

# St Andrew's CE Primary School

Grandale  
Sutton Park  
Hull  
HU7 4BL



Tel: 01482 825659  
Email: [admin@standrews.hull.sch.uk](mailto:admin@standrews.hull.sch.uk)

Website: [www.standrews.hull.sch.uk](http://www.standrews.hull.sch.uk)  
Twitter: @RainbowStAndrew

NEWS/GH  
12<sup>th</sup> October 2022

## Every Child A Champion In Their Own Right Matthew 5.16 – 'Let Your Light Shine'

Hi Parents,

Our work in raising awareness of Mental Health issues continues:

1. We have another Mental Health Consultant to support various families and individuals.
2. Also, please see information below directed at raising awareness .

Thought this was quite a good leaflet to share for Mental Health Awareness Week-

**Anna Freud**  
National Centre for  
Children and Families

# You're never too young to talk mental health

Tips for talking for parents and carers

An introduction from our Patron,  
HRH The Duchess of Cambridge

“ As parents, we all want our children to have the best possible start in life. Encouraging children to understand and be open about their feelings can give them the skills to cope with the ups and downs that life will throw at them as they grow up.

It's important that our children understand that emotions are normal, and that they have the confidence to ask for help if they are struggling.

This is why I am proud to support the *You're never too young to talk mental health* campaign by the Anna Freud National Centre for Children and Families, which is being rolled out across primary schools this autumn.

The campaign's resources are excellent tools to support parents. They demonstrate how we can help children express their feelings, respond appropriately, and prevent small problems from snowballing into bigger ones. ”

### 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 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.



- 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.
- 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."

### Talking Mental Health Animation

TALKING MENTAL HEALTH

Talking Mental Health is an animation designed to help begin conversations about mental health in the classroom and beyond.

The animation and accompanying resources have been created by a team of animators, children, teachers and clinicians, and is being taught to year 5 and 6 children around the UK.

The animation and resources are freely downloadable from [www.annafreud.org](http://www.annafreud.org)

### Finding support

**ChildLine:** For 18s and under  
0800 1111

**YoungMinds Parent Helpline:**  
0808 802 5544

**NSPCC:**  
0808 800 5000

**Youth Wellbeing Directory:**  
[youthwellbeing.org](http://youthwellbeing.org)

### About the Anna Freud National Centre for Children and Families

The Anna Freud National Centre for Children and Families has developed and delivered pioneering mental health care for over 60 years.

**Our aim is to transform current mental health provision in the UK** by improving the quality, accessibility and effectiveness of treatment.

**We believe that every child and their family should be at the heart of the care they receive, working in partnership with professionals.**



Our Patron: Her Royal Highness The Duchess of Cambridge  
 Anna Freud National Centre for Children and Families is a company limited by guarantee, company number 03819888, and a registered charity, number 1077106  
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**Anna Freud Centre**  
 4-8 Rodney Street  
 London  
 N1 9JH

Sports Clubs...as promised I provide a list of my Sports Clubs. (A paper copy is also being sent out tomorrow so parents can return the reply slip by Monday.)

Other clubs will start after half term but mine start next week. Further news of the other clubs will be sent shortly.

Hi Parents

### Sports Clubs: Week beginning 17<sup>th</sup> October and 31<sup>st</sup> October

I provide below the timetable for my 'taster' sessions of clubs during next week. These clubs will also continue for the week immediately after half term. I have managed to put the various clubs on each year groups 'PE Day' to avoid any confusion of when kit is needed.

Please note:

1. Sometimes it may be wet underfoot or drizzling or muddy. Your child will need to bring dry socks and a towel.
2. Children will not need football boots - ordinary sports trainers are okay but they can wear protective gear e.g. shin pads. This includes scrum caps and gum shields if kiddies wish to wear these when playing rugby.

The clubs will feature during the PE Day and will finish in time for collection of pupils at the end of the day.

A list of other clubs run by various staff will also be sent to parents shortly. (These will start after half term.)

Next week's clubs and week beginning 31<sup>st</sup> October:

<b>Mondays:</b>	Y1 Mixed Football
<b>Tuesdays:</b>	Y2 Mixed Football Y3 Boys' Football Y3 Girls' Football
<b>Wednesdays:</b>	Y4 Boys' Football Y4 Girls' Football

<b>Thursdays:</b>	Reception Mixed Football Y6 Mixed Rugby Y6 Girls' Football Y6 Boys' Football
<b>Fridays:</b>	Y5 Mixed Rugby Y5 Girls' Football Y5 Boys' Football

Please Note: Due to the 'physical contact' of these sports, children can only take part if the reply slip giving permission has been returned.

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**Reply Slip: Please return by next Monday (17<sup>th</sup>) - SPORTS CLUBS**

Child's Name: \_\_\_\_\_ Class: \_\_\_\_\_

I give permission for my child to attend the 'taster' sports sessions for my child's year group.

I understand that football/rugby are physical contact sports which sometimes may result in injury.

Parent's Name: \_\_\_\_\_ Signature: \_\_\_\_\_