

# Highfield Hall Primary School

## Mental Health Newsletter February 2024

### Did you know...?

There is a whole section of our website dedicated to mental health and wellbeing. It can be accessed directly off the home page here:

<https://www.highfieldhall.derbyshire.sch.uk/web/>

Hello, and welcome to our fourth Mental Health Newsletter. As the provision we offer grows, it is great to be able to put everything down in one place and celebrate what we have achieved.

Our mental health provision continues to develop under two subheadings; **mental health education for all** and **mental health support for individual children or families in need.**

During a recent classroom visit across school, I was thrilled with how enthusiastic and knowledgeable our children were about their mental health and what they can do to look after themselves.

### What has happened this term

- Our myHappyMind topic this term has been **Appreciate**. We have learned why it is very important to be grateful for experiences, ourselves and others. We have learned that when we are grateful, it makes us feel good and that it is important to give and receive compliments.
- myHappyMind are pleased to have launched their new app (which I sent a message home about last week). If you want to find out more, please take a minute to watch this video: <https://myhappymind.lpages.co/myhappymind-parent-app-introduction/>
- All children at Highfield Hall took part in a range of activities during Children's Mental Health Week including art work, singing songs, storytelling, team games and wearing clothes that make them happy. School was a happy and colourful place, and offered a brilliant opportunity for children to practise being grateful.
- Our six week Beyond Behaviours course for parents was well attended in the run up to Christmas.
- We are continuing to take referrals to Compass Changing Lives, however there is a waiting list, depending on the level of need. Please get in touch if you need any support.

### Family Mental Health Check-In – Happy Breathing

We spend a lot of time in school talking about using happy breathing when things feel tough. Without our happy breathing, our brain can go in to fight, flight and freeze, which means that we struggle to make thoughtful decisions. Happy breathing is when we stop and focus on taking breaths in and out slowly, so that we give our brains more oxygen.

### Do you feel that you or your child needs further support?

Please complete the Mental Health Initial Concerns form available on the school web page and from the school office, and either pass it on to your child's class teacher or email it back to school.

