



## School Newsletter Segment

Hello again from the Wellbeing in Mind Team! We can't believe that Christmas is almost upon us! It's been a busy term here at Haxby Road. We have been running some small groups to support children in Key Stage 1 with Big Feelings, and in Key Stage 2 we have been running a self esteem and resilience group and a worry group. We've also worked in year 4 doing a 5-week course on learning skills to help manage a range of challenging situations that children might face in school or at home. In year 3 we spent a few weeks learning about The Invisible String which connects us to loved ones when we can't be together. We joined in celebrating World Mental health Day by doing 'Hello Yellow' activities throughout the school and our Happy Helpers have also been making some posters to share ways of looking after your wellbeing over the winter season. If you would like to know more about any of these things, please do get in touch via school and we would be happy to chat to you.

We have also delivered an information session for parents and carers about ADHD and there are more information sessions covering different topics booked for the new year. We'll send details nearer the time - it would be lovely to see you there.

As always, if you have any concerns about your child's wellbeing or mental health, please chat to your class teacher, who can arrange to talk things through with us.

We hope that you find some time to recharge this Christmas and we are looking forward to seeing you again in the New Year.

Gemma, Jorge and Tracey (Wellbeing in Mind Team)

