



@ St. Joseph's

Dear Parents,

Welcome to our first Wellbeing Newsletter of the new academic year. We extend a particularly warm welcome to our new Reception parents and children. We hope you have settled in well to our school community and we look forward to a long and happy association with St Joseph's.

This newsletter is sent out half termly. We aim to include signposting to various services available externally as well as providing assistance in school with positive Mental Health and Wellbeing. Please do not hesitate to contact either your child's Class Teacher or me if you have any worries.

We celebrated World Mental Health Day in October which began with whole school assembly. The children wore an item of yellow and carried out various activities in classes linked to wellbeing.

Ms. Wilson and the Wellbeing Team



World Mental Health Day

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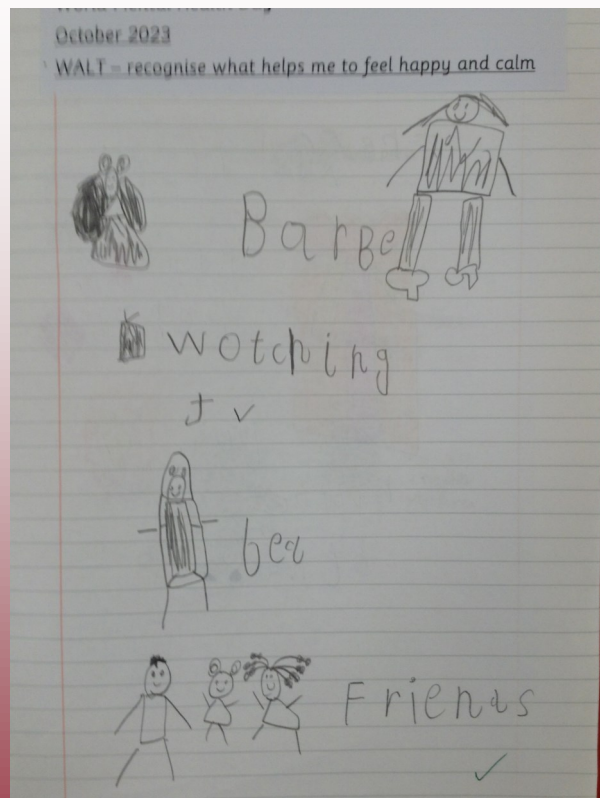
For Mental Health Day, we talked about feelings. We know it is okay to have different feelings—even in one day!

As a class, we talked about all the things that make us happy. We created a colourful poster in our books to remind us of the things that can cheer us up when we are feeling sad.

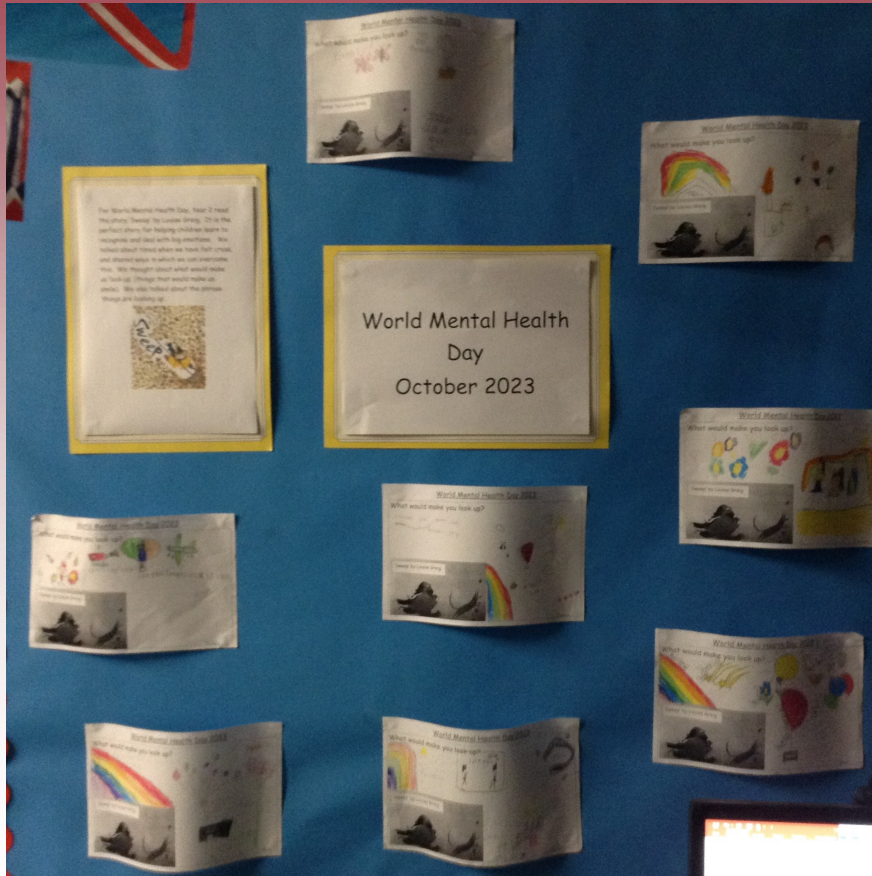




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Year 2



For World Mental Health Day, Year 2 read the story 'Sweep' by Louise Greig. It is the perfect story for helping children learn to recognise and deal with big emotions. We talked about times when we have felt cross, and shared ways in which we can overcome this. We thought about what would make us 'look up' (things that would make us smile). We also talked about the phrase 'things are looking up'.



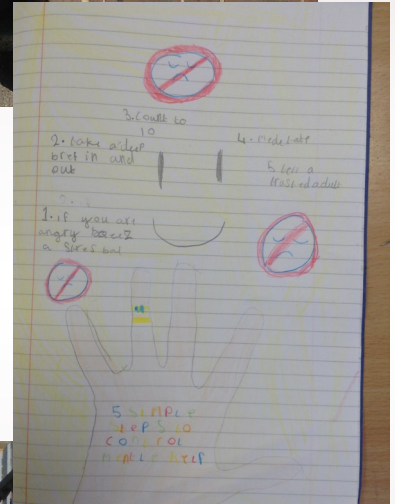


Year 3





Year 4



Dedicated Dads

HEST and CAMHS would like to invite you to come along and have a chat with other Dads and our teams.

When - Wednesday 6th December 6-7pm
Where - Hornchurch Fire Station, Community Room, 42, North Street, Hornchurch RM11 1SH

Please register your interest
MHSThav@nelft.nhs.uk



NELFT **NHS**
NHS Foundation Trust

A good opportunity for Dads to speak to HEST and CAMHS about their children's emotional health and wellbeing.

It would also be a good place to socialise with fellow Dads.

If any Dads are interested in attending, please kindly ask them to let us know by emailing this address (MHSThav@nelft.nhs.uk).

In-School Services

We continue to offer a range of services should you feel worried about your child and this includes: ELSA (Emotional Literacy Support), BCCS counselling, access to CAMHS (Children and Mental Health), through their Parent Virtual Drop-in Service. We also highlight free adult courses through the college which have specific and practical help in a range of areas

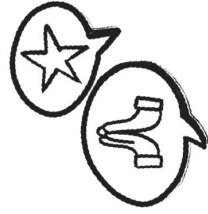
December Kindness 2023



ACTION FOR HAPPINESS

Happier · Kinder · Together

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY



4 Support a charity, cause or campaign you really care about

5 Give a gift to someone who is homeless or feeling lonely

6 Leave a positive message for someone else to find

7 Give kind comments to as many people as possible today

1 Spread kindness and share the December calendar with others

2 Contact someone you can't be with to see how they are

3 Offer to help someone who is facing difficulties at the moment

9 Notice when you're hard on yourself or others and be kind instead

10 Listen wholeheartedly to others without judging them

11 Buy an extra item and donate it to a local food bank

12 Be generous. Feed someone with food, love or kindness today

13 See how many different people you can smile at today

14 Share a happy memory or inspiring thought with a loved one

15 Say hello to your neighbour and brighten up their day

16 Look for something positive to say to everyone you speak to

17 Give thanks. List the kind things others have done for you

18 Ask for help and let someone else discover the joy of giving

19 Contact someone who may be alone or feeling isolated

20 Help others by giving away something that you don't need

21 Appreciate kindness and thank people who do things for you

22 Congratulate someone for an achievement that may go unnoticed

23 Choose to give or receive the gift of forgiveness

24 Bring joy to others. Share something which made you laugh

25 Treat everyone with kindness today, including yourself!

26 Get outside. Pick up litter or do something kind for nature

27 Call a relative who is far away to say hello and have a chat

28 Be kind to the planet. Eat less meat and use less energy

29 Turn off digital devices and really listen to people

30 Let someone know how much you appreciate them and why

31 Plan some new acts of kindness to do in 2024

