR code to refer to us directly:



Key dates



Upcoming FREE webinars

<https://www.eventbrite.com/cc/primary-parents-nhs-wellbeing-workshops-682309>

- Tuesday 16th April - Introduction to the Education Wellbeing Service

Key adults

Mrs Saville: Executive Headteacher, DSL

Mrs Wright: Head of School, DSL

Ms Shepard: Assistant Head, SENCO and Inclusion Lead, DSL

Mr Smith: Assistant Head, DSL

Miss Earl: UKS2 Lead, Mental Health Lead, Deputy DSL

Mrs Childs: EYFS lead, Deputy DSL

Mrs Helen, Mrs Jade, Miss Claire, Miss Shelby: ELSA

Mrs Doel: Mental Health First Aider, Deputy DSL

Karen May: SEMH consultant

Top tip: Name it to tame it

Supporting your child to recognise and name their emotions is one of the best things that can be done to support emotional regulation. In order to do this, they need to build emotional vocabulary. They need to recognise how strong their feelings are and alternative ways to respond to them.

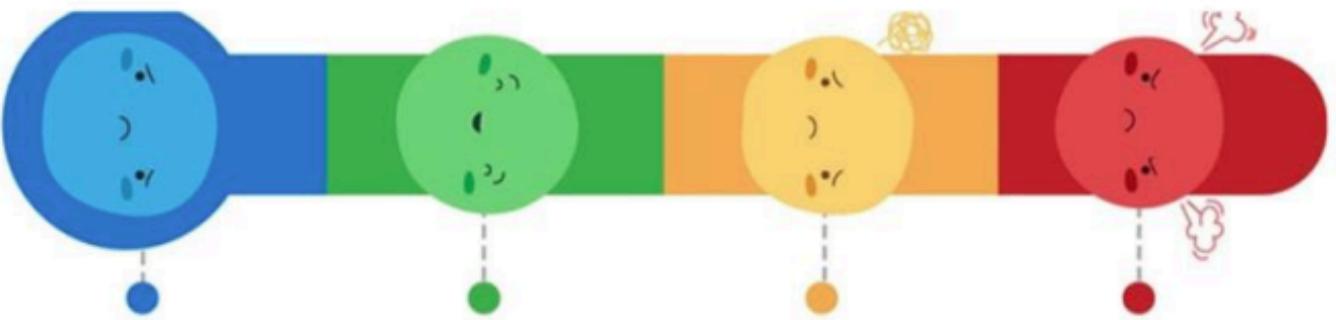
Attached below is a feelings thermometer that can be used to help with this.

Useful video: Supporting Your Child With Emotional Regulation

<https://www.youtube.com/watch?v=UAr9e7TVnIM&t=1s>



FEELINGS THERMOMETER



ANGRY, TERRIFIED, STRESSED, FURIOUS, JEALOUS, AGITATED, DISGUSTED

LOOKS, SOUNDS, OR FEELS LIKE:

I can't handle it! Arguing, yelling, hitting, kicking, crying, screaming, tantrum, refusing.

WHAT I CAN DO THAT CAN HELP

- Count from 1 to 10
- Take a break
- Tell an adult
- Go for a walk outside
- Take a nap
- Exercise and/or stretch
- Take deep breaths
- Use grounding techniques

WORRIED, CONFUSED, EMBARRASSED, IRRITATED, NERVOUS, FRUSTRATED

LOOKS, SOUNDS, OR FEELS LIKE:

Things are not going my way... Disappointed, tired, avoiding, pacing, shutting down, overstimulated, avoiding.

- Listen to calm music
- Take deep breaths
- Pause and ask for help
- Talk to an adult
- Use positive self-talk
- Use grounding techniques
- Write down your thoughts
- Think about a safe place

HAPPY, CALM, PROUD, CONFIDENT, FOCUSED, PEACEFUL, HOPEFUL, READY

LOOKS, SOUNDS, OR FEELS LIKE:

Everything great! Smiling, relaxed, laughing, engaged, attentive, friendly, enjoying oneself.

- Help someone else!
- Practice gratitude
- Enjoy this feeling
- Write down your feelings
- Keep listening
- Share with your friends
- Use nice words
- Smile, laugh!

SAD, DISSAPPOINTED, LONELY, SICK, TIRED, BORED, SHY, MOVING SLOWLY

LOOKS, SOUNDS, OR FEELS LIKE:

I'm not feeling well... Withdrawn, anxious, nervous, crying, understimulated, slowed down, depressed, disengaged.

- Talk to an adult
- Go outside for a walk
- Listen to calm music
- Exercise and stretch
- Do something you enjoy
- Take deep breaths
- Get or give a hug
- Use positive self-talk