

Well-Being



ST. NORBERT'S
CATHOLIC PRIMARY SCHOOL



Parent Pocket Guide



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CATHOLIC PRIMARY SCHOOL



St Norbert's Catholic
Voluntary Academy



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St Norbert's Catholic Voluntary Academy

Article 28: Every child has the right to an education.

Additional resources you might find useful

[Home - Mind](#)

[Mental health websites \(meandmy mind.nhs.uk\)](http://meandmy mind.nhs.uk)

[Mental health - NHS \(www.nhs.uk\)](http://www.nhs.uk)

[YoungMinds | Mental Health Charity For Children And Young People | YoungMinds](#)

[Emotional wellbeing and mental health - Lincolnshire County Council](#)

mental health



Well-Being is more important than ever in this climate of uncertainty. Here at St. Norbert's well-being is an integral part of our ethos. It is important that we connect and work together between home and school to look after and nurture yours and your child's mental health. Remember we are all in this together.

- 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." 

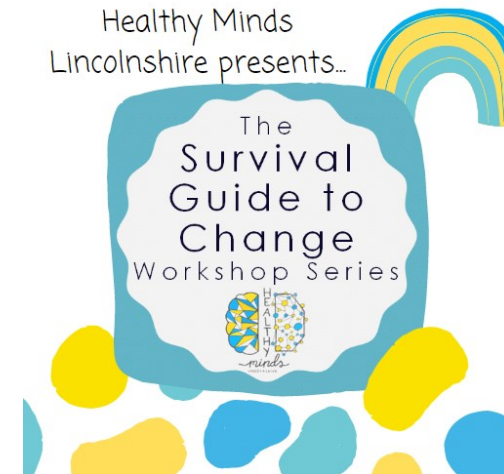


In St Norbert's we are using the 'Five Ways to Wellbeing' 2008 which are a set of evidence-based public mental health messages aimed at improving the mental health and wellbeing of the whole population. They were developed by NEF (New Economics Foundation) as the result of a commission by Foresight, the UK government's futures think-tank, as part of the Foresight Project on Mental Capital and Wellbeing. The NHS has also adopted these principles into their own Mental Health and Wellbeing campaign, where evidence suggests these are 5 steps you can take to improve your mental health and wellbeing.

	<p>Connect... with the people around you. With family, friends, colleagues and neighbours. At home, work, school or in your local community. Think of these as the cornerstones of your life and invest time in developing them. Building these connections will support and enrich you every day.</p>
	<p>Be active... Swap your inactive pursuits with active ones. Go for a walk. Step outside. Cycle. Play a game. Garden. Dance. Walk or cycle when making short journeys. Being active makes you feel good. Most importantly, discover a physical activity you enjoy and that suits your level of mobility and fitness.</p>
	<p>Take notice... Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savour the moment, whether you are walking to work, eating lunch or talking to friends. Be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you.</p>
	<p>Keep learning... Try something new. Rediscover an old interest. Sign up for that course. Take on a different responsibility at work. Fix a bike. Learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy achieving. Learning new things will make you more confident as well as being fun.</p>
	<p>Give... Do something nice for a friend, or a stranger. Thank someone. Smile. Volunteer your time. Join a community group. Look out, as well as in. Seeing yourself, and your happiness, linked to the wider community can be incredibly rewarding and creates connections with the people around you.</p>

Healthy Minds Lincolnshire

Healthy Minds Lincolnshire has created a five session 'Survival Guide to Change' online workshop series to support children and young people to learn new strategies to help manage during times of uncertainty and change. This workshop series is suitable for young people in Years 6 +. Younger children are likely to need support from parents/carers in completing this workshop.



- Session 1 - <https://www.youtube.com/watch?v=MYGEbanjoK4>
- Session 2 - <https://www.youtube.com/watch?v=csFYVMmGxIY>
- Session 3 - <https://www.youtube.com/watch?v=aAni42TfYSg>
- Session 4 - <https://www.youtube.com/watch?v=hk4QIjYSJyI&t=1s>
- Session 5 - <https://www.youtube.com/watch?v=FJIG37lwsP8>