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# Hopton Primary School Wellbeing Newsletter

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## Wellbeing and Mental Health at Hopton Primary School

At Hopton Primary, we are committed to supporting the mental health and wellbeing of pupils, parents, carers and staff.

Wellbeing and mental health is promoted in school for our pupils through our PSHE curriculum, the use of Zones of Regulation, small group wellbeing work, individual wellbeing work, wellbeing workshops and assemblies.

## FOCUS ON: Anger

Anger is a normal and useful emotion. It's helpful to recognise and understand when things are not fair or right. It's OK to get angry at times but it is important to manage and show your anger in an appropriate way. Anger can become a problem if you feel out of control or aggressive. It can interfere with your behaviour, feelings and relationships.

### **What anger feels like:**

Being angry can make you feel like reacting to every little thing that happens. Anger can make you feel like:

- Shouting
- Screaming
- Breaking things
- Hitting other people

However, the above are not helpful ways to manage your anger as you can end up hurting yourself or others.

## FOCUS ON: Anger (continued)

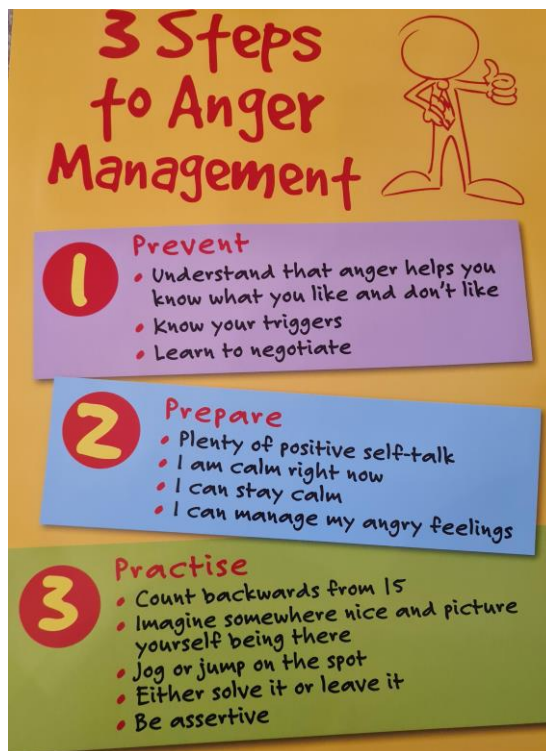
### Signs that you're feeling angry

Use these signs to notice you're getting angry before you're out of control. You may notice:

- Feeling tense or hot
- Your heart beating fast
- Your breathing becoming faster and harder
- You feel sweaty and shaky
- Your fists and jaws clenching
- Your head hurting or feeling dizzy
- You want to cry or shout
- You can't see things clearly

Not everyone shows all of these signs and you may experience others. It's important to write them down so you can recognise when your anger is building up, and you can work on feeling calm.

(adapted from Action for Children)



### 3 Steps to Anger Management

**1 Prevent**

- Understand that anger helps you know what you like and don't like
- Know your triggers
- Learn to negotiate

**2 Prepare**

- Plenty of positive self-talk
- I am calm right now
- I can stay calm
- I can manage my angry feelings

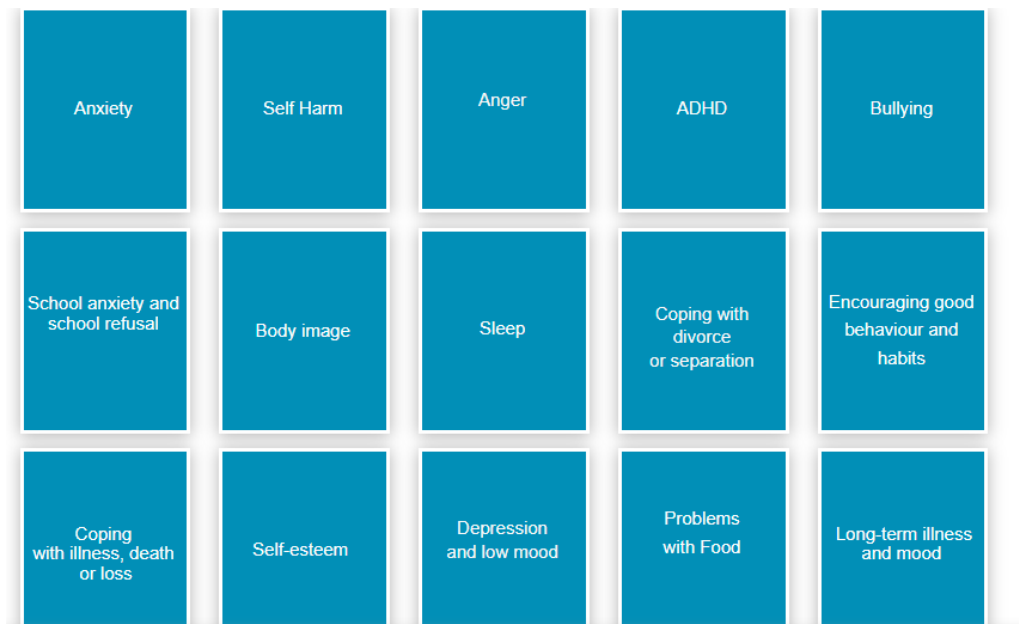
**3 Practise**

- Count backwards from 15
- Imagine somewhere nice and picture yourself being there
- Jog or jump on the spot
- Either solve it or leave it
- Be assertive



Check out the Happy Maps website which has a huge range of resources to help a number of different needs.

<https://www.happymaps.co.uk/age-group/primaryschool/>



## Wellbeing at Christmas

While Christmas is an exciting time for most young people, for some, it can be more difficult: here are some mindful ways to support your child's wellbeing this festive season. From Santa visits to elves on the shelves and all the celebrations in between, Christmas is a magical and exciting time for most young people. For some children, the festive season can also bring or exacerbate feelings of stress, anxiety, sadness and pressure.

### **Tips for a mentally healthy Christmas**

Some simple steps include:

#### **Managing expectations for Christmas Day**

Anticipation of Santa's arrival and of the perfect Christmas Day can create unachievable expectation, which can result in young people becoming overwhelmed or feeling let down. Keeping a balance is important.

Focus on one or two nice aspects of the day, while also acknowledging there will be down times or maybe sad times.

If your child has experienced bereavement or is managing a difficult situation, such as a family break-up, Christmas can be particularly difficult. Asking your child to talk about how they are feeling and encouraging them to open up will help.

#### **Being aware of risk factors**

Children thrive on routine. Christmas is one of the most disruptive times of the year for families, with so much travelling, visiting or entertaining. Bedtimes and mealtimes are out of sync with children's usual routines; sugary food is within easy reach; and the parameters that we set to manage on a day-to-day basis can fall by the wayside.

Lack of sleep and disrupted routines can result in tempers flying high, so retaining some structure can help avoid unnecessary fallout; for example, ensuring that your children's bedtime doesn't change for the entire holiday period or limiting sugary foods where possible.

#### **Focusing on being present**

Be in the moment with your children.

While children are inevitably excited by the prospect of gifts, the best gift that we can give them during the festivities, or any other time, is our presence. Try to include activities together as part of Christmas presents or incorporate this into Christmas Day plans. Something as simple as taking an hour away from cooking or entertaining to play a game with our children can have lasting, positive impacts.

### **Giving the gift of mindful listening**

Christmas is such a busy period that, often, we don't have time to engage in meaningful conversations where we can actively listen to our children.

Children are extremely intuitive, so don't underestimate their power to know when we are really listening to what they're saying. Taking time to actively listen to your child can have significant effects on their ability to freely express themselves - not just over the holidays but throughout their youth - as well as also providing opportunities for a more open parent-child relationship.

By taking some simple steps to stay mindful of your children's mental health at this time, it can help make the holidays more enjoyable and memorable for everyone.