

Newsletter 3 Balliol Parent and Family Wellbeing

The Change Team



Feedback from Parent Questionnaires

Following the feedback from the latest questionnaires we are now pleased to say that the following are now up and running;

- 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.

PTA – WE NEED YOU!

For many years we have been extremely fortunate to have had an active school PTA – known as Friends of Balliol (FOB). Over the years they have worked extremely hard to support the school with various fundraising projects. Money raised by these events have paid for half the cost of coaches for school trips as well as purchasing new playground equipment, books for our library and much more. Over the last 18 months we have not been able to run this as we would normally do and events have dwindled.



We are now looking at getting FOB back up and running with existing and new members to continue this fantastic fundraising work but also to work more closely with our parent body in school and community based projects. If you are interested in helping our PTA to grow or would like more information on what this may involve please contact kirsty.bicknell@balliolschool.co.uk or jo.smedley@balliolschool.co.uk.

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.



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 have decided to use the Wellbeing Award as a vehicle to drive this support.

WORLD MENTAL HEALTH DAY 2021

Sunday 10th October

This weekend take some time out to look after your Mental Health.



FIVE WAYS TO WELLBEING

INTRODUCE THESE FIVE SIMPLE STRATEGIES INTO YOUR LIFE & YOU WILL FEEL THE BENEFITS



Mental Health Foundation
mental health. mental care. mental wellbeing.

EMBRACE NEW EXPERIENCES, SEE OPPORTUNITIES, SURPRISE YOURSELF

Below are some great links from Internet Matters to support for children's digital 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

PLEASE LOOK OUT FOR OUR PARENT AND PUPIL WELLBEING LEAFLET. THE PUPIL LEAFLET IS ATTACHED TO THIS EMAIL.

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 one of the members of the Change Team.