



@ St. Joseph's

Dear Parents,

How time flies! We are already two thirds of the way through the school year! It's been a very busy time in school with our Easter Play and assemblies being rehearsed and performed, as well as theatre companies coming into school to work directly with different year groups.



We have all felt an amazing buzz to once again welcome parents through the doors after nearly 2 years! How pleasing it is to see parents being able to watch the wonderful performances of our talented pupils. It certainly brings to the forefront the importance of connection.

We are continuing to run our ELSA (Emotional Literacy Support) sessions. Mrs Lammas and Mrs Roberts will be starting some new groups after Easter and we hope to be able to accommodate all the children who have been waiting to start. Thank you for your patience.

Wishing you all a Happy, Holy and Safe Easter

Ms Wilson and the Wellbeing Team

Caring for Your Child's Mental Health

There are 5 steps to problem-solving. Try and encourage your child to use these steps to try and find a solution for themselves when they are faced with a problem to solve.

- Identify the problem (being able to state the problem out loud can make a big difference)
- ♦ Brainstorm possible ways to solve the problem - try and develop at least 4 or 5.
- ♦ Identify the pros and cons of each solution.
- ♦ Pick a solution to try.
- ♦ Test it out.

It is very tempting as a parent to try and resolve our child's problems for them, especially if they are very upset. However, if we don't allow them the opportunity to develop these skills for themselves we are not truly preparing them for life.

Self Care



It can be really tricky sometimes when we are trying to figure out a solution to the many problems or situations we find ourselves faced with during our journey through life. Sometimes even trying to think in a straight line can be a challenge - never mind trying to come up with a way to resolve an issue we may be dealing with! Try the following to help improve your concentration - it might even help you to clear your mind and find an answer...

1. Take a short walk and feel the bottom of your feet as your steps connect to the ground.
2. Notice five things around you that can be seen.
3. Listen to four sounds you can identify.
4. Touch three different objects, feeling the shapes and textures.
5. Identify two different smells.
6. Lastly, stop and take one deep, relaxed breath

Our Outside Space for Groups

(Still to be officially named)

It's been a long time in the making but most of the furniture and resources that we ordered for our new 'cabin' outside space, are finally here. The table took a staggering 9 months to arrive from the initial order last July! We are so pleased with how welcoming the space feels for the children. Our ELSA sessions take place in there as well lunchtime story sessions for the infants, small group interventions, counselling from BCCS and a Children's Therapeutic Wellbeing Practitioner. The 'cabin' also acts as a calm space to help children regulate emotions. We have had some lovely ideas from the children for naming this space.



I can now confirm that the official name will be

THE LEARNING LODGE

Jointly named by Olivia Smith, who left last year and Lucy Fitzgerald from 1D.

CAMHS recommended resources available for Parents

Parent Surgery – *a free service for Havering parents and carers*

They offer free one-to-one parenting advice and support sessions

<https://familyserviceshub.havering.gov.uk/kb5/havering/directory/family.page?familychannel=8>



Young Minds – *advice and information for parents*

Supporting your child at school

Parent Helpline: 0808 802 5544

<https://youngminds.org.uk/media/3901/supporting-your-child-at-school.pdf>

Advice and information for parents



Supporting your child at school

Schools are a source of support, belonging, learning and community for young people. They can provide roles and responsibilities that make them feel good about themselves, the opportunity to think about their own opinions, act on them, share, try, argue and offer new things, a sense of progress and achievement. On long-term, these support relationships with teachers and other adults.

However, every child and young person will worry about things that happen at school from time to time. A student who is struggling with school may experience some sort of loss. For some teenagers, school becomes troubling, stressful and difficult to manage over a longer period of time.

If your child is struggling at school, the important thing is to recognise there are problems to be solved, and start work with them at school to find the right support as soon as you can.

Problems at school

Young people can feel nervous, anxious or uncomfortable at school for lots of different reasons. Some will be worried about something that's happening at school, while others may feel school isn't where they belong or difficulties in other parts of their life.

Young people tell us their worries about school can include:

- Finding the work difficult, or having problems concentrating
- Feeling uncomfortable, especially if they are dealing with mental health issues
- Finding it hard to get good exam results
- Difficult relationships with friends and friendship groups
- Not feeling accepted or that they are not in
- Not getting on with teachers
- Having pressure to be like the same and like everyone else
- Feeling awkward or self-conscious in the classroom
- Feeling engaged or not engaged in class or after-school groups
- Feeling anxious or nervous at times of high-achieving groups
- Feeling embarrassed by the environment
- Difficulties or changes at home, such as relationships with partners, siblings or other family members

Children and young people might also think they're finding anxiety about school by:

- Not wanting to get up and go to school
- Being reluctant to go to school



Understanding Childhood – *hold it and count to ten*

Your survival guide with young children

<http://understandingchildhood.net/documents/14Countto10poster01.pdf>

hold it and count to ten

your survival guide with young children

- 1 Recognise your child as an individual right from the start
- 2 All children are different – comparing them is not always helpful
- 3 Give their needs and your own enough time in the day
- 4 Don't ask more of them than they can manage
- 5 If tempers flare – hold it and count to ten – they need you to stay calm
- 6 Look after your own health as well as theirs
- 7 Don't hide on moon nights, then you have to
- 8 Parents visit other parents for support – your Health Visitor will put you in touch
- 9 If you feel low and lonely – don't stay isolated
- 10 Above all – don't get desperate, get help



Background Note: Information Services
Information and advice for new parents can be found at www.nhs.uk or on pregnancy
and birth pages at www.babycenter.co.uk

Headlines
Keep up to date on news, health and baby news at
www.bbc.com/health or www.pureparenting.org

Books
For more on how to keep baby in a happier state of mind
see *How to be a Parent* by www.howtobeaparent.com

Associates for Parental Health
For more on how to keep baby in a happier state of mind
see www.associatesforparentalhealth.com

Online & e-books
For more on how to keep baby in a happier state of mind
see www.associatesforparentalhealth.com

Information about other services and support
For more on how to keep baby in a happier state of mind
see www.associatesforparentalhealth.com

Active April 2022

MONDAY

TUESDAY

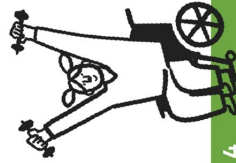
WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



4 Eat healthy and natural food today and drink lots of water

5 Turn a regular activity into a playful game today

6 Do a body-scan meditation and really notice how your body feels

7 Get natural light early in the day. Dim the lights in the evening

8 Give your body a boost by laughing or making someone laugh

9 Turn your housework or chores into a fun form of exercise

10 Have a day free from TV or screens and get moving instead

11 Set yourself an exercise goal or sign up to an activity challenge

12 Move as much as possible, even if you're stuck inside

13 Make sleep a priority and go to bed in good time

14 Relax your body & mind with yoga, tai chi or meditation

15 Get active by singing today (even if you think you can't sing!)

16 Go exploring around your local area and notice new things

17 Be active outside. Dig up weeds or plant some seeds

18 Try a new online exercise, activity or dance class

19 Spend less time sitting today. Get up and move more often

20 Focus on 'eating a rainbow' of multi-coloured vegetables today

21 Regularly pause to stretch and breathe during the day

22 Enjoy moving to your favourite music. Really go for it

23 Go out and do an errand for a loved one or neighbour

24 Get active in nature. Feed the birds or go wildlife-spotting

25 Have a 'no screens' night and take time to recharge yourself

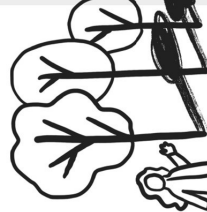
26 Take an extra break in your day and walk outside for 15 minutes

27 Find a fun exercise to do while waiting for the kettle to boil

28 Meet a friend outside for a walk and a chat

29 Become an activist for a cause you really believe in

30 Make time to run, swim, dance, cycle or stretch today



ACTION FOR HAPPINESS

Happier · Kinder · Together