



St. Mary's Church of England VC Infant School

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15th October 2020

Wellbeing Day

Dear Parents,

On the 10th October it was national mental health day. To tie in with this at St Marys Infant School we will be holding our own mental wellbeing day on **Friday 23rd October**. The children can come to school wearing something bright and colourful or clothes that make them feel good. This could even be their school uniform if that is what makes them feel good.

Throughout the day we will have lots of activities and lessons to help children learn about their mental wellbeing and give them strategies to support them. Here are some examples of the sort of things the children will be taking part in.

- Lessons on resilience - we will be learning about why resilience is so important to help us cope with difficulties and what support the children have in their lives to help them with this.
- The Same but Different Lesson - we will be thinking about similarities and differences between ourselves and how we often experience the same or similar feelings, but not always at the same time and not always in quite the same way. Sometimes we all may need some help with our feelings and that is okay. This will link to...
- Lessons on Kindness - we will be thinking about why it is important to show kindness to others and how we can do this both in and out of school.
- Yoga - each class will have a calming yoga session. We will learn about how yoga and exercise (including the daily mile) can help us with our mental wellbeing, as well as eating healthily, having good routines and getting enough sleep.
- We will still have our Friday sessions with the peripatetic music teacher, and will think about the power of music in helping us feel good.

If you would like to find out more about how to support your child with their wellbeing and mental health here are some resources which you might find useful to use at home:

- <https://youngminds.org.uk/>
- <https://www.nhs.uk/oneyou/every-mind-matters/childrens-mental-health>
- <https://www.worriots.com/> - This is an app where children can explore their worries and concerns and learn how to deal with them appropriately.

'Sharing, Caring, Learning and Loving with God'

- <https://www.camhs-resources.co.uk/>
- <https://www.calm.com/>

Books: (all of these are available to watch to on YouTube)

- *While we Can't Hug* by Eoin McLaughlin (this is a good book for any children struggling with the rules and changes caused by the pandemic)
- *The Colour Monster* by Anna Llenas
- *The Very Hungry Worry Monster* by Rosie Greening
- *The Huge Bag of Worries* by Virginia Ironside
- *Ruby's Worry* by Tom Percival
- *The Lion Inside* by Rachel Bright
- *Be Kind* by Pat Zietlow Miller.

Songs and videos:

- <https://www.youtube.com/watch?v=1FDyiUEn8Vw> (Resilience)
- <https://www.youtube.com/watch?v=pWp6kkz-pnQ> (Resilience)
- <https://www.youtube.com/watch?v=5NpFgYfvA18> (Resilience)
- <https://thedailymile.co.uk/videos/the-daily-mile-advertisement-3-supported-by-itv-and-ineos/> (The daily mile advertisement)
- <https://www.youtube.com/user/CosmicKidsYoga> (Yoga for kids)

We hope that the children will have a really fun day and learn lots about wellbeing and how to feel good about themselves.

Kind Regards
Miss Basra.