



Mental Health and Wellbeing Newsletter

Autumn 2024

Welcome back to school! We hope that you have had a lovely summer break.

In school, we continuously promote mental health and wellbeing. We use 'The 5 Ways to Wellbeing' hand model to explain the best ways to support our mental health.



What are the Five Ways to Wellbeing?

The Five Ways to Wellbeing Framework was developed by the New Economics Foundation as a set of five evidence based actions that promote wellbeing. Based on the latest scientific evidence the simple actions, if taken regularly, can improve wellbeing and enhance quality of life.

The Five Ways to Wellbeing are to:

- **Connect** – connecting with others
- **Give** – giving – looking outward as well as inward
- **Be active** – doing something active
- **Take Notice** – taking notice of the world around you
- **Keep Learning** – learning new things

Each action can be undertaken individually or collectively as part of everyday activity.

Ways we can connect:

10 'WHAT' questions to ask your child about their day

What was the funniest thing you heard today?

What was the hardest thing you had to do at school today?

What was your favourite thing that happened today?

What subject was the most interesting today?

What did you do at break time? Who did you play with?

What are you learning about in your topic lessons?

What happened today that you wish hadn't happened?

What was something new that you read today?

What did you enjoy most for lunch today?

What rules are different at school than at home?



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Meet our wellbeing and RSHE Team:



We continue to have the 'Mental Health Support Team' (Healthy Heads) supporting children and families across school. They offer a range of support in the form of nurture groups, parental support sessions and direct work with families.

If you think that this is something that you and your family could benefit from, then please contact Mrs Downey who will be happy to talk through the options available.

Please see our website for useful links to services that support children and families with mental health and wellbeing.

www.burnside.academy@inspiremultiacademytrust.co.uk

Where to go for help:

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

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

<https://www.mind.org.uk/>

<https://www.place2be.org.uk/>

<https://www.nspcc.org.uk/>