

Nurture News



Mental Health & Wellbeing Newsletter for Parents & Carers

Sept 2024

We are excited to launch the first of our new parent newsletter: Nurture News!

We are proud to prioritise the mental health and wellbeing of our pupils and their families and want to capture some of our good work and celebrate it with you!

Amazon Wishlist

Last term we created our first Amazon wish list of therapeutic stories and wellbeing books to use in our Welton Wellbeing sessions across school.

We have been blown away to receive so many purchases from parents—WOW!

On behalf of everyone in the Welton Family, thank you for supporting us in this way. It means so much to us.

IT'S NOT TOO LATE TO CONTRIBUTE!

You can search for the link on Amazon: Welton Wellbeing Book List

Or click on the link:

<https://amzn.eu/7h5KbSu>

Please add a message to say who you are when you purchase. This will enable us to say a special thank you to you for your kindness and generosity and add a note inside to say who it was donated by.



IDEAS FOR HOME

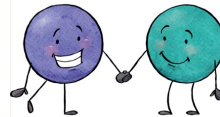
Stories are a great way to introduce children to different emotions and deal with themes such as worry, friendships, fears, loss, change and many, many more.

They aim to help children to empathise with the character and what they are experiencing. It can help them to feel that they are not alone and validate their own feelings.

We will have a section of therapeutic stories and parent support books in our new community library! More information about this to follow.

If you would like recommendations of an appropriate therapeutic story for your child to use at home, we are very happy to help. Please get in touch!

Welton Wellbeing



Welton Wellbeing is our bespoke social, emotional and mental health support programme for pupils.

We prioritise this because we know that if children feel calm and happy, they can engage with learning more successfully.

Each half term has a specific focus. WE ended last academic year with the theme: 'Connect with Others', where classes focussed on developing their peer massage skills. This is an inclusive, whole school strategy for reducing children's anxiety, improving well-being and helping children to be 'ready to learn'. Massage is very popular with our children! They tell us that it makes them to feel happy and connected to their classmates.



IDEAS FOR HOME

Ask your child to teach you the massage strokes at home! Could they teach them to their sibling or grandparents?

It is a calming and connecting addition to a bedtime routine. You could even choose some massage strokes to use while reading a favourite bedtime story!

Our next Massage in Schools parent workshop will be in October! Detail to follow.



Year 3 enjoying our PHSE theme day by connecting with their friends!

Parent Workshops

Thank you to everyone who attended our parent workshops this year. We have run sessions on:

- Mindfulness
- Building family values
- Resilience
- Coping with Change



We have had lots of really positive feedback about these sessions, so would like to offer more of these next academic year.

If you feel that there is a particular theme which you would like to feature in our workshops, please contact us and we will do our best to offer this.

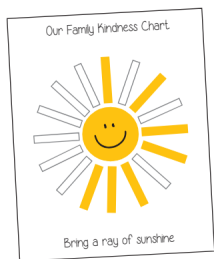


IDEAS FOR HOME

There are some excellent parent resources on **The Centre of Emotional Health** website.



<https://www.centreforemotionalehealth.org.uk/resources-for-parents>



This includes step-by-step guides:

- Choices and Consequences
- Empathy
- Negotiating
- Giving Praise Effectively
- Time to Calm Down

There are also FREE downloadable charts to reward kindness!



Smiling Minds App

Our most recent addition to our Welton Wellbeing session is the use of **Smiling Mind Primary Classroom Curriculum**.



This is an evidence based Australian programme designed by psychologists and educators. It aims to improve concentration and focus, teach strategies for emotional regulation, develop stronger relationships and improve resilience.

There is also a Smiling Mind app which is **free** to download. This contains a huge amount of resources for adults, children and families.

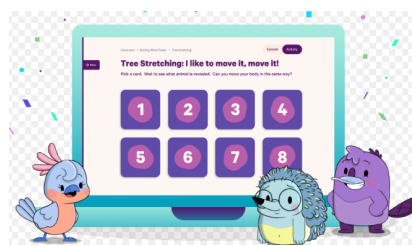
The adult resources include meditations, mental fitness exercises, sleep programmes and adult study support.

The family section includes some excellent resources to:

- Establish good sleep hygiene
- Develop calm mealtimes
- Support with travelling
- Get in the right mindset for competitive sport
- Transition back to school after the holidays



You can also access meditations in other languages, including Arabic!



Download it on **Google play** and **App Store**.

Smiling Mind: Meditation App



Coming up in this year
at Welton!



Introducing pupil
Wellbeing Warriors



Day of workshops with
Phoenix Wellbeing



Developing a mindfulness
zone on the playground