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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: Sleep

Good bedtime and sleep routines are vital for children's brain and body function. Routines give children a sense of structure, security and independence. Research shows that children who follow bedtime routines are more likely to go to sleep earlier, take less time falling asleep and wake up less during the night.

A good routine consists of turning off phones, laptops and tablets an hour before bed as they emit a blue light that is proven to stimulate the brain making it harder to fall asleep. It is beneficial for children to have a bath, brush their teeth and go to the toilet at the same time each day as part of their routine.

It also helps to settle children down a bit earlier than you want them to sleep to allow them time to relax. This time can be used talking quietly about their day, reading a story or listening to some calming music.

Lots of useful information can be found at

<https://thesleepcharity.org.uk/>

<https://www.youtube.com/watch?app=desktop&v=2BoLqgNuqWA>

<https://www.hct.nhs.uk/media/4734/sleep-booklet.pdf>

<https://youtube/FgCwrumLEhU>

Helping children to be calm.

The children have been learning a number of different ways to be calm. This may be after they have become cross or frustrated or as a way of relaxing. We have been learning a number of different strategies, including; five finger breathing, star breathing and grounding techniques. Here are some useful posters which we use in school to help.

Star BREATHING



5-4-3-2-1 GROUNDING TECHNIQUE

- 5 THINGS YOU CAN *see*
- 4 THINGS YOU CAN *touch*
- 3 THINGS YOU CAN *hear*
- 2 THINGS YOU CAN *smell*
- 1 THING YOU CAN *taste*

