

Wellbeing at Balliol

Wellbeing at Balliol is held at the core of all our values. We strive to promote positive mental health and wellbeing for all our staff, pupils, parents and stakeholders. We recognise the needs and demands in school are ever changing and are committed to responding to these to ensure the best support for all. We are so proud that this has been recognised and we have been awarded the Wellbeing Award for Schools.



Parent Support

Following the feedback from the latest questionnaires the following events have been set up in school to support parents.

- Coffee Morning – every Monday at 9am in the Children's Centre. Please come along for a chat and a cuppa.



- Busy Bees Stay and Play – weekly play session for preschool children and a parent/carer. Please speak to Mrs Dalton in Preschool for more information.

Although these are on hold for the time being (due to increased rates of COVID) we hope they will be back up and running soon. Look out for notifications.

Keep in touch ...



Please join our **Balliol Primary Facebook** group and ensure you have our school App (Primary Site School APP) on your phone to keep up with regular updates and news.



CHILDREN'S MENTAL HEALTH WEEK 2022

Monday 7th – 13th February
'Growing Together'



There will be lots happening in school across the week. We will be spending time talking and completing activities around mental health and how to support positive wellbeing.

[Parents and Carers - Children's Mental Health Week](https://childrensmentalhealthweek.org.uk)
(childrensmentalhealthweek.org.uk)



On Friday 11th February we will be holding a 'Dress to Express day' We will be asking children and staff to use clothing to express themselves. Children could wear their

favourite colour or a unique outfit to express how they're feeling, it can be as simple or elaborate as you like! Dress to Express is an opportunity for self-expression and celebrating a diverse range of emotions. We will be asking for a £1 donation towards children's mental health charities, these can be brought into school on the day.

Attached to this newsletter is a 'Wellbeing Challenge' for children to complete at home. We will be challenging the children to complete as many of these as they can over the week and half term. They will bring home a paper copy too.

Tuesday 8th February is Safer Internet Day

Below are some great links from Internet Matters to support for children's digital wellbeing. Attached to this email are some posters with useful APPS and websites to support mental health and wellbeing.

<https://www.internetmatters.org/resources/wellbeing-apps-guide-for-kids/> - Wellbeing apps to support children

<https://www.internetmatters.org/connecting-safely-online/advice-for-young-people/do-the-basics-on-social-media/getting-it-just-right-for-your-wellbeing/> - advice for young people to boost digital wellbeing

<https://www.internetmatters.org/resources/manage-children-digital-wellbeing/> - A digital wellbeing guide that can be downloaded



IF YOU NEED ANY ADVICE OR SUPPORT AROUND MENTAL HEALTH AND WELLBEING FOR YOU OR YOUR CHILDREN PLEASE SPEAK TO MRS BICKNELL

If you have any further ideas about how to develop positive mental health and wellbeing, at Balliol or further support you would like to receive please do share these with Mrs Bicknell

DRESS TO EXPRESS



WELLBEING CHALLENGE

Make wellbeing a priority during Children's Mental Health Week and take on a Wellbeing Challenge. How many wellbeing actions can you tick off in a week?

Get 8hrs of sleep



Do a deep breathing exercise



Go for a walk



Wear something that makes you feel good



Take time out to read a book



Eat your favourite food



Go for a walk in your local park



Drink 2L of water



Do 30 minutes of yoga



Give someone a compliment



Have a 'no social media' day



Catch up with a friend



Try a 5 minute meditation



Listen to a podcast



Go to bed 30 minutes earlier than usual



Write down 3 things you're grateful for

