



Grange Primary School Safeguarding/ Mental Health and Wellbeing News Summer Term 1



What is Mental Health?

We all have mental health. Mental health is about our feelings, our thinking, our emotions and our moods. Looking after our mental health is important. We all have small feelings every day; these can sometimes feel strong and overwhelming, whether happy or sad, but they go away before too long. Sometimes we experience big feelings; these feel strong and overwhelming for a long time. They stop us doing what we want to in our lives.



If you are worried about a child's safety, please do not hesitate to contact any of the Designated Safeguarding Leads straight away.

Miss Rebecca Benjamins
(Headteacher)

Mr Loram Black
(Deputy Headteacher)

Miss Farhana Sultana
(Acting Deputy Headteacher)

Miss Kim Edwards
(School Business Manager)

Miss Natasha Tomlin
(Children's Safeguarding and Welfare Officer)

Mrs Zohra Bounouar
(Administrative Officer)

Mrs Sue Hawkes
(After School Manager)

They can be contacted via the school office, or by telephone on **020 7771 6121**

Tips for talking to your child about their Mental Health

1. Make conversations about mental health a normal part of life: Anywhere is a good place to talk; in the car, walking the dog or cooking together. Model everyday talk about feelings such as by talking about a TV character's feelings.
2. Give your full attention: We all know it's horrible to be half listened to. Keep eye contact, focus on the child and ignore distractions.
3. Check your body language: Try to keep it open and relaxed and make sure you come down to the child's level.
4. Take it seriously: Don't downplay what the child is saying or tell them they're "just being silly". Resist the urge to reassure them that everything is fine.
5. Ask open questions: Such as "How did your day go today?" This will help to extend the conversation.
6. Calmly stay with the feelings that arise: It can be our automatic reaction to steer away from difficult emotions.
7. Offer empathy rather than solutions: Show that you accept what they are telling you but don't try to solve the problem.
8. Remember we are all different: Respect and value the child's feelings, even though they may be different to yours.
9. Look for clues about feelings: Listen to the child's words, tone of voice and body language.
10. Some ways to start a conversation about feelings might be:
 - "How are you feeling at the moment?"
 - "You don't seem your usual self. Do you want to talk about it?"
 - "Do you fancy a chat?"
 - "I'm happy to listen if you need a chat."



For a copy of our school's Child Protection and Safeguarding 2021 Policy, please visit the 'Policies' section on our school website.





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Places to go for Support and Advice



This website from the NHS offers practical tips to help you look after your child's mental health and wellbeing as well as the rest of the family.

<https://www.nhs.uk/oneyou/every-mind-matters/>



The NSPCC are offering support and advice if you feel your child is struggling with their mental health and anxiety due to the coronavirus. More information and advice can be found on their website:

<https://www.nspcc.org.uk/keeping-children-safe/coronavirus-advice-supportchildren-families-parents>



Young Minds – <https://youngminds.org.uk/>

Communicate any concerns with school.

If you have any worries or concerns about your child's emotional behaviour or wellbeing, then please let school know. There will be things that we can do to help and support you.

Keep safe and well,

Miss Rebecca Benjamins, Mr Lorrain Black, Miss Farhana Sultana, Mrs Kim Edwards, Miss Natasha Tomlins, Mrs Sue Hawkes, Mrs Bounouar, Miss Kelly O'Connell and Miss Kerry Pelling (**Mental Health First Aiders**)