



St Mary's Catholic Primary School
Learning and Living Through Faith

Mental Health and Wellbeing Newsletter

Edition 1



Welcome to our new newsletter!

At St Mary's we believe that mental health plays a key role in our everyday life, that is why we feel it is important to provide our young people with strategies and tools to support them, whether that be at home or school.

In 2021, around 21,000 children and young people in Suffolk (aged 6-19) had a probable mental health disorder.

Each month we will be creating a newsletter focusing on ways we can work together to improve our children's mental health and wellbeing.

If you or someone you know can support us with this, please get in touch!

Warm regards,

Miss Southgate (PSHE lead)

5 ways to wellbeing:



The 5 Ways to Wellbeing are;

1. Connect
2. Be active
3. Take notice
4. Keep learning
5. Give

These 5 strands are simple ways that we feel can make a difference to the way the children feel, think and react to school life's ups and downs. Over the course of the year we will focus on a strand within each newsletter.

Mental Health Awareness Day



Over the course of this week we will be dedicating time to explore mental health.

Balloon Belly Breath

- 1 Sit comfortably and close your eyes.
- 2 Take a couple of natural breaths.
- 3 Breathe in and blow out your tummy. Your belly is like a balloon filling with air.
- 4 As you breathe out, your belly will go back down as there's no air left.
- 5 Repeat, being careful not to push your belly out too much.

Feeling big emotions?

Why not try some

Balloon

Belly Breathing?

Places to go for advice or support:



This website from the NHS offers expert advice and practical tips to help you look after your child's mental health and wellbeing as well as the rest of the family.

<https://www.nhs.uk/oneyou/every-mind-matters/>



This website has advice to support children who may be showing signs that they are struggling with their mental health.

<https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/>