



Wellbeing

Welcome to our first 'Frimley Wellbeing Newsletter' for this academic year and a massive welcome to all of our new families. We hope this monthly newsletter will help you to find advice, helplines, book recommendations, and information on how to support the mental health and wellbeing of you and your family (children and adults alike). If you can't find what you are looking for, we have a wealth of information, including past newsletters on our web site: [Frimley Church of England School - Emotional Health and Mental Well-being](#) Alternatively you can contact your child's class teacher or send a message to the office.

On Tuesday, we supported the charity 'Young Minds' and wore something yellow to school for World Mental Health Day. 'Young Minds' is a charity that not only offers advice and support to young people and their families, but also campaigns for better access to care and support for young people.



About #HelloYellow

#HelloYellow launched in 2016 to show young people they're not alone.

Since then, thousands of schools, companies and communities have come together and made World Mental Health Day that little bit brighter by wearing something yellow and donating to YoungMinds. We've been blown away by our supporters' dedication, hopefulness and fantastic yellow outfits.

YOUNGMINDS
fighting for young people's mental health



It is not too late to donate to Young Minds following the Hello Yellow Day.

Use this link to donate via the school's Just giving page.

[Frimley Junior School Frimley is fundraising for Young Minds Trust \(justgiving.com\)](https://www.justgiving.com/Frimley-Junior-School)



Anna Stroud (Mental Health Lead & Mental Health First Aider) & Vicki Conway (Family Link Worker)



If a child in your life opens up to you about their mental health, here are six tips on how to help them feel understood and more able to cope, from a Trauma and Mental Health Informed Practitioner.



Give your full attention and use positive body language

Give them time to speak while you are fully focused. Try to relax your facial expression and body position. Put yourself at the same height or lower than them. Nod or make a sound to show you have heard and make eye contact (but don't insist that they do).



Use statements as well as questions

Using statements to reflect back what you have heard allows them to agree, disagree and explore their feelings. You can use phrases such as: 'It sounds as if you're feeling...', or 'What I've heard is...' and fol-



Be empathetic

You can use phrases like: 'No wonder you are feeling so...', 'It hurts so much when...' or, 'I'm so sorry you're feeling like this'.



Reflect key information and label emotions

Link the key details of what has happened with the emotions they are feeling now. This can help them to make sense of their experiences. Remember to check with them that your summary is accurate, and give



Be curious

Use phrases like 'I wonder if...' or 'Can you help me understand more about...?' This helps them to explore their feelings and experiences, and can feel less demanding than saying things like 'What happened?'



Encourage problem solving



Supporting them to resolve a difficulty themselves, rather than simply telling them what to do, can empower them and increase their confidence and resilience. You could say, 'I wonder what you could do?' or 'Have you got any ideas of what you'd like to do?' Ask if they would like you to help - and if so, how - and encourage them to think about a Plan B if their first idea doesn't work out

The Relaxing Power of Reading

THE
READING
AGENCY

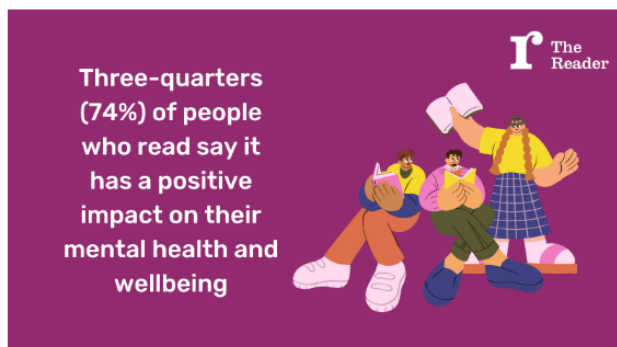
Research reveals the power of reading and wellbeing. The positive

impact of a 'good book'

and the power of Shared Reading groups within the community can give mental health support.

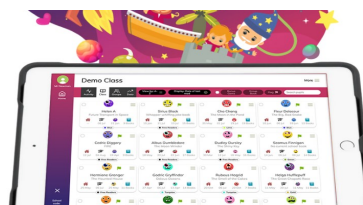
Click on the link to read the full article:

[Reading Well | Reading Agency](#)



Did you know?

Regularly reading with a child provides a connection between you both and helps to build strong family ties. Reading is a great habit, but like all habits, it needs repetition and regularity to establish itself. Our lives today are very busy and so it's very important to consciously plan and schedule regular quiet reading time with your child. Don't forget to log all reading on Boom Reader.



Join the Blue Peter Book Club

'The Blue Peter Book Club' is all about sharing the joy of reading! Each month they'll talk about a different book from the list (on their web site) and find out your thoughts on it too! They'll also have lots of fun activities, quizzes and cool challenges to try.

[Official Blue Peter Book Club](#) | [Join the BP Book Club](#) |





National
Trust

Free Visit



A breath of crisp air. The crunch of leaves underfoot. That feeling of winding down. From startling murmurations and bold displays of colour to conkers, fruit and fungi, autumn is full of wonder – and it offers us a refreshing escape. Everyone needs nature, so for a limited time the National Trust are offering you a **free visit** to a place we care for this autumn. Where will your escape take you?

If you're already a member, you can use your free visit to bring along a friend or family member.

LESSONS *from* Autumn

@POSITIVELYPRESENT



The Power of Validation

Validating a child's feelings lets them know that their emotions are real and acceptable. It helps them feel understood and accepted, which contributes to their emotional well-being.

When you validate a child's feelings, it builds trust between you and the child. They learn that they can confide in you without fear of judgment.

Validating feelings encourages open communication. When children feel safe expressing their emotions, they are more likely to share their thoughts and concerns with you.

It helps children develop emotional intelligence by recognising and understanding their own emotions. This, in turn, helps them navigate their feelings in a healthier way.



Safeguarding at Frimley

The school is committed to safeguarding and promoting the welfare of children and expects all staff and volunteers to share this commitment.

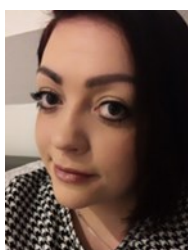
This means that we have a Child Protection Policy and procedures in place which we refer to in our prospectus. All staff (including supply staff, volunteers and governors) must ensure that they are aware of these procedures. Parents and carers are welcome to read the Policy which is available on our web site.

Sometimes we may need to share information and work in partnership with other agencies when there are concerns about a child's welfare. We will ensure that our concerns about our pupils are discussed with his/her parents/carers first unless we have reason to believe that such a move would be contrary to the child's welfare.

Our Designated Safeguarding Lead (DSL) Officers are:



Clare Wright, Headteacher



**Rachel Farage
Curriculum Deputy
Head**



**Sally Williams
Pastoral Deputy
Head**



**Anna Stroud
Year 5 Leader**



**Vicki Conway
Family Link Work-
er**

If you are concerned about a child's welfare, please record your concern, and any observations or conversation heard, and report to one of the DSLs as soon as possible the same day.

You can use the email address DSL@frimley.surrey.sch.uk to report a concern.

Do NOT conduct your own investigation.

If your concerns relate to the actions or behaviour of a member of staff (which could suggest that they are unsuitable to work with children) then you should report this to one of the DSLs in confidence, who will refer the matter to the Headteacher (or the AQC Chair at chair@frimley.surrey.sch.uk if the concern relates to the Headteacher) – who will consider what action to take.

Helpful Advice

Cost of Living Support

- Check to see whether you are eligible for benefits—[Cost of Living Payment 2022 - GOV.UK \(www.gov.uk\)](https://www.gov.uk/cost-of-living-payment-2022)
- Support from Surrey CC—

[Cost of Living financial support available - Surrey County Council \(surreycc.gov.uk\)](https://www.surreycc.gov.uk/cost-of-living-financial-support)

- Surrey Health and Welfare Support—[Health and welfare support - Surrey County Council \(surreycc.gov.uk\)](https://www.surreycc.gov.uk/health-and-welfare-support)



If you can't find the support you need on these pages, the Community Helpline Team will be happy to signpost you to the relevant local help and support that may be available to you:

- Community Helpline on 0300 200 1008 which is open Monday to Friday from 9am until 5pm.
- SMS 0786 0053 465 for deaf and hearing impaired residents only (Monday to Friday from 9am to 5pm).

Drug & Alcohol Addiction Support



Surrey and Borders Partnership
NHS Foundation Trust

[Getting Help : Surrey and Borders Partnership
NHS Foundation Trust
\(surreydrugandalcohol.com\)](https://www.surreydrugandalcohol.com)

Are you one of the people affected by someone else's drinking?

[Get help today ▶](#)

[Al-Anon UK | For families & friends of alcoholics](https://www.al-anon.co.uk)



Our free Children and Young People's Crisis Line is available 24 hours a day for young people 6 years old and over, parents and carers who are experiencing emotional and mental health crisis.

**Please call 0800 915 4644
selecting option 1**



Scan me to visit our website
www.mindworks-surrey.org

Help and Support

National Gambling Helpline:
Freephone 0808 8020 133
Web chat via www.gamcare.org.uk

GamCare's Young People's Support Service:
YoungPeopleService@gamcare.org.uk

Dedicated information for young people:
BigDeal.org.uk
Follow us: @BigDealUK

