



WINTHORPE PRIMARY SCHOOL

Head Teacher | Mr Rob Cook
Thoroughfare Lane, Winthorpe, Newark,
Nottinghamshire NG24 2NN

learning together - growing together

Telephone | 01636 680060
Email | school.office@winthorpe.notts.sch.uk
web | www.winthorpe.notts.sch.uk

Mental Health and Wellbeing Newsletter Spring 2024

Dear Parents and Carers,

This term my weekly assemblies have been focussing on mental health, as part of our 'Happy and Healthy' school value. The children have learnt about what mental health is, how we can look after our own mental health and what we can do if we feel we need help. We watched this video together, it is a good way of starting conversations about mental health at home <https://www.youtube.com/watch?v=nCrjev3-Js>

One of the things we talked about was getting enough sleep. Please see that attached information for some top tips.

We continue to add resources and links to the Mental Health and Wellbeing page on the school website and have created a leaflet with information of services available, attached to this newsletter. A recent addition is the Child Line Coping Kit which gives ideas for when you are feeling low or overwhelmed. There are lots of different options for activities, including for distraction, calming, expression. <https://www.childline.org.uk/toolbox/coping-kit/>

Visit the website for links to lots of other resources and services.
<https://www.winthorpe.notts.sch.uk/mental-health-and-wellbeing/>

Please let me know if you know of any other resources or support services and I will add them to our website and newsletters.

If you have any concerns about your child's mental health or questions about how to support mental health at home please contact via me email senco@winthorpe.notts.sch.uk

Many thanks for your support

Mrs Sally Edmonds
sedmonds@winthorpe.notts.sch.uk