



Haxby Road Primary Academy



Wellbeing News

February 2021

Welcome to the issue of our WEB Team Newsletter, here at HRPAA we recognise that during this period of social distancing and uncertainty it is more important than ever to look after our whole families' Mental Health and Wellbeing. We would therefore like to offer this Newsletter as a way of sharing ideas to promote continued wellbeing in the home. As you are already aware we have had a huge drive this year across school to promote the discussion of mental health and ensure that all children feel they belong to their class teams as well as our whole school community. As part of this ongoing process children of all ages have been learning and practising various wellbeing strategies. What a great opportunity they now have to spend time sharing these with you at home as well as learning from your own ideas. All children will be given a weekly wellbeing session. Hopefully, you will also find time as a family to try out some of the activities we recommend each week and decide which strategies suit your family best. We will also use this Newsletter to signpost you to interesting / relevant articles that have further information to support key areas of Wellbeing.



February 1-7 is mental health week and the children will have fun daily challenges. This year's theme is Express Yourself. Expressing yourself is about finding ways to share feelings, thoughts, or ideas, through creativity. It is about finding a way to show who you are, and how you see the world, that can help you feel good about yourself. As parents and carers, you play an important role in your child's mental health. Check out our free resources below.

<https://www.childrensmentalhealthweek.org.uk/parents-and->



Mind offers information and advice to people with mental health problems and lobbies government and local authorities on their behalf. There are many different services offered.

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



Take 5 Steps to Wellbeing

<https://www.publichealth.hscni.net/publications/take-5-steps-wellbeing-looking-after-your-mental-health-while-you-stay-home>

FAMILY MATTERS YORK IS A CHARITY WORKING TO STRENGTHEN RELATIONSHIPS AND BUILD CONFIDENCE WITHIN FAMILIES.

We do this through our portfolio of training workshops and courses, including our own in-house resources and an extensive range of accredited family support programmes tailored to the needs of families.

If you are interested in accessing a course, training as a volunteer or supporting our work in other ways, then please take a look around our website or contact us by phone or email. You can also view and/or download various resources that will give you more information about what we do or how you can get involved. <https://fmy.org.uk/>



creative
EDUCATION

During these uncertain times we all face, perhaps you have found yourself in the challenging position as a parent or carer with a child who is now attending school remotely or on a distanced learning basis. This can be

a worrying time for children and young people as well as adults. Children are missing their friends and the goalposts are constantly changing about school and how they are expected to learn. In this course, Jessica will give you some strategies to support you in communicating about mental health and feelings. This course has been designed for parents/carers with a child in primary school and requires no previous training or knowledge.

<https://creativeeducation.us19.list-manage.com/track/click?u=e2bfc705af9fc36e7ac5517f5&id=3ae87f4e61&e=3f1825b8d8>

