

Volume 28  
Issue 17  
**Friday 9th**  
**February 2024**

# Highlands Weekly



Dear Families,

This week at Highlands we have been celebrating a very important week. This week is Children's Mental Health week. Children's Mental Health Week is a mental health awareness week that empowers, equips and gives a voice to all children and young people in the UK. Being mentally healthy during childhood means reaching developmental and emotional milestones and learning healthy social skills and how to cope when there are problems. Mentally healthy children have a positive quality of life and can function well at home, in school, and in their communities. Mental health is as important to a child's safety and wellbeing as their physical health. It can impact on all aspects of their life, including their educational attainment, relationships and physical wellbeing. Mental health can also change over time, to varying degrees of seriousness, and for different reasons.

At Highlands we regularly consider how important our mental health is and what we can do to support our mental health. This includes:

- Keeping physically healthy
- Opportunities to play and do activities that make us happy
- Having a good diet
- Getting plenty of sleep
- Connecting with others

We know at Highlands that our mental health is just as important as our physical health and we must look after it! We are all important and make a positive contribution to this world. We must all show ourselves kindness every day because we matter.

If you have any concerns about your child's mental health, please come and speak to your child's class teacher, learning leader or Mrs Owen. Attached is a list of services that you can access to support mental health.



## **MHST work on Resilience at Highlands**

This year, Highlands is working alongside the MHST (Redbridge Mental Health Support Team). The MHST will be working alongside parents and children at Highlands to support them in supporting children's mental health and well-being. One of the key areas that we will be focusing on is Resilience. This is one of our Highlands values and is very important to children's overall mental health.



- Resilience is the ability to bounce back after challenges and tough times.
- Resilient children can recover from setbacks and get back to living life.
- Resilience develops when children experience challenges and learn to deal with them positively.
- Strong relationships are the foundation of children's resilience

## **How can we help build Resilience in our children?**

- Support your child but try not to solve every minor problem or disappointment. For example, if your child isn't invited to a birthday party or didn't get what they want for their birthday, you could talk about how they feel instead of trying to fix the problem.
- Avoid predicting and preventing problems for your child. This might mean letting your child hand in homework that's wrong or not replacing a broken toy. Overcoming small challenges builds your child's resilience for bigger setbacks.
- Help your child to identify and manage strong emotions. For example, your child might be worried about a family member who's sick. You could say, 'I can see you're really worried about Grandpa. It's OK to be worried. But remember we're doing everything we can to help him get better'.
- Encourage your child to have another go when things don't work out the first time they try something. Praise your child for trying, no matter the result. You could say 'I'm proud of you for finishing the race' or 'Well done for giving it another go'.
- Build your child's self-compassion. Self-compassion helps your child deal with disappointment, failures or mistakes by being kind to themselves. In turn, this helps them to move on from difficult experiences.

- Make it a habit to recognise and acknowledge when things are going well. For example, during family meals you could each share one positive thing from your day.
- Help your child to develop problem-solving skills in an age-appropriate way. For example, if a child at school says or does something unkind to your child, brainstorm how your child might respond next time.
- Find a positive role model who has experienced similar challenges to your child. For example, your child might find support in an older friend whose parents have separated or who has lost a family member.



## Here is what we have been getting up to during Mental Health Week

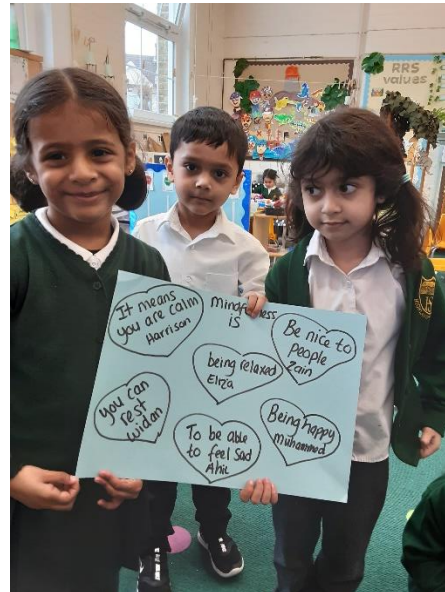
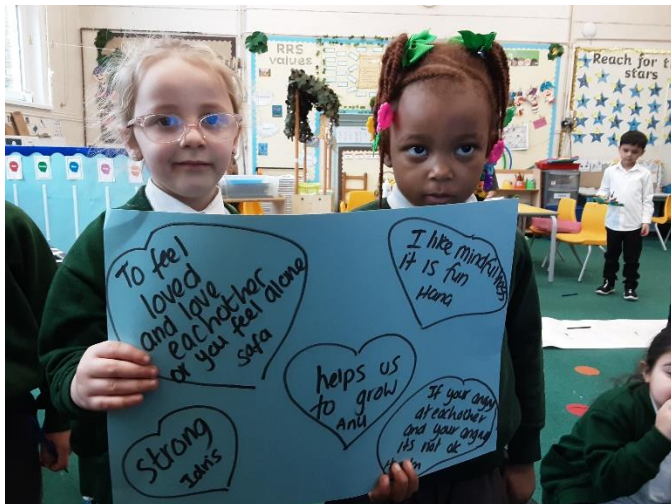
### Nursery

As part of mental health awareness week, we have been talking a lot about the feelings we may have. We talked about what makes us feel happy, sad and angry and who can help us when we feel different emotions. Aidan in Raspberries group said: "I was angry because my batman toy was making noise but now they don't work. I was trying to press the button 4 times but it still didn't work". Ivaan in Cherries group said: "I will go to teachers if I am sad in the Nursery. Rahila in Cherries group said: "I speak to mummy when my sister hurts my feelings. Hania in Raspberries group said "Happy at school". Most of the children understand that they can share their feelings with us in Nursery and that we can help them. We enjoy singing the 'hello' song at the beginning of every session to find out how we are all feeling.



## Reception

This week in Reception we have been learning about Mental Health week. The children spoke about how mindfulness helps them to regulate their feelings and emotions. The children have learnt some techniques such as breathing and the importance of speaking about their emotions to help our mental health.



## Year 1

This week in Year 1, the children have been involved in discussions around Mental Health and what that means to them. The children were very engaged in the conversations around what makes them special and why we should celebrate this. Below are some quotes of what the children said:

"Mental Health means eating good food so your brain is healthy" Musa R. 1Ha

"We need to take care of our brains, so we are happy" Maryam 1Ha

"I am special because I'm so helpful and kind to my friends" Mehreen 1Ha

"You know what makes me special? I am good at making everyone laugh" Aamash 1Ha

"We need to do exercise so we can stay happy and healthy" Khalil 1An

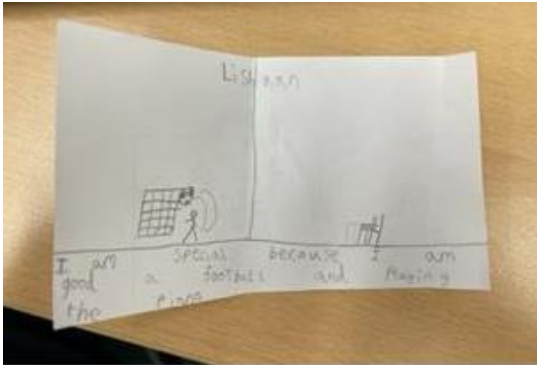
"I am special because I'm good at gymnastics" Reva 1An

"Mental Health means looking after yourself by eating healthy" Hassan 1Fi

"I am special because I make lots of pictures and give them to my family to make them happy" Heba 1Fi

## Year 2

Year 2 had a think about what they are good at. They made a drawing in the style of the book 'The Boy, The Mole, The Fox and The Horse' to consider what makes them special. To have good mental health, we know that it is important to think about what makes us special and that we are unique in this world.



## Year 3

Year 3 have been exploring and observing Mental Health Week. They have dedicated time to raising awareness and, promoting well-being. Throughout the week, the children have been participating in mindfulness activities designed to help them manage stress, improve focus, and enhance their overall well-being. Through **Creative Art**, children have discovered a powerful tool for processing emotions and promoting mental health. Children in Year 3 have been looking at 'The Sad book' by Michael Rosen, which explores the various shades of sadness. Children have also been exploring the close link between physical exercise and mental well-being. Through swimming the Year 3 children have been working on building their resilience and discovering their sense of self along with their self-esteem. The Year 3 team have been facilitating age-appropriate discussions about mental health in the classroom. Topics have ranged from understanding emotions, coping with stress, the importance of self-care, and being supportive of others. These are some of the comments the children have made during our class discussion.

"When I feel stress or worried I like to draw"

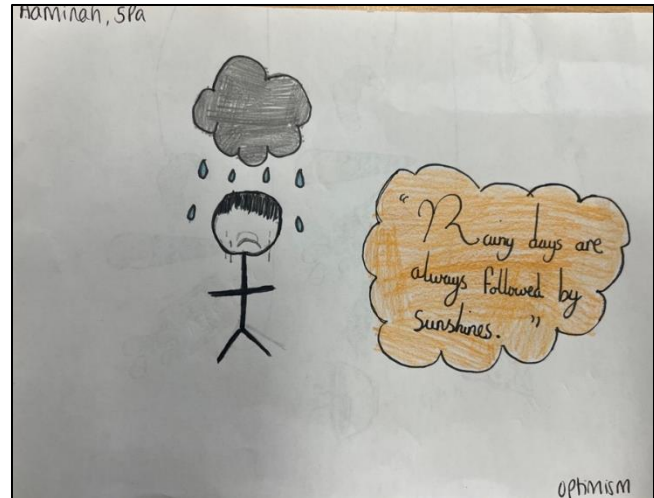
"By being a good friend I am able to help others"

"I can always talk to my brother about what is bothering"

"It's not always easy to describe what I am feeling, "

## Year 4

This week we have been looking at mental health. We have understood the importance of mental well-being and discussed ways to help our mental health. We explored our feelings and emotions and discussed different ways of regulating our emotions. We shared different things we do to help regulate our emotions and support our well-being such as drawing, listening to music, reading, sports activities, etc. We also understood that not everyone expresses their feelings and emotions in the same way and we need to learn to be more empathetic and aware of others.



## Year 5

Year 5 have had another fantastic week of learning. As it has been mental health week, we have been focusing on identifying emotions and strategies to deal with them as well as taking inspiration from Charlie Mackesy by creating illustrations to display how feelings can arise on the inside and what they may look like. Below are some illustrations the children produced. The children also pondered over the question 'Why is Mental Health so important?' Here are some of the responses:

"Mental health is important because it helps you develop your feelings and thoughts as a child. If you don't share your thoughts, it will become a big bubble always over you and when it pops it will never go away, so it is important to share your feelings".

*Kiran, 5Pa*

"Mental health is important to me because it affects your emotions and actions. Managing your mental health in the right way helps you live a healthy lifestyle. It is also important to me because it avoids me from feeling miserable".

*Hannah, 5Pa*

"Mental health is important because all your emotions and feelings stay inside you if you don't show them. It is going to affect your mental health. It is okay to share your feelings and emotions with a trusted adult or anyone you feel safe with".

*Ayaan, 5Pa*

"If you don't share your feelings and thoughts, it will affect your wellbeing. Mental Health is just as important as your physical health".

*Umaimah, 5Pa*

"Mental health is very important to me because if you do not have a healthy mental health, it could affect your wellbeing. It could get even worse as you grow up. Which is why I believe you should always take care of your mental health and it should be your number one priority".

*Safiyah, 5Pa*

I agree with Charles Mackesy that a lot of emotions and feelings present themselves inside. Your mental health always comes first even when you are an adult".

*Ayman, 5Pa*

Frustration

An emotion that occurs in a situation when I am blocked from reaching a desired outcome

Hannah Umairah

Sometimes I fall to the ground

but you have me and i will help you out of LOVE.

Love Saudo, SPa

Kiran, SPa

Did you practice for the test?

need help

WOW

now the real test

How did it go

yay!

20/20

After the test

Nervous.

You are amazing!

AAAA H! (Haha)

I am sorry

Haha

I will give you a gift

Sorry

Sorry

Stop it

Friends now

ANGRY

Ayhan, S Pa

What have I done?

you should Love what you see in the mirrors

self-love



## Year 6:

This week, Year 6 explored and celebrated Mental Health Week. They understood the importance of talking about mental health as well as exploring the strategies on how to keep a healthy mind. It was lovely to see children behave so maturely in these sessions, they had thoughtful discussion around the concepts of feeling overwhelmed, sad or pressured. Children in Year 6 looked at ways in which they could help those around them if they were feeling a certain way and how they can raise awareness not only in school but outside of school on Mental Health. Here are some thoughts from some children in Year 6:

*"It is good to raise awareness of Mental Health Week, it shows people they can talk about this topic and shows everyone that it is ok to talk about difficult things."*-**Gopal 6Ka**

*"It gives people confidence to come out and talk about issues that are upsetting them, it also lets people know they are not the only ones that may be feeling this way. I think it was really nice that we got to speak about this in our classes."*-**Anaya 6Go**

*"I think Mental Health Week is important, if people are feeling overwhelmed or sad they know they can talk to people and someone will listen."*-**Adiba 6Sa**

## Oak Class

This week is Mental Health Awareness Week. In Oak we have been exploring the topic of FEELINGS. The children have looked at their facial expressions and the attached emotions such as happy, sad, angry, calm, excited and worried. The children also talked about what makes them feel these different emotions. The children also tried Yoga and breathing exercises to help with self-regulating.



## The Well-Being Committee

We are the well-being committee and we are here to support the well-being and mental health of everyone in the Highlands family. We are here to look after our Highlands family and take care of their worries. Here are some of the things we do:

- We look at worries and help children to look at them and solve them.
- We let everybody know that it is okay to tell us their worries.
- We want everybody to know that every emotion is okay.
- We help people to share their worries on our online worry box
- We make sure Highlands is a happy place where everyone feels safe to be themselves.

We look forward to working with everybody in our Highlands family.

Sincerely the wellbeing committee,

Abshari, Mevish, Fasha, Archana, Jessica, Ruqayah, Ayan, Ali, Nyle, Maria, Faizan, Amelia and Hooman



## Rights Respecting Schools

We are a Gold Rights Respecting school and this year we are looking at reaccreditation to sustain our Gold status. The rights of the child inform all of our decision-making. This week Articles 6, 12 and 13 have been a real focus as part of Mental Health Week. If any of our families would be interested in joining our new steering group please email [admin@highlandsprimary.net](mailto:admin@highlandsprimary.net) to express your interest.



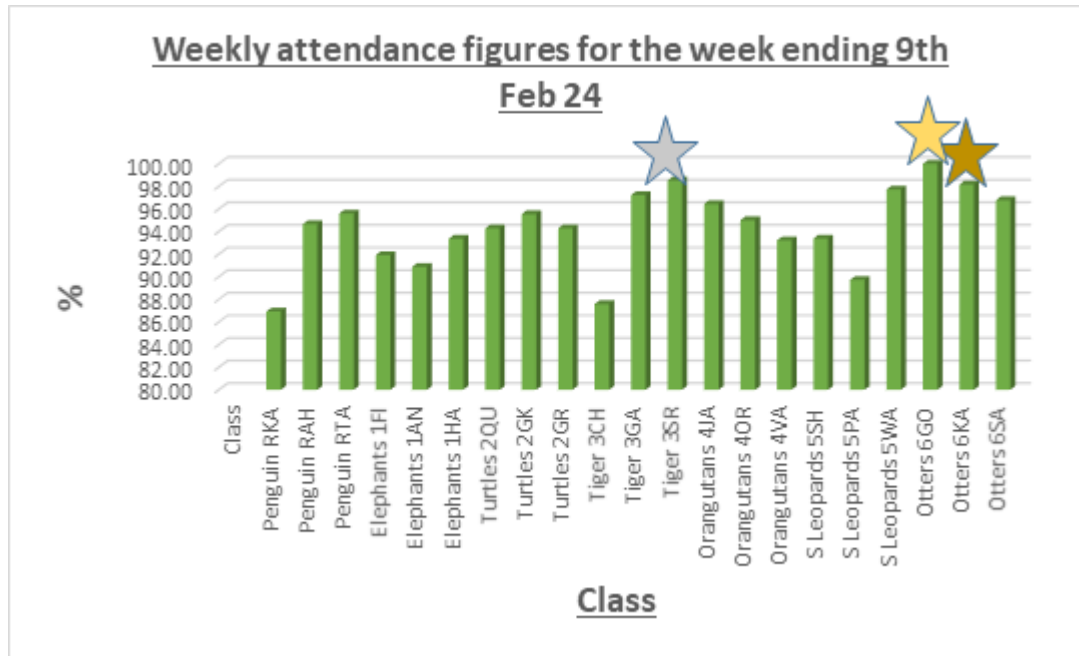
**Dental Health and Wellbeing** (Article 24, Every Child has the right to the best health and services). Please see the attached posters for promoting our physical and dental health as families.

## Attendance

Total school attendance for this week is 93.73%

This week's winning classes are:-

- Gold Award**      6Go with 100.00%
- Silver Award**    3Sr with 98.52%
- Bronze Award**    6Ka with 98.15%



## Birthdays

Happy Birthday to the children celebrating from  
Monday 5<sup>th</sup> February 2024 to Sunday 11<sup>th</sup> February 2024

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| <ul style="list-style-type: none"> <li>Eesa</li> <li>Niyah</li> <li>Reva</li> <li>Ali</li> <li>Karan</li> <li>Musa</li> <li>Haniyah</li> <li>Safa</li> <li>Kinza</li> <li>Ezzah</li> <li>Fasiha</li> <li>Aurnik</li> <li>Suede</li> <li>Sevile</li> <li>Zaara</li> </ul> | <ul style="list-style-type: none"> <li>Turtles 2Gr</li> <li>Penguins RKA</li> <li>Elephants 1An</li> <li>Otters 6Go</li> <li>GiantPandas NAM</li> <li>Orangutans 4Ja</li> <li>Orangutans 4Va</li> <li>Penguins RAH</li> <li>Sn Leopards 5Sh</li> <li>Elephants. 1Ha</li> <li>Otters 6Sa</li> <li>Elephants. 1Ha</li> <li>Orangutans 4Or</li> <li>Turtles 2Qu</li> <li>Otters 6Go</li> </ul> |
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