



Welcome to
Leechpool Primary School



Inclusion Newsletter



World Mental Health Day 2020 took place on Saturday 10th October this year. The theme for this was:
"Mental health for all"

The Covid-19 pandemic has seen a dramatic and unprecedented rise in anxiety across school communities. Following lockdown, some children may have experienced increased anxiety about returning to or attending school, particularly separation anxiety at leaving their parents and carers after such a long time away from school and a normal routine.

At Leechpool we have been working incredibly hard to help our pupils come back together in their year groups, and to support each and every child and their wellbeing following lockdown. At the start of term, the children returned and were amazing and really up for just getting on and being back. We as a staff have been incredibly impressed with this attitude across the whole school.

To support this, teachers continue to provide regular opportunities for the whole classes to sit and chat together, sharing thoughts, joys and frustration. Many pupils have shared that they are just so pleased to be back at school with their friends and teachers.

We will, as always, continue to focus on mental health to ensure that our pupils are supported and develop important life skills and coping strategies. Many activities that have been completed have been focused on emotions, therefore increasing our sense of awareness of our thoughts and feelings.

If you are concerned about your child's mental health and well-being, in the first instance, speak to your GP or your child's class teacher.

Emma Payne

Leechpool Primary
School

Autumn
Term 2
2020



Mindfulness and Meditation

As adults we often spend so much time and attention on others that the concept of putting ourselves first can seem selfish. We often forget to look at our own needs, thoughts and feelings. We feel the responsibility to be strong, for others and in particular our children. Mindfulness can help to develop good, strong, mental health and often, in turn, this will then allow you to better support and guide others. As a parent, being aware of the needs of your child(ren) helps with your relationships, and understanding those needs helps to deal with the occurrences of everyday family life. Research has also shown that people who practice weekly meditation live longer!



Calm

Voted "2017 App of the Year" and "Happiest App in the World", Calm is recommended by top mental health experts for sleep, meditation and relaxation. Use of this innovative and award winning meditation app, has helped many users experience better sleep, lower stress and less anxiety through the use of guided meditations, Sleep Stories, breathing programmes, stretching exercise and relaxing music. It offers daily challenges to deepen your mindfulness practice and learn more about yourself.



Headspace

Live a healthier, happier, more well-rested life in just a few minutes a day with the Headspace app. This app aims to turn your stressful phone into a source of calm and offers guided audio meditations which vary in length from one minute to twenty minutes. They are focused on different topics - from stress to sleep, mindful eating, and transforming anger. Headspace offers the first ten sessions for free and a subscription after that, and uses distinctive animations to introduce you to new mindfulness techniques.

Please do consider learning the advantages and techniques of mindfulness within your family, and how to use this to keep a healthy mind and strong mental health.