

Working on our wellness at Wheatley Lane

Welcome to our very first wellbeing for
parents and carers newsletter!

We think looking after our mental health
and wellbeing should be a priority.

We have been working hard at looking after
the children and staff at the school and we
want to expand this so that we are
supporting our parents and carers more.

We have a trained **Nurture team** in school
who work with children who have been
identified as needing additional emotional and
social support.

The team are Mrs Latham, Mrs Pollard and
Mrs Hargreaves



We have a **pastoral team** working in school
that are here to support the whole school
community in terms of their wellbeing.

The team are Maureen Thornborrow Pastor
Richard Hoyle and Stella Brassington.

Mrs Brown works as the family support and
SEND leader in school

Mrs Hargreaves is the wellbeing leader in
school

We have a team of **wellbeing Ambassadors**
who help the children's wellbeing.

The team are Thea, Spencer, Cara, Ethan,
Eva and Eliza.

5 ways to wellness

We have a focus in school that both staff
and children try to work on. They are **the 5
ways to wellness** from mind.org

<https://www.mind.org.uk/workplace/mental-health-at-work/taking-care-of-yourself/five-ways-to-wellbeing/>

Connect is the first of the 5 that is quite
an accessible one to try:

There is strong evidence that indicates that feeling close
to, and valued by, other people is a fundamental human
need and one that contributes to functioning well in the
world.

It's clear that social relationships are critical for
promoting wellbeing and for acting as a buffer against
mental ill health for people of all ages. With this in mind,
try to do something different today and make
connection. These are the suggestions from mind – you
might be able to come up with something different – let
us know!

- Talk to someone instead of sending an email
- Speak to someone new
- Ask how someone's weekend was and really listen when they tell you
- Give a colleague a lift to work or share the journey home with them.

WE WANT YOUR INPUT!

We are thinking of starting some parent
workshops – in the first instance for
the infant classes.

We were wondering if this is something
that you would be interested in doing?
There are a number of areas we could
deliver if there was a take up interest
such as:

- 1 – Understanding Emotions
- 2 – Being Brave
- 3 – Managing difficult emotions
- 4 – Understanding stress
- 5 – Understanding Change
- 6 – Release your resilience
- 7 – Building self-esteem
- 8 – NSPCC – PANTS
- 9 – Healthy Relationships
- 10 – Bullying
- 11 – Keeping safe in the Community
- 12 – Online Safety

- 13 - Keeping safe in the home
- 14 - Healthy Eating
- 15 Move and Groove

Or it might be something else that you find you would like additional advice or support about such as bedtime routines, or healthy eating.

Please let me know so that we establish a list of bespoke workshops for you.

Also what time would work best to run these workshops for most parents?

These could be run in partnerships with our children and family wellbeing support service.

Let me know what you think
h.hargreaves@wheatleylane.lancs.sch.uk

The children and family wellbeing support service also provide groups at their centres around Pendle. Please see the flyers below:



Monday	Tuesday	Wednesday	Thursday	Friday
10-11.30am Baby And You (0-2yrs) C196 Bradford 10-11.30am Development Matters (2yr+ preschool) C196 Bradford 1.00 - 3.00pm Baby And You (0-2yrs) C196 Bradford 3.00 - 3.30pm Development Matters (2yr+ preschool) C196 Bradford 4.00 - 5.00pm Mini Move & Groove C196 Bradford 7.00 - 8.00pm Colourful Voices (12-19+ SEND) C196 Bradford	10-11.30am Baby And You (0-2yrs) C196 Bradford 10.30-11.30am Development Matters (2yr+ preschool) C196 Bradford 1.00 - 3.00pm Baby And You (0-2yrs) C196 Bradford 3.00 - 3.30pm Development Matters (2yr+ preschool) C196 Bradford 4.00 - 5.00pm Mini Move & Groove C196 Bradford 7.00 - 8.00pm Colourful Voices (12-19+ SEND) C196 Bradford	10-11.30am Baby And You (0-2yrs) C196 Bradford 10.30-11.30am Development Matters (2yr+ preschool) C196 Bradford 1.00 - 3.00pm Baby And You (0-2yrs) C196 Bradford 3.00 - 3.30pm Development Matters (2yr+ preschool) C196 Bradford 4.00 - 5.00pm Mini Move & Groove C196 Bradford 7.00 - 8.00pm Colourful Voices (12-19+ SEND) C196 Bradford	10-11.30am Baby And You (0-2yrs) C196 Bradford 10.30-11.30am Development Matters (2yr+ preschool) C196 Bradford 1.00 - 3.00pm Baby And You (0-2yrs) C196 Bradford 3.00 - 3.30pm Development Matters (2yr+ preschool) C196 Bradford 4.00 - 5.00pm Mini Move & Groove C196 Bradford 7.00 - 8.00pm Colourful Voices (12-19+ SEND) C196 Bradford	10-11.30am Baby And You (0-2yrs) C196 Bradford 10.30-11.30am Development Matters (2yr+ preschool) C196 Bradford 1.00 - 3.00pm Baby And You (0-2yrs) C196 Bradford 3.00 - 3.30pm Development Matters (2yr+ preschool) C196 Bradford 4.00 - 5.00pm Mini Move & Groove C196 Bradford 7.00 - 8.00pm Colourful Voices (12-19+ SEND) C196 Bradford

Lancashire Walk and talk



Walk and Talk is a new Lancashire campaign to promote the importance of communication and language for our youngest children.

There is a video link to watch if you are interested in doing this with your child

<https://www.lancashire.gov.uk/early-years-support-and-training/parental-engagement-and-home-learning/walk-and-talk/>

Aims of the campaign

We know nationally, Covid-19 has had a huge impact on children's communication and language and personal, social and emotional development. Focussing our attention through Walk and Talk will help children develop those vital skills they require for lifelong learning.

The Lancashire Early Years of Life Strategy emphasises the focus on "closing the word gap and improve child communications outcomes", achieving this through the home learning environment, early education environment and through early identification and intervention. The Walk and Talk campaign would support in achieving the aims of the strategy.

There are activity cards that provide discussion prompts.

Going on a walk helps to develop listening and attention skills which are essential building blocks for communication and language. We want children to use all their senses.

- listen to the birds
- look at the traffic on the road
- smell the freshly cut grass
- touch the bark on the tree
- taste their snack

WALK & TALK

At the Shops



Do you know what we are buying at the shops? Here is a shopping list.

How many items do we need to buy?
What can we hear in the shop?

Is there music playing, people talking,
scanners beeping, babies crying?

Can you find me the bananas, bread, milk...?

provision for early years Lancaster