

Mental Health and Wellbeing Newsflash

October– Self Care



Pupils

All the pupils through the month of October thought about how they manage to care for themselves and their own wellbeing. The old children made wellbeing menus to collect their ideas to look at both at home and at school



Staff

We offered Staff a well being hour this month which allowed them to have either a late start into school or an early finish. The gift of time is the biggest reward we can offer to teachers and was very much appreciated!



Parents

What do you do to look after you?

If you need some help with this there are local ways. Use the links below.

[Well Being Service](#)

[SANE](#)

[Fun and Families](#)



If you're in crisis and need to speak to someone:

- Call NHS 111 (for when you need help but are not in immediate danger)
- Contact your GP and ask for an emergency appointment
- Contact the [Samaritans](#)
- Use the ['Shout' crisis text line](#) - text SHOUT to 85258

Anna Freud National Centre for Children and Families

shout 85258 here for you 24/7

Feeling overwhelmed? Struggling to cope?

24 7

Text AFC to 85258

Text the free, confidential textline

All texts are answered by trained volunteers, with support from experienced clinical specialists



Richard Hill CE Primary School,
Thurcaston



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November— Anti Bullying



Pupils

In school children are clear on what bullying is and how they can stop it. We have revisited what our STOP mantras mean and the children have learnt about the different types of bullying. Children are aware of the term bystanders and how they can help others.



Staff

It is our duty to ensure that our staff feel protected at all times. We have a new policy available for parents to reference on the school website about how we don't tolerate aggression or bullying in any form.

[Link for policy](#)



Parents

What to do if you think that there is bullying taking place?

Come and talk to us!

We will investigate and take further action if needed.

Our Anti Bullying Policy was updated this year and is used inline with our Positive Learning Policy and our Peer on Peer abuse policy. All of these are available via the school website.

Bullying is not when two people have a disagreement or fall out over something, it is usually

Several
Times
On
Purpose



Start
Telling
Other
People

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