

At Miers Court Primary School, we recognise and value the importance of the health and wellbeing of the entire community.

Welcome back, and apologies that this newsletter has been delayed in going out.

Terms 3 and 4 are notorious for coughs, colds and illnesses so it is really important that we all look after ourselves and make our health a priority.

Eat well...sleep well...exercise (even if it's just a walk to school and back)!

Top Tips for talking to your child after school

Instead of asking 'How was your day?' why not try these...

- Was today a good day or a bad day?
- What did you like better today: playtime or Lunchtime? Maths or History?
- Who did you play with today?
- Did anyone do anything funny at school today?
- What made you feel the happiest today?
- What games did you play at playtime/break/lunch?
- When did you feel most proud of yourself today?
- Tell me one new thing you learned today.
- What made you laugh today?
- Did anyone do anything nice for you today?
- What challenged you today?
- What was the nicest thing you did for someone else today?
- How would you rate your day on a scale of 1 to 10? What would make it better?
- If one of your friends could be the teacher for the day, who would you want it to be?
- What did you have fun learning today?
- What's one thing you did today that helped a friend or your teacher?

Remember, some children will prefer to have some quiet time straight after school and will simply need a hug! They might need some time to themselves before talking about their day.

If you have anything you would like to share, please email the school office on office@mcps.school.

Please take a look at our wellbeing page on our website at <https://www.mierscourt-that.org.uk/wellbeing> for further support or signposting.

Parent support websites/pages

Parents Toolkit: Wellbeing

Check out BBC Bitesize for their wellbeing tips designed for parents to help you support a healthy, happy childhood - with advice on food, sleep, mindfulness, as well as ways to look after you and your child's mental health.

<https://www.bbc.co.uk/bitesize/subjects/zv6sr82>

The Contented Child, Child Wellbeing Consultancy - Facebook page

Check out these pages from Facebook. Often has a wealth of ideas and advice to support you and your child.

Emotionally Based School Avoidance (EBSA)

Whilst many children may say occasionally that they don't want to come to school, for example on their birthday or because they have a lesson that they don't like, this is far bigger, lasts longer and is more concerning.

EBSA is a term used to describe children who experience persistent challenges in attending school due to negative feels, such as big worries.

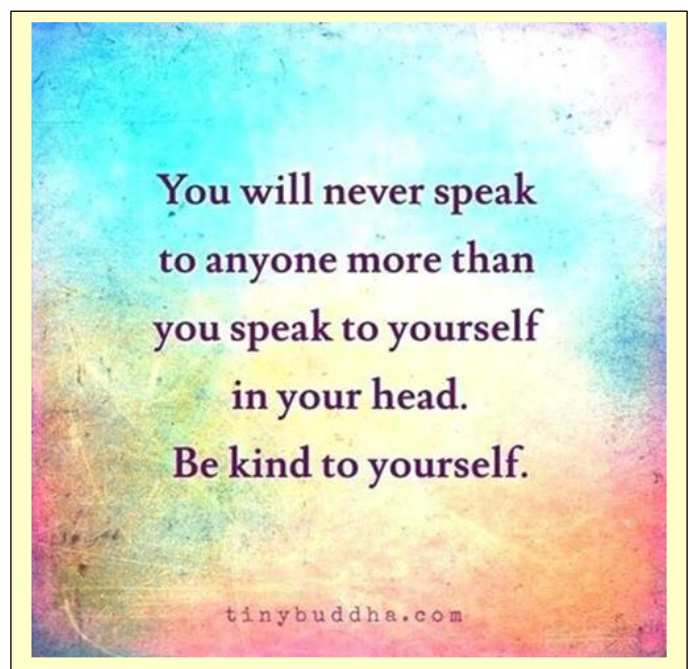
Here are a few tips and links to help you support your child.

- 1) Quiet calm routines the night before and in the morning
- 2) Arrange to meet a friend on the way to school
- 3) Focus on the positives
- 4) Let the class teacher know that your child is struggling

Self-Kindness

Make 2024 the year that you are kinder to yourself. Being kind to others often comes naturally but being kind to ourselves may not. So, with that in mind, here are 10 ways to show yourself some kindness - this week and beyond.

- 1) Talk kindly to yourself.
- 2) Practise gratitude.
- 3) Perform acts of kindness to others.
- 4) Reflect daily - focus on the positives
- 5) Self-care.
- 6) Be responsible for yourself.
- 7) Invest in your interests.
- 8) Practise mindfulness.
- 9) Spend time in or around nature.
- 10) Think of the opportunities ahead...



ASSEMBLY FOCUS

In Terms 3 and 4 we will be focusing on Health and Wellbeing with the following assemblies:

TERM 3		TERM 4	
5 th February	Children's Mental Health Week	26 th February	'Give' - one of the 5 Ways to Wellbeing.
6 th February	Safer Internet Day		

SPOTLIGHT EVENTS

Children's Mental Health Week this year is being held between 5-11 February 2024. The theme this year is '**My Voice Matters**'. This is about empowering children and young people by providing them with the tools they need to express themselves.

For more information and how families can get involved, please go to

<https://www.childrensmentalhealthweek.org.uk/families/> There is not only information linked to this specific week, but a range of other resources to support many areas of children's mental health.

Safer Internet Day 2024 will take place on the 6th of February 2024, with celebrations and learning based around the theme '**Inspiring change?** Making a difference, managing influence and navigating change online'. This links in very well with the theme of Children's Mental Health Week.

DID YOU KNOW?

If you're feeling deflated, lacklustre, or depressed right now, then you're not alone. Hundreds of people find the winter months tricky to get through, which isn't surprising when it's colder, darker and we're faced with the stress of potential post-festive season debt.

Dr Lowri's top tips for getting through the 'winter blues' can be found at:

<https://www.england.nhs.uk/south/2023/01/09/gp-lowris-top-tips-for-getting-through-the-winter-blues/>

Our Top 5 websites for support

For children, adolescents and parents - <https://www.youngminds.org.uk/> and

<https://www.annafreud.org/>

For children over the age of 10 - <https://www.kooth.com/>

For parents - <http://www.familylives.org.uk/>

For loss and bereavement - <https://www.childbereavementuk.org/>