

# Be Kind to your Mind

It has been a busy term for wellbeing. In the summer term I completed Mental Health Lead Training. We are proud of the wellbeing services we offer at Fingringhoe School and remain keen to offer the absolute best wellbeing provision that we can for our children and their families. We will be investigating ways that we can improve provision within our ethos and environment and by working with parents, families and carers.

Last term we concentrated on staff wellbeing - "you can't pour from an empty cup". Mrs Niven completed Mental Health First Aid Training, which means we now have three members of staff who are qualified Mental Health First Aiders who can support staff and pupils in a mental health emergency.

This term we are concentrating on "Pupil Voice". Many of the children have already given us their ideas and thoughts on how we can move wellbeing forward with a whole school approach. Kaitlyn, Lucas, Poppy and Ava have asked if they can create our wellbeing board for next term, I've seen their plans and I'm very impressed with their creativity, passion and enthusiasm.

Beech Class has been getting into the Christmas Spirit with a mindfulness advent calendar. Each morning, they open a window of the calendar and have a 5 minute session of mindfulness. It's been lovely to see how excited the children are when we reveal what is behind each window!

I hope you all have a fabulous Christmas

Mrs Trew

If you think your child could benefit from 1:1 or small group wellbeing sessions, please, in the first instance, speak to their class teacher.

Our wellbeing notice board this half term has been about focusing on the positive.

"Not every day can be good but there is good in every day."

The children were invited to record their best bit of every day. Some of their responses included:-

"I enjoyed spending time with my friends"

"I had a movie night with mummy"

"I had pancakes for breakfast"

"Mrs Stainer makes a great roast dinner"

## Pupil Voice



Staff Wellbeing



Working Together



Ethos and Environment



Care



Courage



Compassion

