



# Parent Wellbeing Newsletter Autumn 2023

## Wellbeing Ambassadors!

With our new term well underway our Wellbeing Ambassadors have done a fantastic job and took on many responsibilities. They are part of the Wellbeing team at Gorse Hall and give pupils a voice to help shape our mental health support at school and in the wider community. They have organised and led the #Helloyellow activities and assemblies.

## Parent and Pupil Wellbeing Audit

Thank you to for taking the time to complete the Wellbeing questionnaire from Emotionally Friendly Settings. It is a key priority on our school development plan.

### Personal Development

Through the Emotionally Friendly Settings Programme, continue to promote and support the emotional and mental health of pupils and staff.

Here are just a few of our actions identified from the audit:

- Share wellbeing policy and signpost parents to our Wellbeing Resources on the website
- Ensure that parents regularly receive positive news about their child
- Help parents feel connected to the school community by gathering views form a wider group of parents
- Ensure more parents know who to ask for help in school, if needed.



Thank you for supporting #HelloYellow day. The children looked fantastic in yellow and enjoyed the many activities that day. You raised £150 for Young Minds charity which will go a long way to supporting children's mental health.

## 10 tips to help an anxious child



<p><b>1. QUIET HUGS</b></p> <p>Help your child feel safe by reassuring them that you are there and willing to help. Words can sometimes exacerbate anxiety, so sitting quietly with lots of hug and empathizing can often work better.</p>	<p><b>2. SEE YOUR CALM PLACE</b></p> <p>Remember a time you were happy, calm and peaceful. See it in your mind with as much detail as possible. Always use the same calm place to enhance the effect.</p>
<p><b>3. 5X5 GROUNDING</b></p> <p>See 5 things, hear 4 things, touch 3 things, smell 2 things and taste 1 thing.</p>	<p><b>4. DRAW YOUR ANXIETY</b></p> <p>Draw a picture of what you are worried about.</p>
<p><b>5. BLOW BUBBLES</b></p> <p>Research has shown the 10 deep breaths resets the automatic nervous system and helps to calm the amygdala. Blowing bubbles is a great way to get a child to blow deep breaths. Party blowers or straw and balled up paper offer other ways to do the same.</p>	<p><b>6. PET A FURRY FRIEND</b></p> <p>Research has shown that petting an animal reduces the heart rate and calms the body. Sitting for 10 or 15 minutes petting a furry friend is a wonderful way to relieve anxiety and bring some smiles to a child.</p>
<p><b>7. JUMPING JACKS</b></p> <p>Anxiety often causes shallow breathing. Having the child do an exercise forces deep breaths that can reset the anxious feelings.</p>	<p><b>8. REMEMBER PAST SUCCESS</b></p> <p>Remind the child to think about the last time they overcome their anxiety. Remind them that they can do this, even though it can be hard.</p>
<p><b>9. PROBLEM SOLVE THE FEAR</b></p> <p>Help the child talk through what solutions could be used if their fear were to come to fruition. Knowing they can handle the worst can help calm the fear.</p>	<p><b>10. DESTROY THE WORRY</b></p> <p>Have the child write their anxiety on a piece of paper and then tear it up and throw it away.</p>

- CBBC - BBC

<https://www.bbc.co.uk/cbbc/shows/lifebabble>

This is a free resource to help your child have help have difficult conversations and support issues around friendships and family.



## Three Good Things: A Happiness Journal

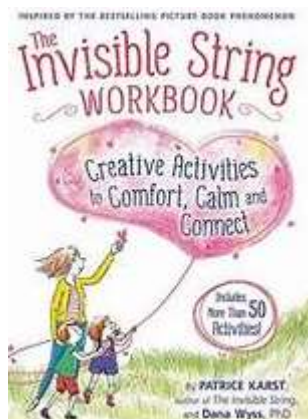
This app is simple and easy-to-use, helping children focus on the positive and recognising what went well today. (Ages 6 and up.) Every child gets to list three things daily that went well, which begins to train their mind to look for things to appreciate and begin a gratitude practice.



## Book Recommends

To Support Separation Anxiety

The Invisible String is a great tool to help children cope with separation anxiety, it has a workbook to accompany the story.



## Attendance

Every day lost = approx 6 hours of learning

Every week lost = approx 30 hours of learning

11 days lost = 94% attendance and 66 hours of learning time lost

19 days lost = 90% attendance, classed as a persistent absentee and 114 hours learning time lost

Parents can encourage good attendance by:

- having a regular bedtime and morning routine
- preparing for the morning routine by packing a bag the night before and setting out clothes
- talking together about all the fun their child will have at nursery/ school
- arranging routine medical appointments, outings and holidays for the times their child does not attend nursery/ school if possible
- talking to their child's key worker if there are any concerns or anxieties
- working with their child to develop healthy hygiene practices If you are facing difficulties getting your child into school, it is important to discuss this with school at the earliest opportunity.

*Please contact Mrs Troy if you need more support with this.*



## Household Support Fund

Support continues to be available to provide essential aid to Tameside residents who experiencing financial hardship due to the rising cost of living pressures. The available fund is being targeted at residents in financial need who have not received the recent £301 Cost of Living Payment, unless in exceptional circumstances. Further information on the eligibility criteria can be found at [www.tameside.gov.uk/householdsupportfund](http://www.tameside.gov.uk/householdsupportfund) .

Residents can make an appointment to discuss the support available to them by emailing [householdsupportfund@tameside.gov.uk](mailto:householdsupportfund@tameside.gov.uk) , telephone 0161 342 8355 or visit reception in Tameside One, Ashton-under-Lyne.

The Household Support Fund has been a crucial lifeline for many Tameside residents since its inception in 2021 and so please do help raise awareness and encourage residents to apply.

As well as the Household Support Fund, Tameside Council offers other support services to residents in immediate need. Helping Hand Tameside can help residents find local support services, providing financial, wellbeing, and benefit support in Tameside. For more information, please visit the website <https://www.tameside.gov.uk/helpinghand> .



# Family Led Peer Support Group

For **parents/caregivers/family members**  
of children with **SEND** or **emerging**  
**needs** aged **0-5** in **Tameside**



Like us on Facebook: Family Engagement  
Project Tameside

Join the **Mencap Family Engagement Team** for a **free, inclusive, and friendly peer**  
**support group**

Pop along to **meet other families, chat to the team,** and enjoy some **free light refreshments**

Little ones welcome

**We can't wait to meet you!**

Groups meet on the **1st Wednesday**  
of the month

At **The Together Centre**

**Address:** Loxley House, 287 Birch  
Lane, Dukinfield, SK16 5AU

**Time:** 10-11:30am



**Get in touch!**

**Family Engagement Partner Laura** (all year round):  
07815 483266

**Family Engagement Worker Hannah** (term time only):  
07817 090001

**Family Engagement Worker Sabia** (term time only):  
07866 225704



**Some of our team**  
**Laura, Hannah and Sabia**



Scan the code to access  
our registration form

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