



## A MESSAGE FROM THE WELLBEING IN MIND TEAM

### What we are doing in Schools?



- Early intervention for young people in schools.
- Work with school staff to build a Whole School Approach to mental health.
- Act as a link between schools and local mental health services.
- Offer advice, support and signposting information.

The Well-being in Mind Team have been busy in school this Spring half term. At Lakeside School, they have continued:

- Delivering direct work with young people and families
- Consultations for young people with teaching and pastoral staff
- Delivering Friendship Group's for all Year 4 and Year 5 children.
- Senior leadership team receiving reflective practice space this has now been offered to wider staff team.
- Delivered focused worry group with small Year 6 group using CBT approaches.
- Lunchtime wellbeing club every Wednesday currently for Year 5's
- Wellbeing in Mind Team attended the Governor meeting to give updates.
- Various focussed Parent coffee mornings. Last topic covered was 'sleep' which is to be offered again for those unable to attend in the morning.

### Spring is finally here!

It has been a busy time for schools and also within the Wellbeing in Mind Team. We have welcomed some more schools into our project and have also welcomed some new members of staff, including Senior Clinicians and trainee Education Mental Health Practitioners. We are grateful for the opportunities that Lakeside has offered for our new starters in being able to shadow existing members of the team in school.

Winter is certainly upon us, and we are taking notice of the colder days and changes in the season. Taking notice is one of the five ways to wellbeing and we would encourage you to take a moment to notice the little things and how they make you feel. If you start to feel overwhelmed, try taking some time to relax and do something for yourself, whether that be for 2 minutes or 20 minutes, it all helps to improve our wellbeing.



The sleep workshop for parents by the Wellbeing in Mind team will be rerun on **Thursday 29th February – 3.30–4.30 pm**. To enable you to listen we will supervise the children and nearer the time will send out a google form to determine numbers. It is a really good opportunity to pick up tips to help support your child's sleep habits and health.

## PERSONAL DETAILS FORM

Thank you to everyone who has returned their child's form. Please can any remaining forms be returned as soon as possible so that we can update the system.

Thank you

**Lakeside is a nut aware school**

Please can we remind you that there are several children in our school with serious nut allergies. Therefore, we kindly ask that you are extra vigilant when sending in food from home.

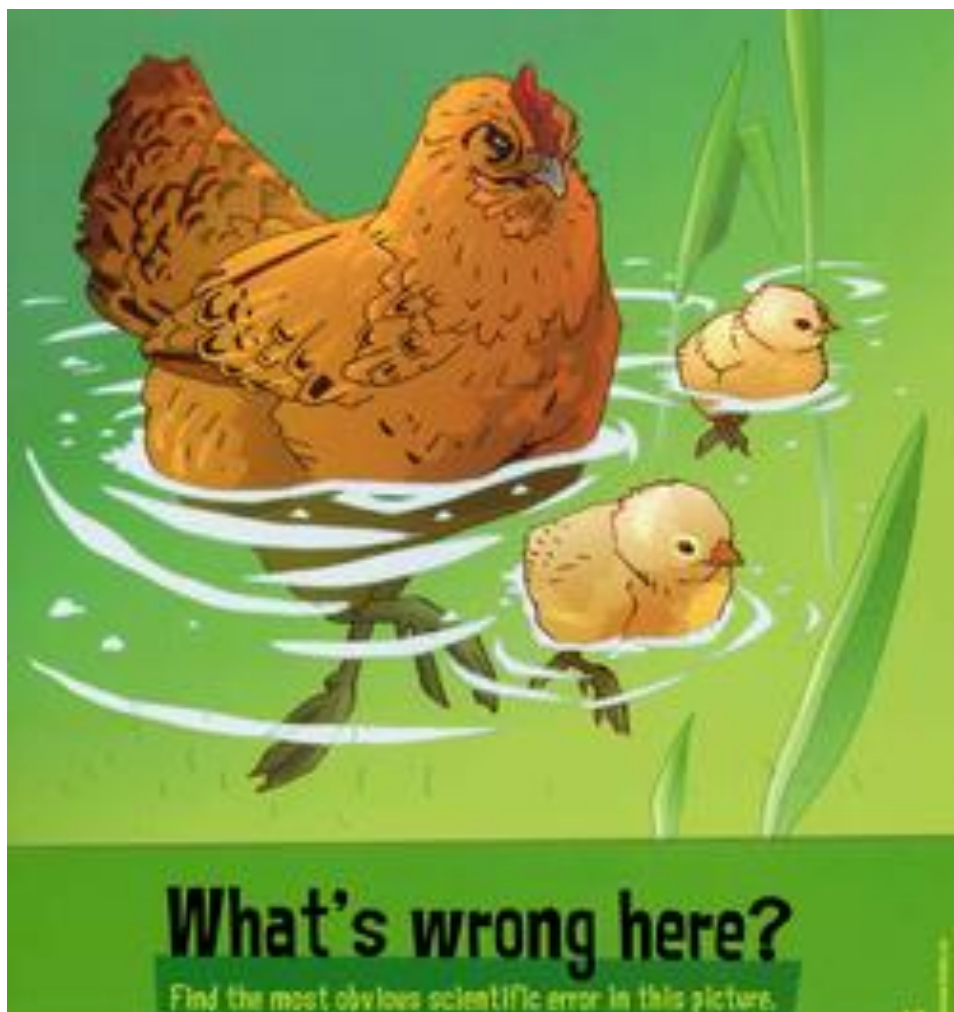


# QUIZ TIME

This week sees the introduction of a new quiz. It is for fun although there may be some little prizes, one chosen randomly for having a go and one for the best scientific reason. Have fun! To enter you must use your school email, your parents email will not work.

Log onto the google forms using your @lp.ebor.academy email address, the form will also be placed in your classroom.

## SCIENCE QUIZ



To get us started here is a science challenge that I think will be easy for everyone to solve. Talk to your adults at home, what do they think?

Let me know what you think is wrong with this picture.

**Science Quiz click here to post your answer**

<https://forms.gle/k2XdTusHKcN8x3Vy7>

**Lakeside is a nut aware school**

Please can we remind you that there are several children in our school with serious nut allergies. Therefore, we kindly ask that you are extra vigilant when sending in food from home.



## Mental Health



# OUTDOOR ACTIVITIES FOR MENTAL HEALTH



RELAX IN  
A HAMMOCK



HIKE OR  
SCAVENGER HUNT



EXPRESS GRATITUDE  
FOR NATURE



LIE ON THE GRASS



PICNIC



NUTURE A PLANT



### Help support your child to manage their emotions though these calming techniques:

- BLOWING BUBBLES**—this can have a very calming effect on children as blowing encourages your child to practice deep breathing.
- PLAYING WITH PLAYDOUGH**—engages the children for a long time. Include some calming smells such as lavender into the playdough.
- HOLD TIGHT**—give your child a squeezey ball or cuddly toy as this can help your child release all that tension.
- PLAY SOME MUSIC**—particularly calm music. Get your child to sing along as this can soothe and release tension
- TALK A WALK OUTDOORS**—green spaces can be particularly calming
- HUG IT OUT**—give your child a comforting hug as this will help your child feel safe and loved.
- STRETCH IT OUT**—help your child to stretch their arms above their head, stand on their tip-toes. Help your child stretch as tall as possible, then flop back down. Show them how to stretch out like a cat or reach up to the sky
- CLOUD SPOTTING**—lie on the ground with your child and encouraging them to stay as still as possible while you watch the clouds go by. See if you child can spot any shapes among the clouds.
- RELAX WITH CBEBBIES RADIO**—relax and listen to calming music. CBeebies radio has relaxing sounds such as waves,

### DATES FOR YOUR DIARY –

Wednesday 29<sup>th</sup> February 2024 at 3:30pm

Friday 9<sup>th</sup> February

Monday 19<sup>th</sup> February

Monday 18<sup>th</sup> March to Thursday 21<sup>st</sup> March

Friday 22<sup>nd</sup> March

WIMT coffee afternoon about sleep

School closes for half term

School Opens

EYFS to Year 6 Parents Evening Week

- Monday phone call appointments

- Tuesday Virtual appointments

- Wednesday Face to Face appointments

- Thursday additional appointments

School closes for Easter

### **Lakeside is a nut aware school**

Please can we remind you that there are several children in our school with serious nut allergies. Therefore, we kindly ask that you are extra vigilant when sending in food from home.