

## @ St. Joseph's

Dear Parents,

Welcome to the fourth and final addition of our Wellbeing Newsletter for this school year.

I would like to say a special thank you to all our parents. We have certainly been challenged in different ways during this time. From managing the demands of home-schooling our children, to key-workers keeping us going throughout the Pandemic in trying circumstances and of course, the tragic loss of dearly loved family members and friends. If this time has taught us anything, it has highlighted the importance of spending quality time with our loved ones and coming together to support each other.

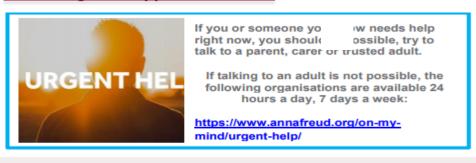
We have lots to look forward to in the new school year and wish all of our St Joseph's family, a safe and happy Summer Break.

Ms. Wilson and the Wellbeing Team





## Places to go for support and advice





This website from the NHS offers expert advice and 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/every-mind-matters/

## Talking Therapies

Havering Talking Therapies is a free self-referral service. They provide a wide range of treatments and services helping those feeling distressed by difficult events in their lives as well as people concerned with their mental health. Services are confidential, east to access and available to Havering residents. You can find out more information on the following website. https://www.talkingtherapies.nelft.nhs.uk/havering



## **ACTION FOR HAPPINESS**

This month's theme is all about resilience and understanding how we can build skills that will help us to bounce back. We can't always predict or control what life throws at us, but we can build a range of skills and nurture our resources to help us respond flexibly, effectively deal with challenges, recover more quickly and even learn and grow as a result.