

Volume 1  
Issue 3

# Highlands Weekly



Dear Families,

## Children's Mental Health Week

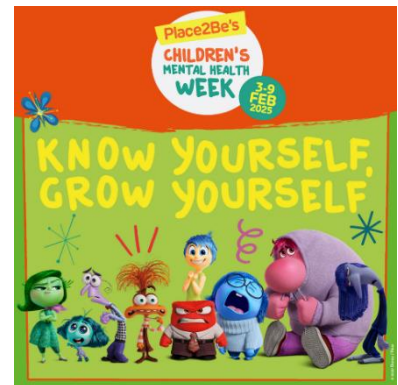
This week at Highlands we have been celebrating a very important week. This week is Children's Mental Health week. Children's Mental Health Week is a mental health awareness week that empowers, equips and gives a voice to all children and young people in the UK. Being mentally healthy during childhood 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 started the week off with our launch assemblies, which looked at our emotions, and considering what might make us feel a particular way. The children had some fantastic ideas about how to manage feelings that might make us feel a bit uncomfortable although we know that all feelings and emotions are natural and ok. We ended our week with our dress to express day. The children looked fabulous and really embraced their uniqueness and the theme of 'know yourself.'



We know at Highlands that our mental health is just as important as our physical health and we must look after it! Every person is important and makes 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.

We wish you a wonderful weekend.

The Highlands family

## **Supporting Mental Health at Highlands Primary School**

### **MHST work at Highlands**

We are incredibly lucky to be able to work with Redbridge MHST (Mental Health Support Team). Berat and Ahlam are our Education Mental Health Practitioners (EMHPS) that work in our school. This uses evidence-based interventions to improve young people's well-being, this means the support we provide is proven to help lots of young people. The EMHPS work in small groups or one-to-one to help children develop coping skills for low mood or anxiety. They also work with children who are struggling to cope with emotions and this is affecting their behaviours. EMHPS work closely with families and parents too, to support the overall mental health and well-being for the child and family. Lots of parents, children and class groups have accessed their support and it has had a wonderful impact on children's mental health. Please do let us know if you would like more information on this support.



Ahlam



Berat

### **ELSAs**

Here at Highlands, we also have two ELSA's, Mrs Sheikh and Mrs Butt. They are highly skilled in supporting children who have experienced challenges in an aspect of well-being. This may be direct feelings or behaviours that the children are displaying but it may also be to support children who have been impacted by challenges at home such as bereavement, separation, life changes etc. Mrs Butt and Mrs Sheikh may support children for a short period of time or a longer period of time, until we feel they have the tools to be able to manage feelings and behaviours independently. If this is something you feel that your child would benefit from, please speak to your class teacher about this.



Mrs Sheikh



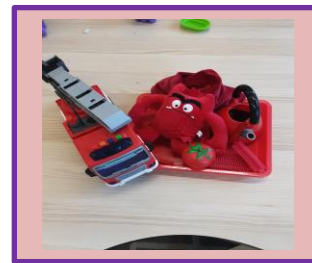
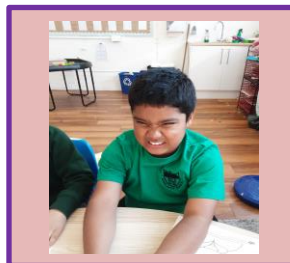
Mrs Butt

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

### Oak Class

In Oak we always talk about our feelings and why we feel them.

This week for mental health week we revisited the colour monster and talked about what makes us happy, sad, excited and silly. The children enjoy making the facial expressions. We listened to the feeling song and watched some of inside out and coloured some of the characters.

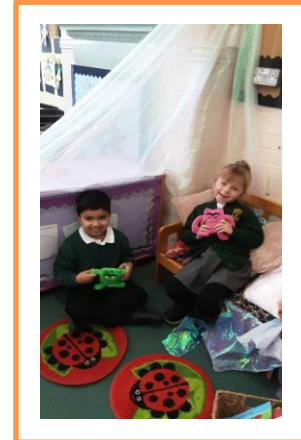
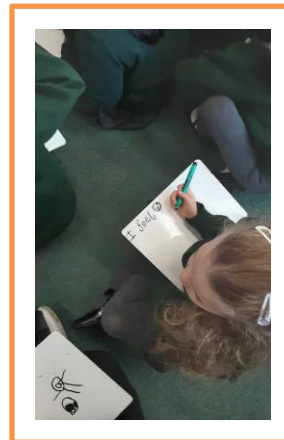
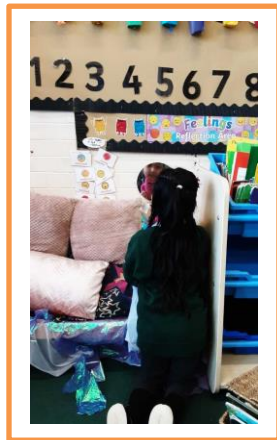
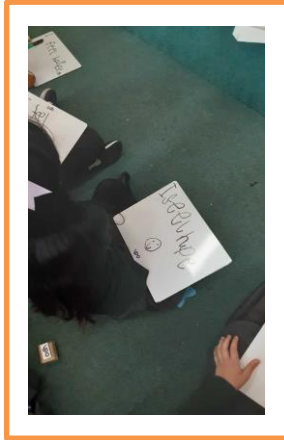


### Nursery



As part of Mental Health Awareness Week, we have been discussing the various feelings we may experience. We spoke about what makes us feel happy, sad, or angry, and who can support us when we encounter different emotions. Farid in Bumble Bees group said: "I feel happy when Aadam helps me do my learning." Ziddan in Ladybirds group added: "I feel excited to come to nursery." And Jamanah, in the same group, said: "spiders make me worried and mummy takes them out of my house then I am happy." When we asked them "How do you feel when you come to the nursery?" Abdul Rahman in Butterflies group said: "I like the toys, I like reading books, so I'm happy." Most of the children understand that they can share their feelings with us in Nursery, and that we are here to help. They recognise that when they feel upset or sad, they can use the 'Emotional Regulation Zone' in the Nursery to help them feel better. We enjoy singing the 'Hello' song at the start of each session to check in and see how everyone is feeling.

## Reception



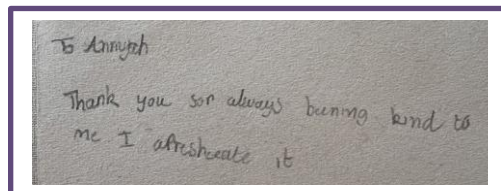
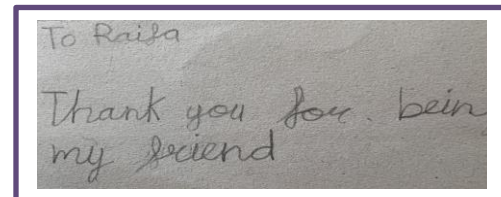
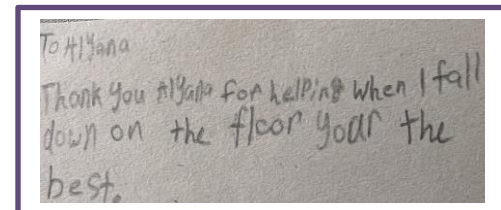
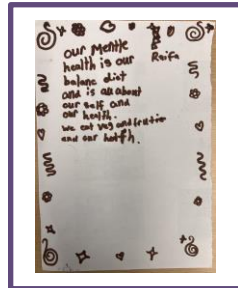
This week in Reception, we have been exploring emotions and learning how to take care of our mental health. During circle time, we talked about how we were feeling and discussed what makes us happy, sad, or excited. To help us understand these different emotions, we linked our conversations to *The Colour Monster* book, which sparked discussions where the children were able to share examples of times they felt a range of emotions. When talking about moments of happiness, Alizey (Red Class) shared, "I feel excited when it's my birthday," and Sufyaan (Red Class) said, "I feel happy when I play with my friends." Lyla (Yellow Class) mentioned, "I feel disgust when it rains," and Hoorain (Green Class) said, "I feel scared in the dark and I put the blanket over me," when discussing emotions related to things we don't like. We also talked about who we can go to when we are feeling sad, scared, or angry, and the different activities we can do to help ourselves feel better. In our classroom, we have created a reflection area where children can take a moment to think about their feelings and have some quiet time. This space has been a helpful tool for children to process their emotions and share how they are feeling with others. During our carousel activity, the children had fun creating their own *Inside Out* characters, each representing a different emotion. For our morning starter activity, we have been using the sentence starter "I feel..." to write about our emotions, which has been a wonderful way for the children to express themselves. After lunch, we practiced breathing exercises to help calm our minds and focus. During choosing time, the children enjoyed mindful colouring, which gave them a chance to relax and be creative. It's been a week filled with engaging activities that have helped us understand and take care of our mental health!

## Year 1

Well done to all the children in Year 1 for their fantastic performances in their show and share assemblies! Thank you again to parents for supporting children with their lines at home.

This week we have been celebrating Children's mental health week. The children had a discussion about what mental health means to them, Eliza said "Mental Health is looking after your brain". Aiyla said "Mental Health is when you talk about your feelings like if you're happy or sad". Gabina said "Mental Health is like, how to keep your brain healthy and happy". The children joined in discussions about things they enjoy and activities that make them feel happy.

## Year 2



The children in Year 2 have been celebrating Mental Health Week. The children learnt mental health is all about how we are feeling, the thoughts we are having, how this affects the choices we make and how we behave. It is also how able we are to cope with what is happening in our daily lives. We looked at different emotions we may experience and discussed how to best support our mental health by spending time outside, listening to music and doing an activity we enjoy. The children learnt everyone has times when they feel good and when they feel not so good. Some of the emotions we experience will feel comfortable and some may feel uncomfortable. This is OK. However, it is important to ask for help if we or someone we care about is experiencing difficulties. The children used their creative skills to make positivity posters and wrote each other anonymous compliments. To mark the occasion the children were given the opportunity to dress up on Friday. The theme was Dress to Express, it was lovely to see so many children in their vibrant, colourful clothes expressing themselves.

## Year 3

We had another busy and enriching week in Year 3, full of exploration, creativity, and learning across subjects. Here's a brief look at what your child has been working on:

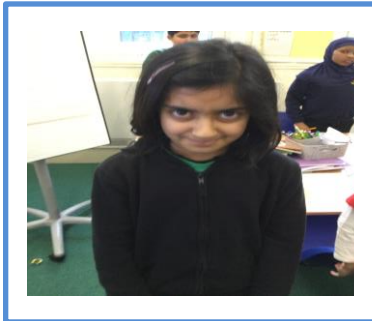
This week, in R.E, we've been reflecting on the story of the Good Samaritan. We've encouraged the children to think deeply about the moral lessons of kindness and compassion, and how they can apply these values in their everyday lives. The children have really engaged with the idea of helping others without expecting anything in return. It's been wonderful to hear them share their thoughts on how they can show kindness, both in school and at home. In Art, we've been exploring the fascinating world of prehistoric art. Using charcoal, the children have been experimenting with tonal ranges, creating dramatic shading and textures to imitate the techniques used by early humans. They've really enjoyed the process of layering charcoal and creating contrast. It's been a fantastic way for them to connect with history while also developing their artistic skills. We encourage them to keep experimenting with tonal ranges as they develop their understanding of light and shadow.

In Geography, the children have shown great enthusiasm in analysing grid references on maps, focusing on the local area around Missenden. They've been honing their map-reading skills and working hard to locate different landmarks using grid coordinates. This exercise has helped them to gain a deeper understanding of how maps work and how to use them effectively. The children have been doing an excellent job of locating key features, and their problem-solving skills have really improved. In English, the children have been delving into the world of *The Iron Man* by Ted Hughes. They started by describing the setting, bringing to life the environment in which their character exists. Then, they focused on developing their character descriptions, paying particular attention to their character's physical appearance. Through these activities, they've been practicing how to use vivid language to engage the reader and create strong imagery. It's been exciting to see the children's creative writing flourish as they explore their own interpretations of the story.

In Maths, the children have been working on converting different measurements from metres to centimetres. They've been practicing how to change between these units of length, building their confidence with measurement.

## Year 4

Year 4 have had another wonderful week. Children's mental health week is very important to us and the children have shown an excellent understanding of what mental health is. We have discussed what different emotions are and what may cause us to feel different things. We know that our mental health has an impact on our behaviour and how to cope with any uncomfortable feelings we have like envy or anger. We understand that all emotions are accepted but it is how we react to those emotions that is important. We considered what we may need to do to deal with uncomfortable emotions that we feel such as walking away, taking some space or deep breathing. The children had some excellent ideas that they can share with everyone at home too.

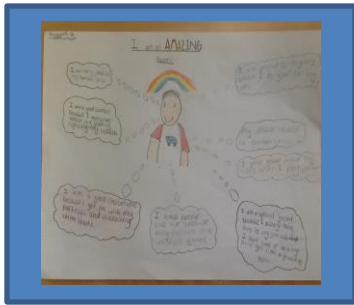


## Year 5

This week's focus on Mental Health Week provided children with a valuable opportunity to explore the wide range of emotions we all experience. Through thoughtfully designed activities, students were encouraged to delve deeper into understanding these emotions, reflecting on how they manifest and how we can effectively manage them. These activities fostered self-awareness, allowing children to recognise and name their feelings, while also introducing them to strategies for emotional regulation. The week's emphasis on mental well-being created a safe space for open discussions and creative expression, helping children to share their thoughts and feelings.

The engaging nature of the activities, combined with open dialogue, empowered children to identify and understand their feelings. This focus on mental health during the week aimed to equip them with essential skills that will contribute to their lifelong well-being. By learning about the different emotions, we all experience and self-regulation techniques, the children are developing a foundation for navigating the complexities of their inner lives. This early emphasis on mental health awareness is crucial in fostering resilience and promoting a positive sense of self in each child.

## Year 6



Mental health is important because it helps you emotionally and it helps you feel free of your emotions. It is important to look after your mental health because this is how you express your feelings. It is important to tell someone how you feel when something has happened.

Sara 6Wa



Mental health is your emotional well-being and feelings. If you don't look after your mental health, it will compound your feelings of negativity and not help you achieve your best. We can look after our mental health by putting ourselves first and making time for us. If we have anything affecting our mental health, we know we can talk to a trusted adult to help us.

Umaimah 6Sh



Mental health is just like physical health, you go to the doctor when you get sick and it is the same thing for mental health, you can go to a trusted adult when you feel overwhelmed, stressed or scared. You can look after your mental health by doing things you love, going outside or listening to music. You could also do sports or get active.

Abeedah 6Pa

## 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



### **What do the well-being committee think about mental health?**

We believe mental health is important. It is important to look after your mental health as well as your physical health. Talking is good, bottling up emotions does not help. It may come out in a way you do not want it to. Knowing yourself and how to look after your mental health well helps you to grow and help us react to situations differently. Emotions, feelings and thoughts are important. Poor mental health can actually physically stop our brains from developing.

We make sure Highlands is a happy place where everyone feels safe to be himself or herself. We look forward to working with everybody in our Highlands family.

Sincerely the wellbeing committee.



### **Punctuality**



Please can we remind families that school starts at 8.50 and that the gates will be locked at 8.55. We allow 5 minutes grace for families, but anyone arriving after 8.55 will be asked to report to the front office to be registered as late. If you need any support with tips on how to make your mornings more punctual in the best interests of the child see the link below.

<https://www.theschoolrun.com/9-secrets-stress-free-school-mornings>

**Article 17 (access to information from the media) - Every child has the right to reliable information from a variety of sources, and governments should encourage the media to provide information that children can understand. Governments must help protect children from materials that could harm them.**

## Safer Internet Day: Monday 10<sup>th</sup> Feb 2025

### Attendance Update

We would like to remind families of the NHS advice designed to support families to decide if your child is well enough to attend school. You can access this advice via the link below.

<https://www.nhs.uk/live-well/is-my-child-too-ill-for-school/>

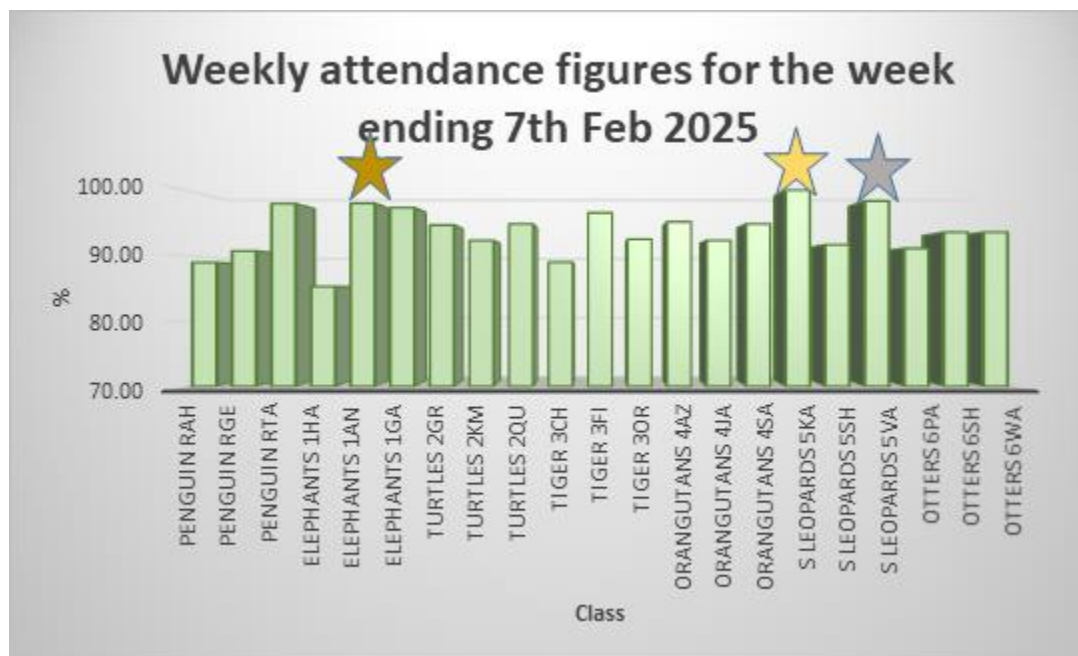
Please be aware that if your child is absent from school due to illness for 5 days or more we will ask families to provide medical evidence in order for us to be able to authorise the absence. If this is not provided then your child's absence may be recorded as unauthorised.

### Birthday Celebrations

We are aware that many families like to send in edible treats for their child's classmates to help them celebrate their birthdays. We would like to remind families that if you wish to do this then the treats that you provide need to be **individually wrapped** and **nut free** in line with our school's Nut Free policy. Any treats that are not individually wrapped will be returned to families, as we are unable to distribute these.

## Attendance

Total school attendance for this week is **93.72 %**



## Birthdays

Happy Birthday to the children this week – they will have received their birthday card from the Highlands Family.