



Mental Health Newsletter

Autumn 2



At Hensingham Primary School, we don't just think about our mental health on one or two special days of the year ... we explore this each and every week! Through Wellbeing Wednesday sessions, we learn about ourselves, our feelings, our behaviours, our strengths, our aspirations, our achievements and we investigate strategies from the 'NHS 5 Steps to Wellbeing Plan' to help us improve our mental health and cope with life's ups and downs. Here are just a few things we've been getting up to this half term!



A key focus this half term has been 'giving' and there are plenty of examples of how we have excelled ourselves;

Our Mental Health Champions supported local Councillor, Alan Forster, and Miss High to make up Hampers for people who need a little extra help this Christmas. They added food and presents for the whole family and enjoyed being able to help others.



Pupils from the whole school got the chance to write letters to people in our community who may be lonely this Christmas or sent cards to remind them that people care. They also sent pictures of hope and Christmas cheer to the Children's Ward at West Cumberland Hospital ... and they certainly brighten the place up!



During this half term, we have also helped raise money for BBC's Children in Need and took part in Anti-bullying week when we learned about helping others, giving our time to support friends and in the importance of looking out for one another.

We have also been 'connecting' by making links with classes, communities, staff and our Trust;

Several classes have held Teams meetings with Partner CET schools to find out about school life in other areas of Cumbria or to share their work with other pupils. Classes have participated in whole school events such as Maths / Rockstars Day, Writing Day and Christmas Parties where they have had the chance to share their ideas and experiences with other classes through Teams and video recordings.



We have shared an Assembly with Si and Fergus from St John's Church and some classes even went to visit to record their Nativity songs. The staff have also had the opportunity to connect and enjoy a socially distanced 'Team Breakfast' and spend time

socialising which has been difficult to do whilst working staggered breaks and within separated bubbles.

We also held our first Cook-along to get our school families connected, and it was certainly a delicious experience! We used Teams to meet up with families in their own Kitchens



and enjoyed the experience of learning how to make festive treats as gifts for other people ... or just to share with families and friends! We will definitely be doing this again in January so look out for further details!



When we return in the Spring, and the weather gets a bit warmer, we will hopefully be able to do more activities outside relating to being 'active' and 'taking notice'. Throughout the remainder of the academic year, we will also be running sessions on 'Kidsafe' in each class and investing time in our Garden and Woodland areas too!

Thank you ... remember to look after **yourself** and your **mental health**!