



North Elmham CEVA Primary School
Stibbard All Saints CEVA Primary School
Flourish Federation

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Wellbeing Newsletter 11th June 2021

Welcome to the first of our wellbeing Newsletters. We will be sending out a newsletter at the start of every half term with some useful links, updates on what we are doing in school and at least 1 focus area that may help your child / children at home.

Mental Health Champions

Alie Otty (SENCo) & Kelly Hunter (based at North Elmham)

PE Lead & 5 ways to Wellbeing Co-ordinator

Stuart Whitney (based at Stibbard)

Inclusion managers

Gail Nelson (based at Stibbard) and Berenice Ludlow (based at North Elmham)

ELSAs (Emotional Literacy Support Assistants)

Rachel Morant (based at Stibbard) and Tracy Billman (based at North Elmham)

If you have any topics you'd like to see in future newsletters please email Alie Otty:
send@stibbardallsaints.com

If you'd like to talk further about any wellbeing concerns you have about your child contact the school office and one of the staff above will call you to discuss the matter with you.

Remember to take a look at our mental wellbeing section on the website for more ideas for support.

5 Ways to wellbeing news & Updates

We started our 5 ways to well-being project before half term. That means that all your children will be participating in at least one minutes mindfulness each day in class to support their mental wellbeing. As well as that your children will be hearing their teachers talking about how being connected with others, taking notice of their immediate surroundings, being active, learning new things and giving to others will help support their mental health and that of those around them. We

hope this continual reference to these ideas will have a positive effect on your children, and give them ideas on how they can better look after their own mental health, and the importance of it. To support us we asked the children to complete a mental health questionnaire via a website called Bounce Together. All the children were given their own logins and passwords along with the website's address (<https://app.bouncetogether.co.uk/Account/Login>).

Thank you to all those of you who completed it. If your child hasn't completed it yet, could we please ask that you do as the data will support our future plans and give us an insight into the mental wellbeing of our school community. The deadline to complete is 30/06/21. If your child has misplaced their logins please ask your teacher who will be able to issue it again.

Many thanks for your support.

Useful Links

Just 1 Norfolk

0300 300 0123

parentline 07520 631590

<https://www.justonenorfolk.nhs.uk/>

Point 1

0800 977 4077

point1-support@ormistonfamilies.org.uk

<https://www.ormiston.org/what-we-do/mental-health-and-wellbeing/point-1/>

Nelson's journey

01603 431788

enquiries@nelsonsjourney.org.uk

<https://nelsonsjourney.org.uk/>

Focus Areas - grounding technique and breathing exercises

Grounding techniques

Grounding techniques can be very useful when we feel really distressed, particularly when the distress makes us feel very unreal or detached, or it feels like we are in a different situation to where we really are.

Anxiety often makes us feel very detached, dissociated, or unreal. Grounding techniques help to bring us back to the here and now, with an awareness of our own bodies. They are strategies that help us to be in the present moment, in reality, rather than in the traumatic experience of the past or current distress.

Practise them, and learn what works best for you - whether it's a mental strategy like telling yourself you're safe now, or maybe doing something more physical. The aim is to turn your focus of attention away from the current distress, and into the here and now of reality and safety.

Tell yourself you are having an anxiety attack and that this is okay and normal.

Open your eyes and put a light on (if it's dark).

Look around the room, notice the colours, the people, the shapes of things. Make it more real.

Listen to and really notice the sounds around you: the traffic, voices, washing machine, music etc.

Notice your body, the boundary of your skin, how your clothes feel on your skin, movement in your hair as you move your head, really feel the chair or floor supporting you - how that feels in your feet, your legs, your body.

Stand up and put your feet firmly on the ground

Move about: stretch, stamp your feet, jump up and down, dance, run on the spot, rub your arms and legs, clap your hands, walk, remind yourself where you are right now.

Use **5,4,3,2,1**: Think about 5 things you can see, 4 things you can hear, 3 things you can touch (and touch them), 2 things you can smell or like the smell of, and 1 slow, deep breath.

Breathe mindfully: breathe deeply down to your belly; put your hand there (just above your navel) and breathe so that your hand gets pushed up and down. Imagine you have a balloon in your tummy, inflating it as you breathe in, and deflating as you breathe out. When we get scared, we breathe too quickly and shallowly and our body begins to panic because we're not getting enough oxygen. This causes dizziness, shakiness and more panic. Breathing slower and deeper will stop the panic.

Rub your arms and legs. If you have lost a sense of your body, rub your arms and legs so you can feel where your body starts and ends, the boundary of you. Wrap yourself in a blanket and feel it around you.

Walk, and really think about walking - mindfully. Notice the way your body moves, how your feet move and feel as you walk, notice your leg muscles, and the way your arms feel as they swing. Notice the movement in your hair, and the sensation of moving air on your skin. Notice the sensations of breathing as you walk.

Describe (and say out loud if appropriate) what you are doing right now, in great detail. Or describe doing a routine activity.

Try to **think about different things**, almost like playing mental games, for example: count backwards in 7s from 100, think of 10 different animals, 10 blue things, one animal or country for each letter of the alphabet, say the alphabet slowly, say the alphabet backwards etc.

Carry a **grounding object** with you. Some people carry a stone or other small object, perhaps which has personal meaning, to comfort and touch when you need to.

Breathing Exercises

Lie with your back on the floor and place a soft toy on your tummy.

Breathe in and out slowly and deeply and try to concentrate on the way your toy rises and falls with your breathing.



Brain Break Breathing

Bubble Breaths

Breathe in deeply and form a bubble in your mouth. Your cheeks should be puffed out. Blow your bubble out of your mouth and push it away from you by blowing out hard and strong. Do this slowly and picture your bubble floating away. Keep breathing in and out deeply. Close your eyes and think about where else your bubble could go. Can you blow it far away? Can you blow it to a friend? Imagine your bubble is returning to you. Open your mouth and catch it for next time. Repeat.



Online events - Just One Norfolk

<https://www.justonenorfolk.nhs.uk/parents-information-event>

- Transition to High School - Monday 28th June 7pm-8pm
- Transition into Childcare and School Settings - Wednesday 30th June 1pm-2pm
- Supporting our Young People with Anxiety - Tuesday 29th June 6pm-7pm
- Supporting our Young People with Low Mood - Tuesday 29th June 7.15pm-8.15pm
- Transition to High School - Monday 1st July 4pm-5pm

