



St Robert Southwell Catholic Primary School
Aiming for Excellence - Being the Best We Can Be

Mental Health and *Newsletter*

Autumn 2024

Events this term



On Thursday 19th October it was **World mental health day** and the theme this year was 'workplace mental health'. We held an extra assembly for the children and during this time the staff were invited to a 'Tea and Talk' session in the staffroom.



Anti- bullying week took place from Monday 11th- Friday 15th November, with the theme: Choose Respect

Anyone can experience bullying at any age, and it can negatively impact our mental wellbeing, confidence and self- esteem.

The 'Anti- bullying alliance' defines bullying as:

'The repetitive, intentional hurting of one person or group by another person or group, where the relationship involves an imbalance of power. Bullying can be physical, verbal or psychological. It can happen face- to- face or online.'

At St Robert Southwell we recognise the possibility that bullying may occur here. Our behaviour policy (which can be accessed on the school website) clearly states that our school will not tolerate bullying of any kind. We will do everything in our power to ensure that all children attend school free from fear.

Children are encouraged to 'speak out' as part of our 'whole school approach' to tackling bullying in school and there are systems in place to create a 'telling' environment.

How do I know when my child is being bullied?

You know your child best. Look out for any changes in their behaviour – for example becoming quieter or withdrawn or acting out and getting in trouble. They may also be reluctant to go to school or take part in their usual activities, may become upset after using their phones or devices, or may complain of frequent unexplained illnesses like tummy upsets or headaches. You may also find that their sleep is disturbed, and they are showing signs of sadness or anxiety. Your child may share with you that other people are unkind to them or have said or done things to hurt them. Always listen and take them seriously, consider the facts, and work with them on next steps. Children are developing physically, emotionally and socially and need our help to understand how to behave towards others and when they have crossed a line.

What can I do to help?

Your child may be on the receiving end of name calling or negative comments, occasionally feel left out or alone, will make friends and lose friends, have arguments and disputes, may be involved in physical fights or hurt someone else. It's important to prepare them for this and work through strategies for handling these situations. For example, if someone calls them a name – do they retaliate, shrug it off or tell a teacher? What might be the outcome of any of these decisions? How can they handle an argument? Do we have to be right all the time? How can we be a peacemaker and resolve a disagreement? As much as it hurts when people no longer want to be our friend, what can we control or what else might we do? Working through these scenarios will help your child to feel confident and prepared.

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aim high and treat everyone with honesty and gentleness.***

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What if my child is bullying others?

We are all capable of bullying behaviour. What is important is that we recognise it and endeavour to stop it, and where we have hurt others, learn to take action to put things right. If you have been told by others that your child is showing bullying behaviour, it's important to stay calm and ask for examples of the things they have said or done and the impact this has had on others. This is your opportunity to explore with your child what has happened, the impact this has had, whether there is anything that has upset or hurt them that has led to that behaviour, what needs to change, and the actions they can take to show they are sorry (e.g. if they have repeatedly left a child out of a game, making sure they include them in the future). Many children who bully others, will need help to explore how they are feeling, what led to the behaviour, and what needs to change.

At St Robert Southwell children are encouraged to 'speak out' by:

- Talking to a 'safe adult' at home or school
- Writing down their concerns and putting it into the class 'worry box'
- Talking to a professional- Doctor/nurse/therapist
- Calling Childline on 0800 11 11

If you have any concerns regarding bullying at school or online please ask to speak to your child's class Teacher or a member of the Leadership Team. All incidents of bullying will be dealt with sensitively and effectively.



Odd Socks Day took place on Tuesday 12th November, with adults and children being encouraged to wear odd socks to celebrate what makes us unique.



World Kindness day took place on Wednesday 13th November. This is an annual awareness day that encourages people and organisations to practise kindness in their daily lives and make a positive impact on the world.

Action for Happiness Calendar



Please click on the link below to view a range of ideas to support your child's wellbeing this month

[Nov 2024 Happiness Calendar.pdf](#)

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Ways to support a child or young person



Be there to listen

Regularly ask your child how they're doing, to help them get used to talking about their feelings, and know there's always someone there to listen. You can get tips on [Young Minds: How to talk to your child about mental health](#).



Support them through difficulties

Pay attention to how your child is feeling or behaving and try to help them work through difficulties. It may not be easy facing challenging behaviour, but try to help them understand what they're feeling and why. Learn more from [the Maudsley Charity on difficult behaviour](#).



Stay involved in their life

Show interest in their life and what's important to them. It not only helps them value who they are but also makes it easier for you to spot problems and support them.



Encourage their interests

Support and encourage your child to explore their interests. Being active or creative, learning new things and being a part of a team helps connect us and boost our mental wellbeing.



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Take what they say seriously

Listening to and valuing what they say makes them feel valued. Consider how to help them work through their emotions in constructive ways. [Anna Freud Centre's guide on ways to support children and young people](#) has more on this.



Build positive routines

Try to have structure around regular routines, especially around healthy eating and exercise. A good night's sleep is also important, so have a fixed time for going to bed and getting up. The [Sleep Charity has relaxation sleep tips for children](#).

Where can I get more information?

Child Mental Health and Wellbeing

- [NHS](#)
- [Young Minds](#)
- [MindEd](#)
- [Place2Be](#)

Big Changes

- Bereavement and grief [Child Bereavement UK](#) or [Winston's Wish](#)
- Divorce and separation [Young Minds](#)
- Getting ready to start school [Place2Be](#)

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