

St Joseph The Worker R C Primary School

Cutnook Lane, Irlam, Manchester. M44 6GX.

Tel: 0161 921 1695 - Fax: 0161 921 1699

E-mail: stjosephsworker.rcprimaryschool@salford.gov.uk

Website: www.stjosephtheworkerrcp.co.uk



Headteacher: Mrs Evelyn Clayton B.A.Hons QTS

Autumn Term Health and Wellbeing Newsletter

A warm welcome back to everyone after the summer holidays and it is lovely to see the children happy to be back playing with their friends and learning in school. This is our termly newsletter keeping you informed of all the fantastic work we do at school caring for the children's health and wellbeing. Please do let us know if there is something worrying your child or happening/changing at home that would be helpful for us to know as it can affect their learning, wellbeing and feelings.

We are always here to listen and support your child at school, so please do raise any concerns you have and also share with us some success your child may have had outside of school. These are fantastic to celebrate how children are letting their light shine outside of school with all their talents!

Best wishes

Mrs Dunn

Special Education Needs and Disabilities (SEND) Coordinator & Mental Health First Aider

World Mental Health Day – Sunday 10th October

We will be recognising this day in school with PSHE work focusing on feelings, emotions and how we manage them. We will be talking to the children about how this can affect people of all ages and in different ways.

Mental Health and Emotional Wellbeing is a key priority for us as a school and we will be holding a "Wellbeing Art Week" in October, celebrating the talents and skills we all have and expressing them through arts and being creative. A letter with more information will follow for Wellbeing Week



CARITAS & CAMHS IReach

We are supported by two agencies who work weekly in school supporting children with different social, emotional and mental health needs. They provide valuable support to children in times of need. Rosie and Sarah are our workers in school and they work with some of our parents to help build a picture of your child's needs. This service is by referral only depending on each child's need.



Young Gardeners

Some of our Y5 and Y6 pupils have been working hard in our school allotment and have been rewarded with a range of freshly grown potatoes, carrots, courgettes, runner beans and beetroot. They have cared and nurtured their produce and held a stall last Friday after school which helped to raise money to reinvest in the next planting cycle. This has been done at lunchtimes and a great way for children to feel productive, purposeful and engage in teamwork boosting their mental health. A special mention to Noah Hartley in Year 6, who we appreciate for all his time and dedication to growing and spending time in the allotment.

Can you help?

If you have any light up/shaking/vibration toys/lights or even a bubble tube or star light projector you no longer use please could you donate to school so that we can help build up our sensory basket and resources in the Early Years. We would really appreciate this as they help to calm down children and provide sensory breaks to those in need.

Please ensure donations are clean and safe to use



Links for further information for parents to support wellbeing and health:

<https://www.nhs.uk/change4life/activities>

<https://youngminds.org.uk/>

<https://www.bbc.co.uk/teach/five-ways-to-help-childrens-wellbeing/zfb2d6f>

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

<https://www.partnersinsalford.org/media/1242/ehwb-directory-july-2018.pdf>

