



Wellbeing Newsletter

Welcome to our First Issue

Welcome to the first issue of our **Wellbeing Newsletter**. We know the importance of looking after our mental health and so this newsletter will highlight the work we're doing in school to support our pupils' mental health as well as giving you ideas for things you can do with your family at home.

If you have any concerns about your child's mental health then please contact Ms Smith (Mental Health Lead) via email or the school office: senco@didsbury-pri.manchester.sch.uk

Trauma Informed

One of our focus points at Didsbury CE this year is to deepen our understanding of trauma, how this can impact children and what we can do to support those who have suffered or are currently suffering trauma. We have held an INSET on this as well as running separate training sessions for all staff. One of the strategies that we are implementing is **PACE by Daniel Hughes**.

PACE is a way of thinking, feeling, communicating and behaving in a manner that aims to make the child feel safe. This feeling of safety helps children to feel confident to explore the world around them, start to allow others close and to see him / herself as someone who is liked and valued.



Playfulness

• Playfulness in interactions can diffuse conflict and promote connection
E.g. maintaining a relaxed "lightness" and excitement making a joke (though not to be done constantly)



Acceptance

• Accepting needs and emotions that drive behaviour (not necessarily the behaviour) without judgement



Curiosity

• Being curious to where a behaviour has come from (in your head or out loud)



Empathy

• Really connecting with how they are feeling and showing compassion



[If you would like to read more about PACE in schools then click here to read The Attach Team at Oxfordshire Council's booklet.](#)

Website Recommendation

This CAMHS website is a very useful place to find resources to support children with their mental health and emotional wellbeing.

<https://www.camhs-resources.co.uk/>

On this website, you will find:

- * Book recommendations
- * App recommendations
- * Videos
- * Links to other websites
- * Downloadable resources

Story Time

The Colour Monster by Anna Lenas



You are invited to join the colour monster on his journey, as he is guided through his emotions one by one.

You can watch The Colour Monster read here by Stories 'n' Stuff:

<https://www.youtube.com/watch?v=1Y6d1jyvmVg>

"A calm mind brings inner strength and self-confidence, so that's very important for good health." - Dalai Lama