

# Springfield Community Primary School Wellbeing Newsletter



Dear Parents and Carers,

Springfield joined the Hackney WHAMS incentive in September this year. This service is led by the CAMHS Alliance. The focus of this incentive is to build academic, social and emotional resilience in our pupils enabling them to identify and access additional support if needed. Our school is supported by Dr Natalie Bailey who has delivered a series of virtual workshops aimed at supporting both parents and children's wellbeing. The service also aims to develop the knowledge and skills of our education staff so that they are more confident to support students and their families.

## Pupil Wellbeing Survey Results

Following the children's return to school, all children in Years 1-6, responded to a wellbeing survey. A series of questions were shared with the children to enable them to express how they were feeling. Thanks to our families' support at home, 97% of our children felt happy and confident to return to school and positive about being able to see their friends again. Those who were unsettled were supported through wellbeing strategies employed in the classroom. A survey will be conducted in the next few weeks to check in with our learners and enable us to continue to support anyone who needs it.

## Building Resilience

At Springfield we want to develop resilient children. A definition of what we aim to achieve by the time our children leave us is: 'To be aware of life around them, their emotional reaction to life's experiences and to manage associated behaviour responses.' We help children to develop their understanding that 'life is full of challenges' and we enable them to 'choose positive ways in which to adapt' to them. We believe this both empowers children and builds their character. Over national mental health week in May we chose to visit two key areas which can be used to build resilience. These are namely, kindness and gratitude. Our children quickly realised how emotionally rewarding this can be.

## Kindness and Gratitude Quotes

'I am grateful for my family, especially over the pandemic.'  
'I have a great partner. They always listen to what I have to say and support me in my learning.'  
'I am grateful for food, shelter and celebrations like Eid.'  
'I am grateful that I can choose to be honest, nice and generous.'  
'I am grateful for being myself.'  
'I am grateful for life as some children suffer due to malnutrition.'  
'My

## Using Zones of Regulation on the playground

Following the success of the Zones of Regulation in the classroom where children can effectively identify how they are feeling and regulate their behaviour accordingly, children are now encouraged to identify the zones on the playground using the same strategies. Classroom 'Buddies' are there to help and support. If a child identifies that they are in a red zone, there are benches available on which to calm. Either a teacher or a 'buddy' will support.

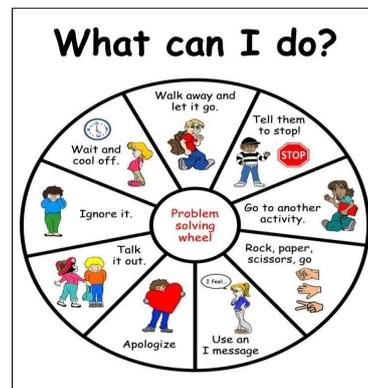
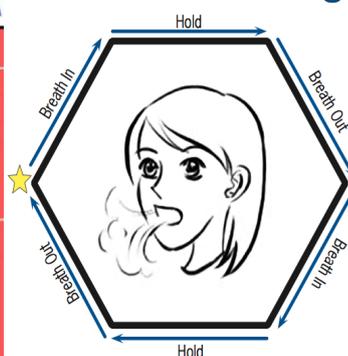
1. Identify which zone you are in.
2. Identify the strategy to calm.
3. Select a positive behaviour response on the wheel.

The visuals below can help and support behaviour at home.

## How can you help yourself?

The BLUE zone	The GREEN zone	The YELLOW zone	The RED zone
<b>How might you feel?</b> sad tired bored moving slowly	<b>How might you feel?</b> happy okay focussed ready to learn	<b>How might you feel?</b> nervous confused silly not ready to learn	<b>How might you feel?</b> angry frustrated scared out of control
<b>What might help you?</b> Talk to someone Stretch Take a brain break Stand Take a walk Close my eyes	<b>What might help you?</b> The goal of this exercise is to get to the GREEN zone. What can you do to be happy, calm and ready to learn?	<b>What might help you?</b> Talk to someone Count to 20 Take deep breaths Squeeze something Draw a picture Take a brain break	<b>What might help you?</b> Stop what I'm doing Make sensible choices Take deep breaths Ask for a break Find a safe space Ask for help

## The Six Sides of Breathing



## Diary Date for next 'Parent Coffee Meet'.

Tuesday, 22nd June  
2—3pm

Emotions Coaching &  
Zones of Regulation.

Mel Lines, Mental  
Health Lead to present.

Register for attendance by sending an email to  
[admin@springfield.hackney.sch.uk](mailto:admin@springfield.hackney.sch.uk)

### Activities promoting connectedness and resilience:

Over the past year, we have heard extraordinary stories of how different individuals, families and communities came together with acts of kindness, courage and initiative. We can encourage our children to share stories about ways in which they have noticed their community or family helping each other. We can reflect with them what has changed for the Better. For example, we can share stories about the impact on climate change as a result of reduced road traffic and newly created bike zones which has led to air pollution plummeting and birdsong returning to our neighbourhoods.



### Places to go for Support and Advice:

**every mind matters**

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

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

**TALK changes**  
City & Hackney IAPT

#### Talking Therapies:

Talking Therapies is an NHS service providing support including NHS staff and those aged 17+ struggling with mild to moderate low mood, stress, sleep difficulties, worry and bereavement.

<https://www.nhs.uk/mental-health/talking-therapies-medicine-treatments/talking-therapies-and-counselling/nhs-talking-therapies/>

### Communicate any concerns with the school:

If you have any worries or concerns about your child's emotional behaviour or wellbeing, then please let the school know. There are ways in which we can help and support you. Mel Lines is our Mental Health Lead