

Well-being and mental health

At St Nicolas' wellbeing and mental health is taught through our Personal, Social and Health Education (PSHE) program. We use Coram Scarf as a basis to our program as well as other resources so that we can tailor it to their year group development. We hope that children can grow towards to using the 5 ways to wellbeing to support their mental health throughout their lives.



SCARF - Safety Caring Achievement Resilience Friendship

Children's Mental Health Week 3-9th February



The week's focus is Know Yourself, Grow Yourself, with the aim to equip and empower children and young people across the UK to embrace self-awareness and explore what it means to them.

Children will be taking part in activities in their classes to continue their emotional understanding of themselves and their growth mindset.

On Friday 7th February, at the end of children's mental health week in school, children can wear a scarf to school with their uniform. We will be thinking about the meaning of safety, caring, achievement, resilience and friendship.

Children's Mental Health Week 3-9th February

SCARF - Safety Caring Achievement Resilience Friendship

Wear a scarf to school on Friday 7th February at the end of our children's mental health week. Think about how we have kept ourselves safe, cared for ourselves and others, one thing that we have achieved and how we have shown resilience. Have you noticed the friendship skills used across the week?

Be Active with our Play Leaders!

Our newly introduced playleaders have been organising games with key stage 1 children at lunchtimes. Beatrix enjoyed the French skipping, 'I just liked jumping sideways into it and out!'

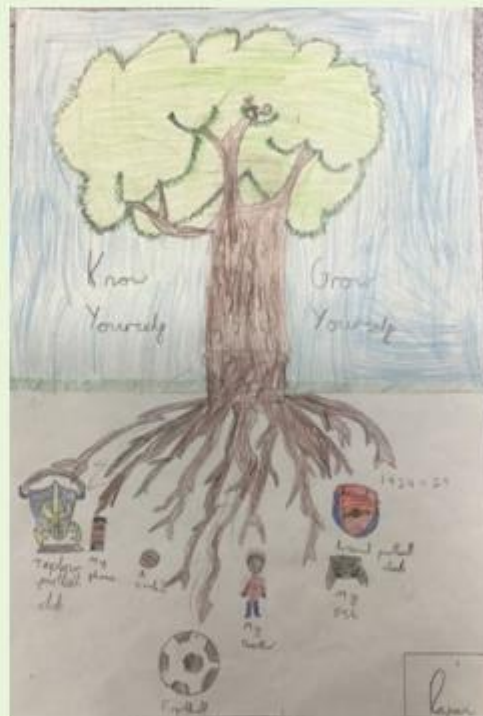


Children's Mental Health Week—Know yourself, Grow yourself

Across the school in PSHE, children have been thinking about what is important for them to grow mentally healthy. They have shown this in their artwork using the roots and then as a growing plant.



Evelyn



Rajan

We have enjoyed learning about Know yourself, Grow yourself. We even made our own trees to represent ourselves. We drew the roots of the tree under the ground and around them, we wrote all of the things that make us happy.

St Nicolas' CE Combined School Newsletter

Jesus said, 'I am the vine and you are the branches'



Celebrating SCARF Day!

SCARF - Safety Caring Achievement Resilience Friendship



Well-being and mental health

What is downtime?

This is a time when you relax and do not do very much, especially time when you are not at school.



Why is downtime important for children?

Downtime helps children develop important life skills. These skills include problem-solving, time management, adaptability, decision making, resourcefulness and organisational skills. These life skills are vital for ongoing learning throughout their lives and especially as they move through school and in their future work lives.

Why is downtime important for everyone?

Neuroscience research has shown that our brains can't be stimulated or active all the time. Taking a mental break when our thoughts are not guided and are allowed to wander from one thought to the next leads to a chain of memories, where we remember something and imagine something that it relates to. This helps an understanding of our own emotions. It is also linked with making plans and famously for the 'aha' moments when solving creative or 'thinking out of the box' type solutions to difficult problems.

Why is downtime needed?

When we are busy all the time it is easy to miss things that have worried us or caused us stress. If these are not dealt with they can build and create possible problems. Having a good night's sleep reorganises memories and gets rid of unnecessary information and downtime helps to make connections between what we already know and new information we've recently learnt or experienced.

What can downtime activities be?

This is different for everyone and linked with how you relax and what low level activity interests you. It could be drawing, building a Lego model, listening to music, being in the garden etc. Feeling relaxed afterwards is important.

Let's see if we can all plan in some downtime at some point over the weekend.

St Nicolas' CE Combined School Newsletter

Jesus said, 'I am the vine and you are the branches'



Children's Mental Health Week 5th –9th February

'My voice matters'

We are taking part in Children's Mental Health Week, 5th—9th February. The 'Children's mental health week is a mental health awareness week that empowers, equips and give a voice to all children and young people in the UK'. We will be taking part in different activities to explore how children can express how they feel and what is important to them.

There are activities that families can take part in too. Please take a look. www.childrensmentalhealthweek.org.uk/

[families/#resources](#)



Healthy Minds

This half term Year 4 are lucky enough to be taking part in a Healthy Minds schools workshop each week. This includes practical activities, discussions, breathing techniques, Super Brain technique, movement to music, Meditation on Stillness and reflection.



"Healthy Minds is passionate about enriching the lives of all children and young people, teaching them well-being for life tools and techniques, to carry them through their adult lives."

<https://www.healthyminds.org.uk/>