



## @ St. Joseph's

Dear Parents,

Welcome to a new school year - to all our new parents and to Mr Ross, our new headteacher. We hope that your children have settled well and that you already feel welcomed and part of our close community.

The return to school is always exciting but, understandably, can come with certain levels of anxiety. Please do talk to us about any worries or concerns that you or your child may be experiencing. You can talk to your child's Class Teacher or to me, Ms. Wilson. We will always listen and try and help in any way we can.

This being the first Wellbeing Newsletter of the school year 2022-23, I will be signposting you to a few of the services that are out there if needed.

We celebrated World Mental Health day last Monday and the theme was

**'make mental health and wellbeing for all a global priority.'** Children took part in a array of activities during the day and I have included some of them in here.

Wishing you all a happy and safe half-term

Ms. Wilson and the Wellbeing Team

### **Look For What Is Good.**

Positive emotions - like joy, gratitude, contentment, inspiration, and pride - are not just great at the time. Recent research shows that regularly experiencing them creates an 'upward spiral', helping to build our resources. So although we need to be realistic about life's ups and downs, it helps to focus on the good aspects of any situation - the glass half full rather than the glass



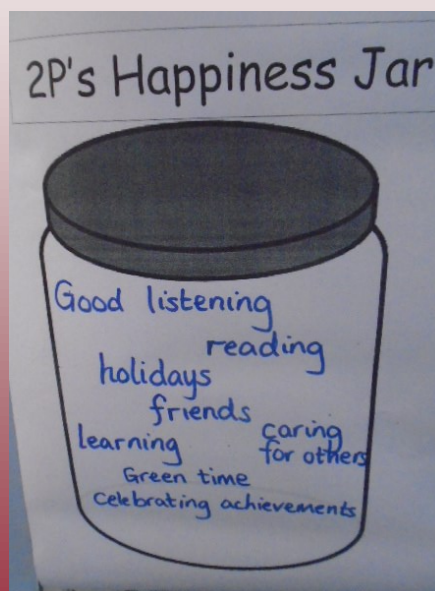
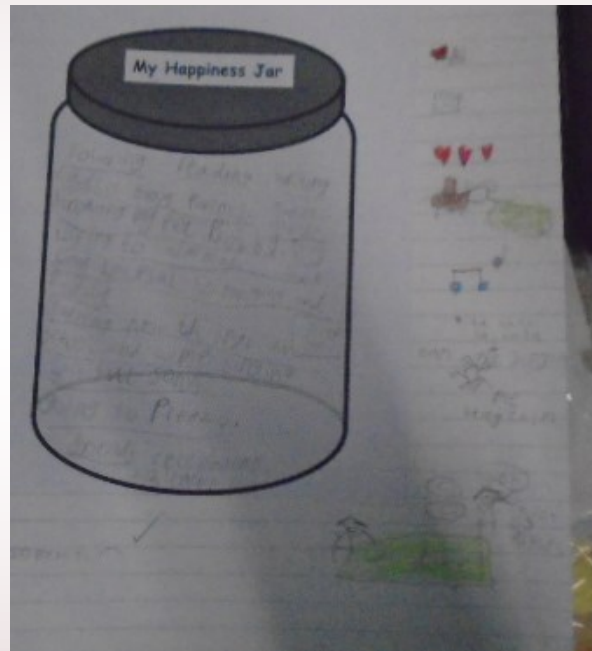
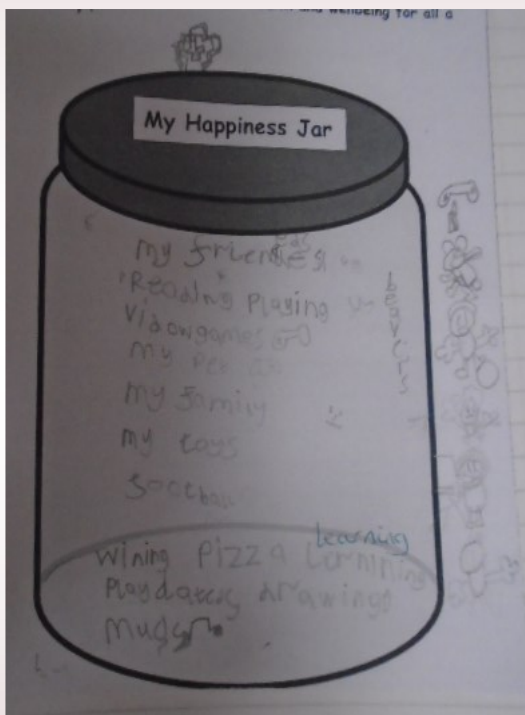


1N enjoyed taking part in Yoga on World Mental Health Day. We also spoke about other things that make us happy when we are feeling sad. As a class we found out, some of us like listening to music, some of us like to read and some of us prefer to cuddle our favourite teddy.

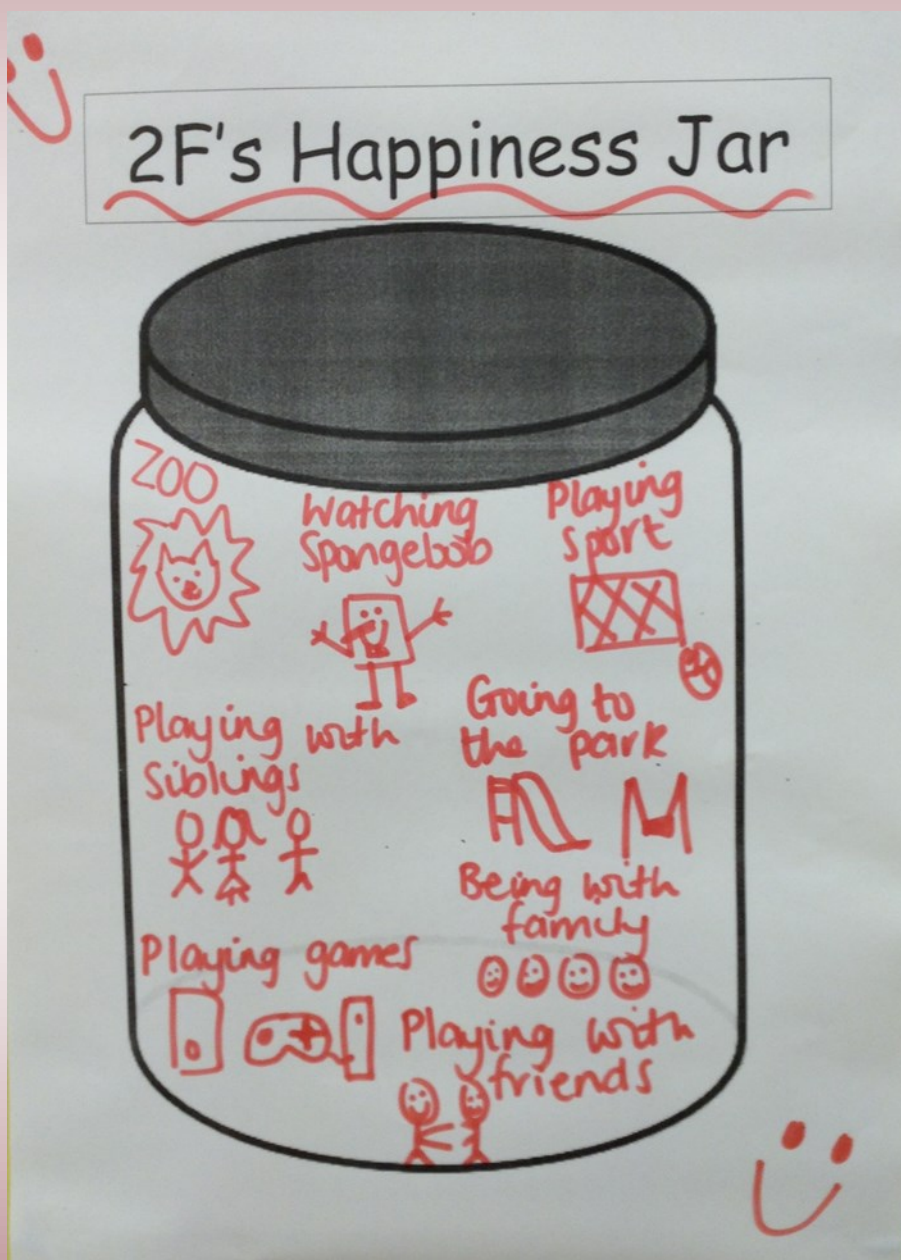


## World Mental Health Day - Year 2

We talked about what makes us happy and created our own 'Happiness Jars'. We included people, pets, objects and hobbies. What would you put in your 'Happiness Jar'?



In 2F during World Mental Health Week, we were thinking about all of the things that make us happy. We decided to put them into a jar to remember all the positive aspects of life!





3DT explored different emoji pictures and matched their feelings. We discussed how some situations can make us feel differently. We discussed as a table how each situation would make us feel and why. We then created an 'Emotion cloud' which described an emotion if it was a colour, animal, weather etc.



3R talked about emotions and matched emotion cards to different situations.

We found out that –

Different people have different emotions in the same situation.

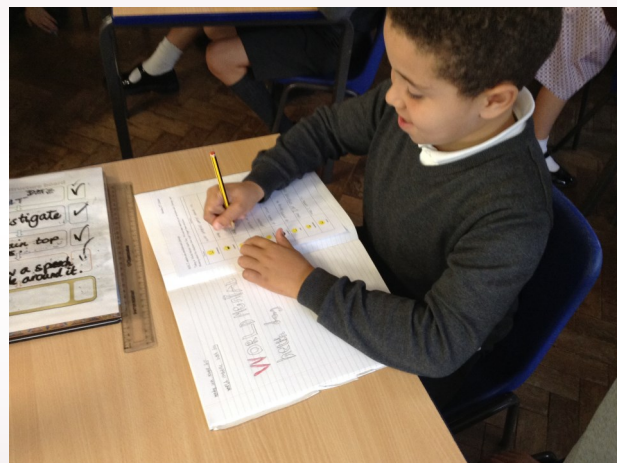
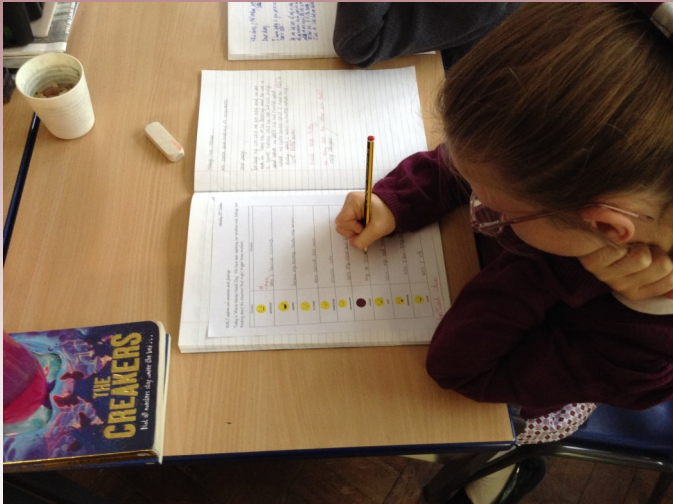
It is not right or wrong to have a positive or negative attitude.

There are no wrong emotions. Emotions are how we are feeling. We need to work out how to deal with our feelings, so we can take control of our emotions.

Everyone's emotions are different because we are all unique.



The year 4 classes thought about their feelings and how they can differ. They tried to think about situations when they may have felt some of these emotions and also how we can all feel differently too.

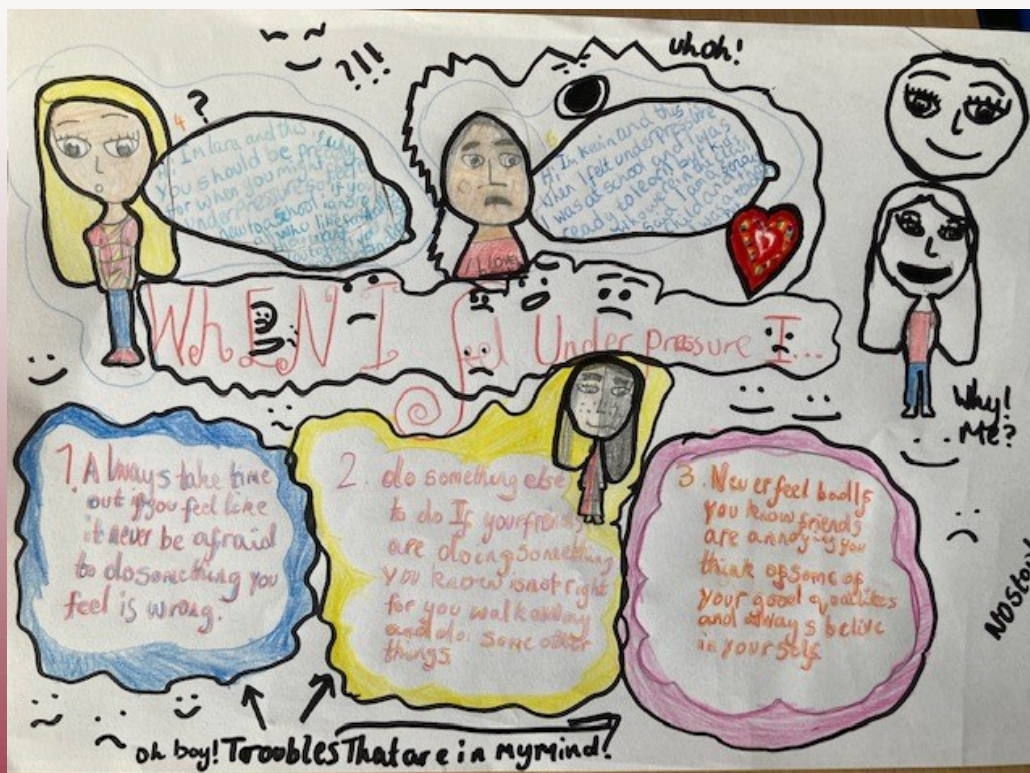
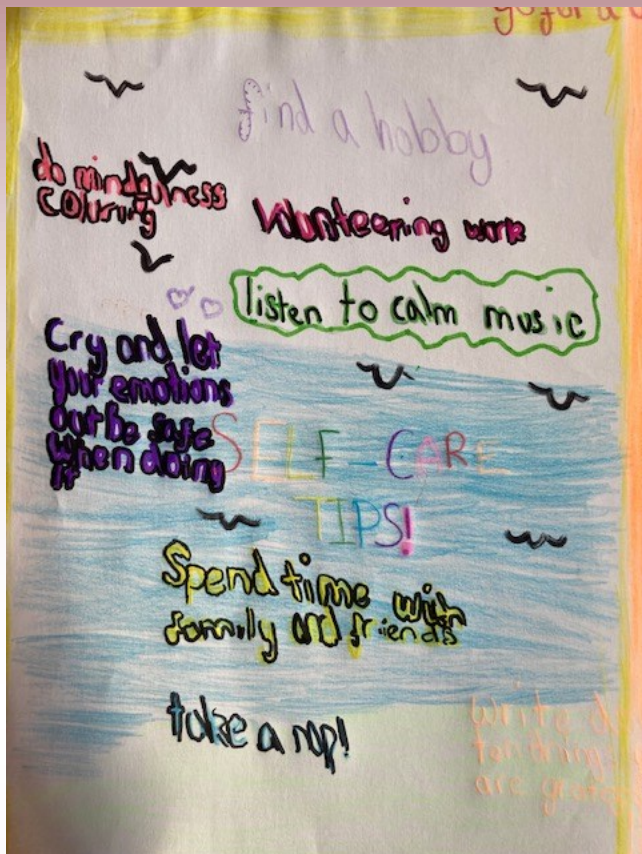


## Reception

As part of World Mental Health Day, Reception children had a fabulous time playing parachute games for the first time. The children enjoyed the outdoor exercise and there was lots of laughter to be heard. We had to work as a team which reminded us all about how happy friendships make us feel.

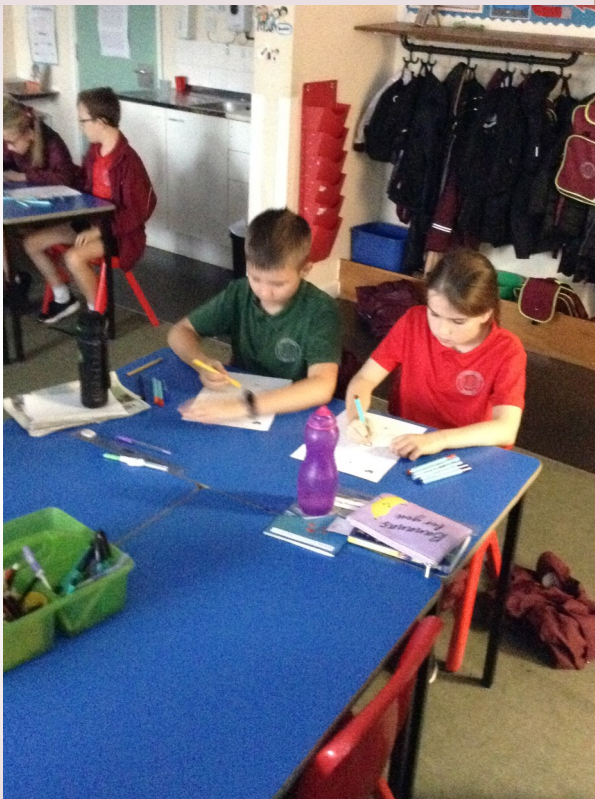


Year 5 PSHE topic is 'Under Pressure'. The children talked about different scenarios where there is pressure and how to cope with it. The children then created posters. This linked in well with World Mental Health Day.





## Year 5C





# CAMHS Parents Virtual Drop-in



You can talk to us about lots of things regarding your child including:

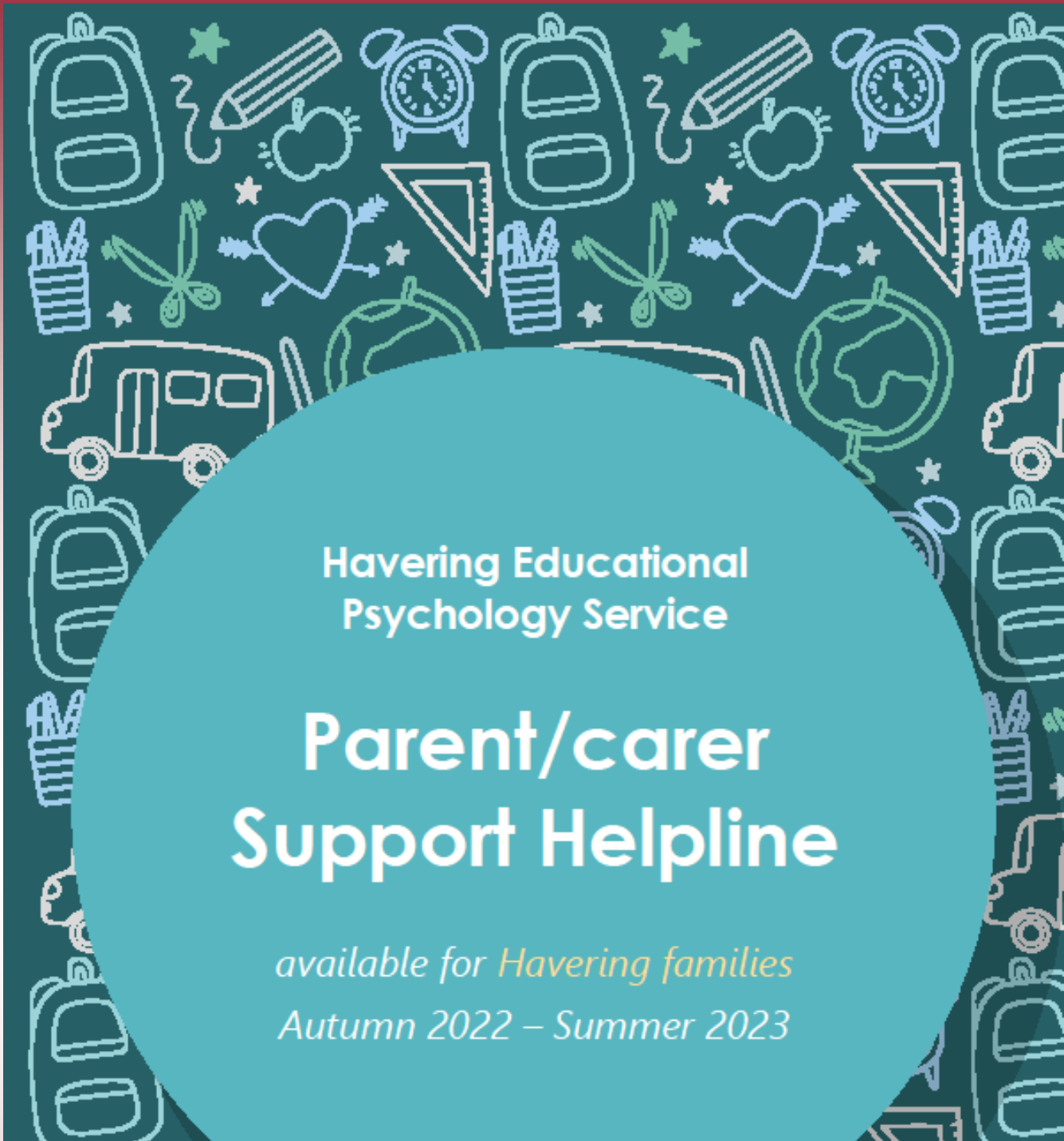
**Worries/ Anger / Emotions/ Sleep/ Bullying/ Coping skills**

The next parent drop-ins will be on: Wednesday 16<sup>th</sup> November and Wednesday 14<sup>th</sup> December 2022 between 9.00am- 1.00pm.

Please speak with .....Ms Wilson – Inclusion Lead

if you would like to book a 15 minute slot.

*You can speak to us about personal information in confidence and we will not discuss this with anyone else without your permission. We would only pas on information in order to protect you or someone else from serious harm. We would always discuss this with you first*

The background of the top half of the poster is a dark teal color with a repeating pattern of white line-art icons. These icons include school-related items like backpacks, pencils, apples, alarm clocks, rulers, and globes, as well as more general symbols like hearts, stars, and butterflies. A large, light teal circle is centered over this pattern, containing the main text.

Havering Educational  
Psychology Service

# Parent/carer Support Helpline

*available for Havering families  
Autumn 2022 – Summer 2023*



**Havering**  
LONDON BOROUGH



The Havering  
Educational  
Psychology  
Service





## Who are you, and what do you do?

Educational Psychologists (EPs) are professionals who apply psychology (the study of thinking, learning and behaviour) to support the learning, development and wellbeing of children and young people. We work collaboratively with education settings (including pre-schools, schools and colleges) and families to support children and young people aged 0-25.

## How does this helpline work?

The helpline is available to all Havering families every other Thursday morning during term time. Calls can last up to 40 minutes. During the session, the EP will ask how you would like to use your time, listen to your concerns and discuss ideas with you to help you consider what to do next.



All discussions are confidential – you can share as much or as little as you like, none of which will be recorded or shared with anybody beyond the meeting unless we feel worried about your / your child's safety. We will offer whatever support we can, and if we feel the discussion or issue goes beyond what the helpline can provide, we will try to signpost you to relevant colleagues or services.

Please note that this is a one-off consultation service that does not result in follow-up work. Your child does not need to be present during the call. It is *not* a referral route into our work within your child's educational settings, and the EP will not undertake any assessments.

## What can I talk to the EP about?



Topics or areas that you may wish to discuss could include:

- Supporting your child to maintain positive mental well-being.
- Supporting your child's engagement with learning.
- Concerns about friendships, emotional needs, daily structure and routines.
- Managing behaviours that are challenging.
- Ongoing concerns regarding your child's development.

You may wish to first discuss your concerns with key staff members such as the Special Educational Needs Coordinator (SENCo) in your child's school or educational settings, but this is not a pre-condition for accessing the helpline.

If you are seeking advice regarding an Education Health Care (EHC) Needs Assessment, please refer to the guidance on the [Havering Local Offer website](#), or alternatively you may want to contact the [Havering SENDIASS](#) to seek further information, advice and support with thinking through your options.

## How can I book a session?

Sessions need to be booked in advance, and time slots will be allocated on a first-come-first-served basis. Please fill in the booking form on [bit.ly/ep-helpline-booking](https://bit.ly/ep-helpline-booking) (or scan the QR code on the right) if you wish to request a session.



# New Ways November 2022



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

1 Make a list of new things you want to do this month

2 Respond to a difficult situation in a different way

3 Get outside and observe the changes in nature around you

4 Sign up to join a new course, activity or online community

5 Change your normal routine today and notice how you feel

6 Try out a new way of being physically active

7 Be creative. Cook, draw, write, paint, make or inspire

8 Plan a new activity or idea you want to try out this week

9 When you feel you can't do something, add the word "yet"

10 Be curious. Learn about a new topic or an inspiring idea

11 Choose a different route and see what you notice on the way

12 Find out something new about someone you care about

13 Do something playful outdoors - walk, run, explore, relax

14 Find a new way to help or support a cause you care about

15 Build on new ideas by thinking "Yes, and what if..."

16 Look at life through someone else's eyes and see their perspective

17 Try a new way to practice self-care and be kind to yourself

18 Connect with someone from a different generation

19 Broaden your perspective: read a different paper, magazine or site

20 Make a meal using a recipe or ingredient you've not tried before

21 Learn a new skill from a friend or share one of yours with them

22 Find a new way to tell someone you appreciate them

23 Set aside a regular time to pursue an activity you love

24 Share with a friend something helpful you learned recently

25 Use one of your strengths in a new or creative way

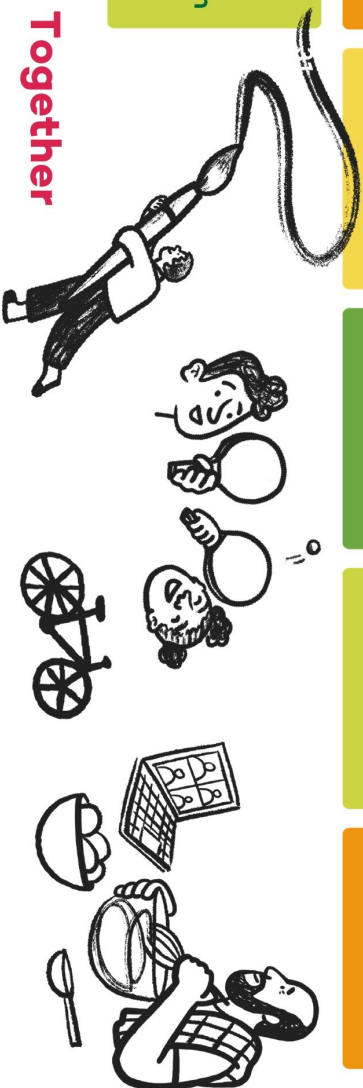
26 Try out a different radio station or new TV show

27 Join a friend doing their hobby and find out why they love it

28 Discover your artistic side. Design a friendly greeting card

29 Enjoy new music today. Play, sing, dance or listen

30 Look for new reasons to be hopeful, even in tough times



ACTION FOR HAPPINESS

Happier · Kinder · Together