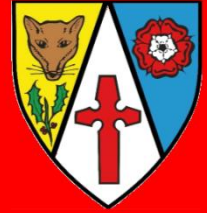


# Mental Health and Wellbeing Newsletter

[www.deanery.bham.sch.uk](http://www.deanery.bham.sch.uk)

September 2023



We hope you and your children had a wonderful summer holiday but we recognise that coming back to school can be tricky!

It is important to remember that every child will have had different experiences during the school holidays. You may have had extra time to talk and connect with your children being around them more at home or you may have had a tricky time trying to juggle childcare.

Some children may feel ready to go back to school and for a change in environment, whilst others may feel apprehensive due feeling more secure at home or overwhelmed thinking about the changes a new school year will bring.

## BACK TO SCHOOL MENTAL HEALTH TIPS



1. **Talk and listen to how they are feeling.** Normalise and validate how they are feeling. There is no right or wrong way to feel about coming back to school and reminding them that it is ok to feel the way they do can encourage them to continue expressing their feelings in the future.
2. **Remind your children that they are not alone** – nearly everyone has some back to school jitters, teachers and parents too!
3. **Help your child to know what to expect** – let them know which clubs they are doing, who is picking them up, when it is PE day etc
4. **Praise all of your child's efforts** – getting up on time, being a good friend etc are just as important as work
5. **Pay attention to your own anxiety** – Children can sense your anxiety and stress levels, it can affect them too
6. **Get enough sleep** – children will undoubtedly be tired in the first few weeks back.
7. **Re-establish a routine** – waking up and going to bed at the same time every day improves mental health. Set out uniforms and get bags ready the night before.
8. **Talk about ways to keep calm** – taking deep breaths or holding something comforting in your hand can help to relieve stress.
9. **Schedule quality time together** – snuggle up and watch a TV programme together or read a book at bedtime.
10. **Look after yourself** - the school holidays can be a stressful time for parents and carers trying to juggle multiple responsibilities. Take time for yourself !



If your child is struggling coming back to school and this feeling continues for an extended period of time, please let us know and we will do what we can to help. We can offer in class support or Jolly Jungle.

### What is Jolly Jungle?

Jolly Jungle is a 'safe' environment where children have the opportunity to:

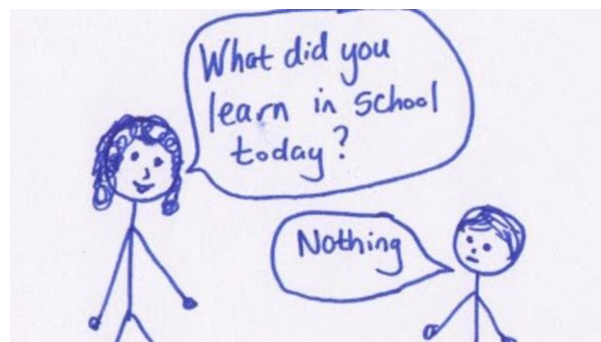
- express their feelings, fears and worries
- identify and recognise their own strengths and talents
- work out solutions for themselves

One of the Jolly Jungle team - Mrs Johansen, Mrs Griffiths or Miss Morris- will see children for a 6-week mentoring block. The mentoring programme will be goal driven and we will work with each child to set their own goals and work on strategies to achieve them.

We will allocate a member of staff to each child depending on timetabling and expertise/background.

If you would like to know more about Jolly Jungle, please see <https://www.deanery.bham.sch.uk/parents/5678> or our 'Welcome to Jolly Jungle' leaflet available from the school office

For a Referral Form, please see <https://www.deanery.bham.sch.uk/inclusion/jolly-jungle> or a class teacher.



**These responses don't mean that we haven't done anything all day or that nothing was memorable – honest!**

It can sometimes be hard getting your child to tell you about their day at school; they are tired and hungry and want to relax after a long day of learning. Children also need to feel comfortable and ready, open and interested before they can have a good conversation; children may need time to process the details of the day as they shift into "home mode" after school.

Small specific questions rather than broad ones often get a better response and then open up a conversation.

<https://www.theschoolrun.com/35-questions-ask-your-child-instead-how-was-your-day>



# 10 'WHAT' questions to ask your child about their day

What was the funniest thing you heard today?

What was the hardest thing you had to do at school today?

What was your favourite thing that happened today?

What subject was the most interesting today?

What did you do at break time? Who did you play with?

What are you learning about in your topic lessons?

What happened today that you wish hadn't happened?

What was something new that you read today?

What did you enjoy most for lunch today?

What rules are different at school than at home?

