

Highfield Hall Primary School and Nursery

Mental Health Newsletter

June 2024

Don't forget...

Hello, and welcome to our fifth Mental Health Newsletter. Our mental health provision at Highfield Hall Primary School and Nursery continues to grow and change and we have a lot to celebrate.

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.**

In addition to the support we have across the school under the two subheadings, we also continue to raise the profile of mental health and talking about how we are feeling. Creating this culture within our school CARE values is very valuable.

that 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/>

What has happened this term

- Our children have all completed the five myHappymind units and have finished the first year of the myHappymind programme. We are pleased to be continuing myHappymind next year across the school where the second year programme will build upon this year's learning.
- Our children from Reception to Year 5 have started our new transition programme. This is new for our school and we are excited to support our children with this new initiative. At the end of the summer term, every child will bring home their transition booklet which will contain lots of useful information and important support over the summer holidays.
- Children and families across our school continue to access specialist support from Compass Changing Lives. The wait time is longer than it used to be, but if you think that this is something your child would benefit from then we urge you to complete the application form and get it back to me as soon as you can. Meetings between Compass Changing Lives and school are held regularly to talk through individual children and the best way for them to access support.
- Our Happiness Heroes have been working hard to find out the school's top character strengths. Over one third of our children feel that Love and Kindness is their top character strength.

Family Mental Health Check-In – June is National Outdoors Month

Did you know that June is National Outdoors Month? There is an undisputable link between spending time outdoors and positive mental health. Nature is proven to help decrease anxiety levels and reduce stress and feelings of anger.

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.



Week 1:
This is me

Week 2:
My journey to school

Week 3:
Looking forward to next year

Week 4:
Things that will stay the same

Week 5:
My new class teacher(s)

Week 6:
My hopes for the future

The 6-week transition journey that every Reception to Year 5 child will be completing.