

Emotional Health and Well-being



Parent Mini
Guides

The Three Schools

At Swanbourne CofE School we work towards positive Emotional Health and Well-being (EHWB) in the whole of our school community for adults as well as children. The commitment to the protection and enhancement of emotional wellbeing of staff and students begins at first contact and continues throughout their journey through school.

Aims

By keeping our focus on emotional health and well-being we aim to have:

- Happier and more motivated pupils and staff
- Pupils who are more engaged in the learning process
- Pupils who concentrate and learn better
- More effective teaching and learning
- Parents and carers that are more involved in school life and learning
- Pupils and staff with high self-esteem, self-confidence and resilience
- Improved achievement, with everyone meeting their full potential
- Improved standards in all subjects
- Improved morale
- Lower absenteeism
- Good recruitment and retention levels of staff
- Positive and effective relationships for pupils, staff and parents/carers

How can we look after our children's emotional well-being?

- Praise them for what they do well, and celebrate their success.
- Mistakes are part of their learning journey – help them to understand that mistakes aren't failures.
- Turn negatives into positives – help them to see the other side of the situation.
- Spend quality one-to-one time with your children – this can be a great vehicle for conversation. 10 minutes is all that is needed!
- Give them choices within the family, e.g. how to spend a day off. Keep these simple.
- Responsibilities give children confidence and a sense of self-worth – think of jobs they might enjoy in and around the house.
- Children might not always want to talk, this is OK. Give them opportunities to start the conversation in different ways, e.g. a note, a text message.
- Even when things are busy, a word or a hug can reassure children. Spot the spontaneous opportunities for a cuddle or quiet time!
- Time as a family (free from screens) is invaluable. Make some time where all devices are put away!

TEN TOP TIPS!

- ‘Positivity Jar’ – decorate a jar and fill with something positive each day! Make time at the end of each week to share these.
- Worry Box / Worry Monster (available on Amazon) – allows your child to write down their worries if they don’t feel like talking.
 - Meditation – there are lots of CD’s and Apps available specifically for children. This can even be done on long car journeys!*
- Yoga – there are many videos and ideas on YouTube – specifically for children.*
- Worry Bowling – Write your worry on a piece of paper, put it in a cup and bowl it over!
 - Find opportunities to be active and physical together – go for a walk, etc.*
 - Activity Books targeting emotional health*
- Cooking/baking – this is a wonderful opportunity to share time together and keep children focused
- Listening to music and dancing together – this is a fantastic way for children to express their feeling through their interpretation of music
- Reading stories together / listening to an audio book together – great for keeping children in the moment and helping them relax

What to do if you are concerned about your child’s or your own emotional well-being

- Try some of our top tips if you think your child needs an opportunity to express themselves.
- Talk to someone that you feel comfortable with – a friend, family member, etc. Share your concerns and seek support.
- Talk to their class teacher, they may have noticed changes and you can share ideas and solutions.
- If you still have concerns, speak to one of the Emotional Health and Well-being Advocates (Head Teachers, Learning Mentor) who will put a plan in place to support you and your child.
- The support systems at school are also there to support parents – we are committed to looking after the whole family. We are here to listen!

Helpful Resources*

- ‘Meditations for Children’ – CD by Elizabeth Beyers and Toni Carmine Salerno
- ‘Meditation and Relaxation for Kids’ – CD by Dr Elizabeth Scott
- ‘Relax Kids – Nature’ (CD)
- Books: ‘No Worries’ by Dr Sharie Coombes; ‘Hello Happy’ by Dr Sharie Coombes
- ‘Helping children cope with change, stress and anxiety’ by Deborah M. Plummer
- ‘Starving the Anxiety Gremlin’ and ‘Starving the Anger Gremlin’ by Kate Collins Donnelly
- Usborne ‘Looking after your Mental Health’ (Year 6 and upwards)
- ‘Cosmic Yoga’
- <https://www.nhs.uk/change4life>
- <https://www.amazon.co.uk/Hello-Happy-Mindful-Kids-sometimes/>
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