



Hello again from the Wellbeing in Mind Team

Can you believe the school year is almost over? Over the past term we have enjoyed being busy with things at Haxby Road. Our newly recruited Happy Helpers are continuing to enthusiastically support the wellbeing of the school community by making posters to promote the 5 Ways to Wellbeing – and you may have seen them with their wellbeing challenges at the summer fair! We have been running some small groups to support with managing big feelings and have been working with the year 5s to help them develop problem solving skills and independence by learning how their thoughts, feelings and actions are linked. We have also delivered some transition support to the year 6s as they prepare to say goodbye to primary school.

Thank you to those parents and carers who responded to our survey about parent information sessions. Having looked at the responses, it seems the most suitable option is for us to host face to face information sessions at school drop off time. With this in mind, we have planned the following sessions:

Autistic Spectrum Condition (ASC) – Wednesday 24th September 9am

ADHD - Wednesday 26th November 9am

Managing behaviour -Wednesday 28th January 9am

Sleep – Wednesday 11th March 9am

We know there can be some barriers to you attending, including work commitments and childcare, so in addition to these face to face sessions, there will be some online webinars covering various topics. We will let you know the dates and times of these when they are available.

As the summer approaches, there are lots of changes in the air! Some of them feel like good, exciting changes, and others might feel more daunting. Change can be hard for your child – and it can be hard for you as a parent or carer. Some of you might be ready for a change and raring to go, and others might be less ready – it feels safe doing what we know, and change can feel scary. As a parent or carer, it's important to acknowledge how you're feeling about change so that you are able to help your child through their times of change. If you're anxious about it, they are likely to pick that up from you and feel the same way. Here are our top tips to share with your child for times of change:

Communicate – tell people how you are feeling.

Prepare – find out about the new thing you're moving to so you can get things ready.

Have a go – when there are new things to try, give them a go – you might like it!

If you have any concerns about your child's wellbeing or mental health, please do talk to their teacher about it, who can then come and talk to us about the support we might be able to offer.

Gemma, Jorge and Tracey (Wellbeing in Mind Team)