



Rye Community Primary School



Mental Health and Wellbeing **Newsletter Issue 5** **Summer Term 2 2022**

Welcome everyone to our termly Newsletter. We are so very happy to have this opportunity to talk about Mental Health and Wellbeing with you all. Mental Health affects everyone young and old and each term we will aim to provide you with some tips, strategies and useful resources.

Focus on Changes

As we approach the end of this academic year, it is a good time to reflect on all that has happened and how far we have come. Change is often scary, but time and again we prove to ourselves that we can cope with it. Sometimes, it is not until a long while afterwards that we realise that we actually handled something much better than we could have ever imagined. Change is often uncontrollable but it can be positive and provide new opportunities and chances to succeed. Who knew that we would have faced a pandemic? It certainly brought with it many changes but as teachers we see daily how children have risen to the challenges they have faced throughout and despite these changes they have managed to make amazing progress! So, celebrate your successes and have faith and courage that changes, although intimidating at times, can be the making of you.

Useful links and resources

September of course will bring inevitable changes and for some children this can be difficult. However, there are many other types of changes that can unsettle a child. Here are some resources that may be of use to you.



[Top ten tips for coping with change](#)

[How to cope with change](#)

[Circle of control](#)

[Finding the Positives](#)

[What can you do to make changes positive?](#)

[A transition planning map](#)

[Changes activity sheet – for going into a new class](#)



[Helping Children Cope With Change | Anita Cleare](#)

[6 Insightful Ways You Can Help Your Child Cope with Change | Counselling Matters \(counselling-matters.org.uk\)](#)

[How can I help my child cope with change? - Support for Parents from Action For Children](#)

Try it out!

Mindful Safari

Instruct your child/ren to remain quiet, calm their thoughts and move slowly while on safari. Ask your child/ren to turn their sense of sight, touch and sound onto high. Search for beautiful natural objects to explore. – What does it look like? – What colour is it? – What does it smell like? – Can I touch it? – What does it feel like? Search for mini-beasts and other creatures that move. When they find a creature, encourage child/ren to watch the creature in silence for as long as they would like to. – What does it look like? – How does it move? – What colours can you see on its body?



Senses Countdown

A great activity that can be used to help calm a busy mind and bring our awareness to the present moment. Think of: 5 things you can see 4 things you can touch 3 things you can hear 2 things you can smell 1 thing you can taste.

Useful Website links

[10 Tips for Dealing With Difficult Changes in Work & Life \(tutsplus.com\)](https://www.tutsplus.com)

[10 Ways to Cope With Big Changes | Psychology Today](https://www.psychologytoday.com)

We are here for you!

If you would like advice for a specific issue e.g. bereavement or anxiety, please feel free to email me:

a.birkby@ryeprimary.co.uk

Or you can leave a message for me with the office and I will get back to you.

