



Date: 12.04.21

Dear Parents/Carers,

What is Mental Health? We all have mental health. Mental health is about our feelings, our thinking, our emotions and our moods. Looking after our mental health is important. We all have small feelings every day; these can sometimes feel strong and overwhelming, whether happy or sad, but they go away before too long. Sometimes we experience big feelings; these feel strong and overwhelming for a long time. They stop us doing what we want to in our lives.

Please see the website for additional information and links: <https://www.whistonwillis.co.uk/mental-health-and-we/>

WELLBEING AWARD

Whiston Willis Primary Academy is currently working to achieve the Wellbeing Award for Schools. In order to evaluate our current provision, we need your input. Your views are important in helping us understand what we are doing well and how we can do even better.

Please follow the link below to complete the survey.

Evaluation submissions are valid between: 12/04/2021 - 18/04/2021. Your submission will not be accepted outside of these dates

[Click here](#)

Or copy and paste the following:

<https://app.awardplace.co.uk/stakeholder-evaluations/user-survey/60706e5a8da0b>

It should only take a couple of minutes. Please respond within the week. All responses and suggestions will be carefully considered and used to plan a range of school improvements. If you have any queries about this survey, please contact your school. Do not reply to this email as replies are not monitored.

TIPS FOR TALKING TO YOUR CHILD ABOUT THEIR MENTAL HEALTH

1. Make conversations about mental health a normal part of life: Anywhere is a good place to talk; in the car, walking the dog or cooking together. Model everyday talk about feelings such as by talking about a TV character's feelings.
2. Give your full attention: We all know it's horrible to be half listened to. Keep eye contact, focus on the child and ignore distractions.
3. Check your body language: Try to keep it open and relaxed and make sure you come down to the child's level.
4. Take it seriously: Don't downplay what the child is saying or tell them they're "just being silly". Resist the urge to reassure them that everything is fine.
5. Ask open questions: Such as "How did your day go today?" This will help to extend the conversation.
6. Calmly stay with the feelings that arise: It can be our automatic reaction to steer away from difficult emotions.
7. Offer empathy rather than solutions: Show that you accept what they are telling you but don't try to solve the problem.

Learning for Life



8. Remember we are all different: Respect and value the child's feelings, even though they may be different to yours.
9. Look for clues about feelings: Listen to the child's words, tone of voice and body language.
10. Some ways to start a conversation about feelings might be: "How are you feeling at the moment?" "You don't seem your usual self. Do you want to talk about it?" "Do you fancy a chat?" "I'm happy to listen if you need a chat."

BULLYBUSTERS

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



I'M WORRIED MY CHILD IS BEING BULLIED

If you think your child is being bullied, it is a good idea to talk to them about it. It is crucial that you remain patient and calm giving your child the time and space to talk and explain what exactly has been happening. If you shout and scream and offer the wrong advice your child will feel like they are being punished twice. If your child assures you that they are not being bullied, still let them know they can always count on you for help.

It is important to reassure your child that no matter what they tell you, you will not act rashly and you will let them know and keep them informed of any decisions on a course of action. This will give your child a sense of control over the situation, which is important as being bullied can often make a child feel powerless.

How parents can help:

- Talk with, listen to, and support your child. Do not shout no matter how frustrated you are.
- Calmly make the school aware that there is a problem.
- Allow them time to investigate but ask for regular updates.
- Remain patient, calm and constructive with your child.
- Be familiar with the signs of bullying.
- Never agree to keep the bullying a secret.
- If your child is bullying others, don't dismiss it as unimportant.
- Reassure your child that it's not their fault if they are being bullied.
- Ask for a copy of the school's anti-bullying policy (this should be found on the school website) and follow the procedures.
- When meeting with the school ask for the minutes in writing.
- **DON'T** tell your child to hit back, if your child was going to do this they would have done it without you telling them to. It is never good advice to meet violence with violence and if they hit back and if it doesn't work this can leave them with a bigger sense of failure and make them feel they have let you down.
- You may feel angry and upset, but work with the School to resolve the problem, your child is the priority. Speak to the Class Teacher.
- Senior Leadership Team Phase Leads:
EYFS: Ms L Halsall
KS1: Ms J Watkins
KS2: Ms K Caldwell
- Pastoral Team
Learning Mentor:
Ms P Steele, Ms J. Watkins (Vice Principal)
- Principal: Mr I Cooper



WHAT IS BULLYING? Bullying is something that can hurt you on the inside and on the outside

- It is done on purpose
- It is **REPEATED** over time – It happens more than once
- It can be done by a group or just one person

- It is NOT a fall out between friends although this can be upsetting
- Nobody deserves to be bullied
- It can happen between ‘friends’
- Bullying is very personal to the person who is feeling bullied, not everyone is upset or hurt by the same things.

SESSIONS TO HELP YOU SUPPORT CHILDREN.

This July BullyBusters are hosting virtual training sessions to help you support school aged children. Whether you're a parent or you work with children, they want you to come along and take away loads of helpful information which we hope makes things easier for you during these strange times.

The sessions will be delivered over Zoom.

You will need to book to attend any of the sessions.

Please see scheduled sessions and sign up via:

https://www.bullybusters.org.uk/what_s_new/bulybusterssession_to_help_you_support_children/:

Wednesday July 1st

Return to school; Overcoming Worries 10am
Cyber Bullying and Awareness 11:30am
Building Positive Friendships 2pm
Transition from Year 6 6pm

Wednesday 8 July

Cyber Bullying and Awareness 10am
Transition from Year 6 11:30am
Return to school; Overcoming worries 2pm
Building Positive Friendships 6pm

Wednesday 15 July

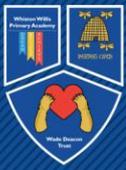
Building Positive Friendships 10am
Return to School ; Overcoming worries 11:30am
Transition from Year 6 2pm
Cyber Bullying and Awareness 6pm

Wednesday 22 July

Transition from Year 6 10am
Building Positive Friendships 11:30am
Cyber Bullying and Awareness 2pm
Return to school; Overcoming worries 6pm

Learning for Life





WHISTON WILLIS PRIMARY ACADEMY

Thank you for your support,

Jill Watkins - Vice Principal

Amy Askew - PSHE Lead

Paulette Steele - Learning Mentor

Learning for Life

Whiston Willis Primary Academy
Milton Avenue, Whiston, Prescot L35 2XY
Mr I Cooper - Principal B.Ed (Hons)

Tel: 0151 477 8270
Email: whistonwillis.de@knowsley.gov.uk
Website: whistonwillis.co.uk



MEMBER OF THE
**WAIDE DEACON
TRUST**