



Inclusion Newsletter

Spring term update

Spring Term is here and it is busy as usual! Thank you to all of our families for continuing to work with us to ensure that all children have the best possible attendance.

This is the last Inclusion newsletter that I will write at Leechpool as I leave at the end of this term, which is very sad for me. I have had an amazing 15 and a half years working here alongside some brilliant members of staff and fantastic families. Myself and Mabel will be back to visit so this is not the last you have seen of us!

Mrs Smith will be taking over the role as Assistant Head for Inclusion. This term she is visiting Leechpool for a couple of days so that we can have a thorough handover.

Mrs Smith is an experienced Deputy Head and SENCO, and brings with her a wealth of experience.

Thank you all for your support over the years, I have loved being part of Leechpool.

Emma Payne
Assistant Headteacher



West Sussex Mind have a parenting support team that offers a range of free training webinars to help parents and carers support their young person's mental health.

Topics include attachment, aggressive behaviours, anxiety and emotionally based school avoidance.

Click [here](#) to access them.

Thriving in education

West Sussex have designed a new website for schools and families called Thriving in Education. It has a range of support and information for children's mental health and wellbeing. Click below to have a look.

[Children's mental health and emotional wellbeing - West Sussex County Council](#)

Leechpool
Primary School

Spring Term 2

March 2025



Mrs Smith

10 Top Tips for Parents and Educators
SUPPORTING YOUNG PEOPLE TO BUILD EMOTIONAL RESILIENCE

With increasing societal pressures, many children struggle with managing emotions, facing challenges and processing failure in a healthy way. This is why building emotional resilience in young people is vital for their mental health and personal success. This guide provides practical strategies for parents and educators to help children develop resilience and foster confidence, adaptability and a positive mindset.

- 1 ENCOURAGE OPEN COMMUNICATION**
Regularly engaging children in open dialogue fosters trust and emotional expression. Encourage them to share their thoughts and feelings freely without judgment. Set aside time daily, perhaps during dinner, to ask open-ended questions such as, "What's made you happy today?" This encourages children to express themselves openly.
- 2 MODEL POSITIVE BEHAVIOUR**
Children often learn how to manage emotions by observing adults. By modelling calm and positive responses to challenges, you can teach them valuable emotional management skills. If you've had a difficult day, verbalise how you're feeling and explain how you plan to handle it, such as "I'm a bit worked-up, so I'm going for a walk to clear my mind."
- 3 TEACH PROBLEM SOLVING SKILLS**
Helping children break down challenges into manageable steps encourages a proactive mindset. Explain that every problem has a solution, even if it's not immediately obvious. For example, if a child is stuck on homework, support them in breaking the task into smaller steps, saying things like "Let's focus on just this first question for now."
- 4 FOSTER A GROWTH MINDSET**
Encourage young people to view mistakes as learning opportunities. A growth mindset helps them see setbacks as part of the process, rather than something to be upset about. After a child loses a game or performs poorly on a test, for example, ask them what they've learned from the experience. This reinforces the idea that effort – and even failure – leads to improvement.
- 5 PROMOTE SELF-CARE PRACTICES**
Teaching children about self-care helps them understand the importance of balancing work with relaxation to maintain emotional wellbeing. Parents and carers could start a screen-free hour before bedtime where the family engages in relaxing activities like reading, setting an example to the child for how to unwind.
- 6 BUILD HEALTHY RELATIONSHIPS**
Strong relationships with peers and adults provide a support system that enhances resilience. Encourage positive, respectful interactions to develop social skills. Playdates or group activities can be instrumental in teaching children how to resolve conflicts with friends by modelling and practising calm communication.
- 7 SUPPORT EMOTIONAL AWARENESS**
Helping children to identify and name their emotions allows them to manage those feelings more effectively. When a child's upset, encourage them to talk to you about what they're feeling in an empathetic and supportive manner, and ask them why they might be experiencing these emotions.
- 8 ENCOURAGE INDEPENDENCE**
Giving children opportunities to make their own decisions boosts confidence and problem-solving skills. A good example of this would be letting children choose and pack their own lunches for school, guiding them with options but allowing them to assume responsibility for the task to help them take ownership.
- 9 DEVELOP COPING STRATEGIES**
Teaching children techniques like mindfulness, deep breathing or journaling can help them to manage stress. Show them how to perform breathing exercises when they're feeling anxious, and practise this regularly. Reinforcing this behaviour in young people will make it easier for them to use these techniques of their own accord during stressful moments.
- 10 CELEBRATE SMALL WINS**
Recognising effort, no matter how small, reinforces perseverance and encourages children to keep trying. After a child completes a difficult task, makes progress on a project or reaches another type of personal goal, praise their efforts. Emphasise the hard work they've put in and be sure to let them know how proud you are!

Meet Our Expert
Adam Gillett is Associate Vice Principal for Personal Development at Riverside Primary School and works on a secondment one day a week for Minds Ahead, which works with schools on improving their mental health provisions.

#WakeUpWednesday

The National College