



Wellbeing

Welcome to our November Frimley Well-Being Newsletter. Today, is World Kindness Day and the start of Anti-Bullying week. We are celebrating our individuality and uniqueness by wearing odd socks to school, whilst this afternoon, the children took part in an interactive assembly which was presented live by 'The School of Kindness' Team. The children learnt about the science of kindness and the impact it has on our physical and mental health. On Thursday, the children will take part in an Anti-Bullying Worship in the hall, where we will discuss the importance of being kind and respectful to others, the importance of speaking up and what it means to be a bystander. Linking to the Breck Foundation workshops in October, we have included guidance on how to build healthy and positive relationships on line and ways to protect your child / children's mental health whilst online including recommended apps to support Wellbeing.

At Frimley Junior School, we are always here to help and if we cannot help you, we have a wealth of knowledge and connections to signpost you to other organisations who may be able to help you and your family.

If you have any questions or suggestions for the newsletter, please email info@frimley.surrey.sch.uk

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



SURREY HEATH MENTAL HEALTH SUPPORT TEAM (MHST)



We have been successfully working with the Surrey Heath Mental Health Support Team (MHST) for the past year. will provide interventions for children and young people, with mild mental health and emotional wellbeing difficulties. They will also work closely with our staff and support us in improving our whole schools' approach to mental health. All their work hopes to reduce stigma and improve awareness of mental health so that children and young people can access the right support when they need it.

Over the next few months, we will share further information on who the team are, and the support they will offer. We will also be sharing surveys, to give you the opportunity to have your say in how the service is developed and delivered in our school, as well as resources to support your child/ children's mental health. If you would like further information, or you think this service would benefit your child / children, please contact your class teacher or email: info@frimley.surrey.sch.uk

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The Anti-Bullying Week 2023—Call to Action

“Too often, we are silent when we see bullying take place, silent about the hurt bullying causes, and silent when we hear bullying dismissed as ‘just banter’. It doesn’t have to be this way. Of course, we won’t like everyone and we don’t always agree, but we can choose respect and unity.” [Anti-Bullying Alliance](#)

WHAT ADVICE CAN I GIVE MY CHILD?

- 1. Be kind and respectful to others:** you have a vital role to play in modelling positive relationships. Your child is always watching you and learning from you. It's important to talk kindly about other people and support your child to be kind and respectful to others. 
- 2. Understand true friendship:** you can teach your child the qualities of a true friendship such as kindness, respect, boundaries, laughter, forgiveness, and trust. This will help your child recognise if others are being unkind or manipulative towards them. Encourage your child to be open to friendship rather than insisting on one best friend. Experience shows you can be vulnerable if they decide not to be your friend anymore! 
- 3. Grow in confidence:** we all have times when we feel shy and self-conscious. Some children are naturally more confident than others, others are quieter, and are happy with their own company or the company of a small group of friends. If your child is unhappy and wants help to grow in confidence then talk to the school to see what support they can give (e.g. a buddy or peer mentor system) and consider activities and groups outside of school that might help your child grow in confidence (e.g. sports, Scouts and Girl Guides, arts and drama, martial arts, volunteering). 
- 4. Role play together how to handle difficult situations:** it is likely that your child will experience name calling, will get into arguments and may even be involved in physical fights. Role play together the different options you have in these situations, what you could say or do, and who; else could help. 
- 5. Establish physical boundaries:** help your child to understand that their body belongs to them, and that everyone has their own physical boundaries. This means it is not okay to be rough with other people, or to touch, hug or grab them without their consent. It is never okay for someone to physically hurt someone else and children need our help and guidance to learn to give people personal space. 

This week, we will be taking the opportunity to highlight the importance of **respect, kindness and speaking up**. Adults and children alike will come together and have discussions about what we mean by bullying behaviour, how we can tell the difference between ‘banter’ and bullying and how we can make positive change.

As a parent or carer, you are a vital piece of the puzzle and there are lots of positive steps you can take whilst supporting and guiding your child through their school years.



 **KIDScape**
Help With Bullying

If you are worried about bullying and need some advice or support you can contact the **Kidscape Parent Advice Line**. You can find out more about it at: www.kidscape.org.uk.

The Anti-Bullying Alliance has lots of tools and resources on our website to help you about bullying: www.anti-bullyingalliance.org.uk

 **ANTI-BULLYING ALLIANCE**

Helping your Child Take Action Against Bullying

A bystander is someone who is present in a bullying incident, but not directly involved. Most bystanders aren't malicious, but they may be unsure how to intervene in the situation and make

bullying stop.

If you would like to talk to your child about some of the themes being raised in school, then the guidance below will help their understanding. A link to the video you watched is below.

1. Helping your child be an active UPstander

An active Upstander is a person who witnesses bullying behaviour and takes action to make it stop. Children have a keen sense of justice, and with support they can use this to play their part in preventing and challenging bullying.



2. Talk about bullying

Explain what bullying is, and how it's not OK to make other people feel scared or sad. If your child tells you about something that happened at school which sounds like it might be bullying, talk it through with them.



3. Empower them to help

Talk about what they can do if they see a bullying situation. It might be hard for them to say something to the child or children doing the bullying, but they can always stand or sit with the child going through the bullying or lead them away. If the bullying is online, they can direct message the person and let them know they are there for them.



4. Think about who else can help

Talk about five people who can help if they see or experience any bullying. This could be teachers, parents, and other trusted adults. Remind them that bullying should be stopped, and that this can be done anonymously if they need. (See Activity 2)



5. Encourage friendship

Being bullied makes a child feel isolated and alone. Encourage your child to make a special effort to be friends with other children who are often left out or seem sad.



6. Sticking up for others

Discuss what your child can do to stick up for others. Something as simple as not laughing along and clearly saying "that's not alright" can make a huge difference in a bullying situation.



7. Personal safety

Think about situations where it's not safe to intervene, such as when there is immediate physical danger. When that happens, encourage your child to lead the child away if they can, or go and find an adult who can help.



WATCH OUR MAKE A NOISE VIDEOS WITH YOUR CHILD



Primary



Secondary

[Anti-Bullying Week 2023 Primary & Secondary School Videos - YouTube](#)

FOR PARENTS AND CARERS



Kidscape provides advice and support for parents and carers concerned about bullying. Information is available through the Kidscape website and social media channels, through the Kidscape Parent Advice Line, and regular peer to peer support groups. Parents also can attend workshops to help them support their children through their school journey. For more details visit www.kidscape.org.uk

- Family Lives www.familylives.org.uk
- Parent Zone (digital family life) www.parentzone.org.uk/home
- Red Balloon Learner Centres www.redballoonlearner.org
- YoungMinds (for support with mental health) www.youngminds.org.uk
- Papyrus UK (suicide prevention support) www.papyrus-uk.org
- Report Harmful Content (for cyberbullying and online harms) www.reportharmfulcontent.com
- Childnet International (for cyberbullying and online harms) www.childnet.com
- Internet Matters (for cyberbullying and online harms) www.internetmatters.org/issues/cyberbullying/

ANTI-BULLYING ALLIANCE: PARENT AND CARER ONLINE TOOL



ABA has developed an online anti-bullying information tool for parents and carers. The tool will help parents and carers who are:

- Concerned that their child may be vulnerable to bullying at school
- Worried that their child might be getting bullied
- Aware that their son or daughter is being bullied
- Just wanting to learn more www.anti-bullyingalliance.org.uk/parenttool

FOR CHILDREN AND YOUNG PEOPLE

- Anti-Bullying Pro www.anti-bullyingpro.com
- ChildLine www.childline.org.uk
- The Mix www.themix.org.uk
- Report harmful Content (for 13+ concerned about cyberbullying and online harms) www.reportharmfulcontent.com
- Childnet International (for cyberbullying and online harms) www.childnet.com
- YoungMinds (for mental health) www.youngminds.org.uk
- Papyrus UK (suicide prevention support) www.papyrus-uk.org

What is Online Bullying?

Online bullying, or cyberbullying, is when someone uses the internet to target and deliberately upset someone.

Cyberbullying often happens on personal devices that young people have continuous access to. This means it can happen anywhere and at any time, so it can feel like it's hard to escape. The bully could be either someone that they know, or a complete stranger. In this article, you will find a wealth of information about:

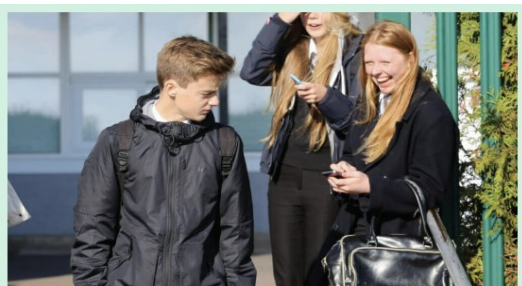
- The types of online bullying
- The impacts
- Top tips



Help & advice for parents and carers

Helpful information and guidance on a range of key online safety topics

If you are worried about your child / children's online conversations and activities, it is always worth having a conversation with their class teacher. At Frimley, we can offer support and advice to you and your child.



Online Bullying

How to identify online bullying and key advice on how to deal with it

[Online Bullying | Childnet](#)

Further Reading

'A Guide To Supporting Young People with their Friendships'

**The
Children's
Society**

[Good-Childhood-Friendship-Guide-Adults.pdf](#)
(childrenssociety.org.uk)



[A parent's guide to being social online this December](#) (thinkuknow.co.uk)

[Essential Ways to Help Your Child Manage Online Friendships](#)
(theyarethefuture.co.uk)

Conversation starters

- 1 What is the biggest challenge for young people your age online today?
- 2 What is the difference between banter and bullying?
- 3 How would you/your friends respond to cyberbullying?
- 4 Do you think there is a difference between physical face-to-face bullying and online bullying?
- 5 Is everything okay online? I'm here if you want to talk about anything.

APPs to Support Well-being and Mindfulness



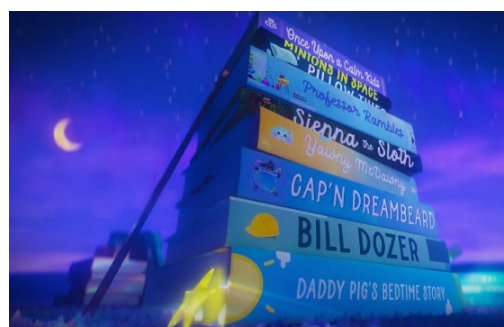
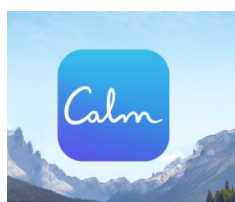
Headspace app has bespoke exercises tailored for 3-5s, 6-8s and 9-12s. These include the following:

- **Calm** – This is a simple breathing exercise to help children feel calm and relaxed.
- **Kindness** – A visualising exercise to teach children about openness and generosity.
- **Appreciation** – Helps children learn how to appreciate

other people and the world around them.

- **Paying Attention** – Using the power of the imagination to help children focus.
- **Cool Off** – This helps 'rebalance' children if they are feeling angry or frustrated.
- **Sleep Tight** – This activity helps children get ready for bed and fall asleep.
- **Stay Positive** – Aimed at children 6 and above to help them manage feelings that may leave them feeling confused, scared or sad.
- **Goodnight** – This activity will help children switch off after a busy day.
- **Good Morning** – This help children start the day right with stretches, breathing to wake up the brain.
- **Rest & Relax** – This is aimed at bringing children down from high energy moments to help them develop calm and balance.
- **Settling Down** – Activity to help young ones 'uncoil and reset'

Calm Kids App: Explore a magical library of sleep stories. Every Sunday night a new story will be downloaded to help your child relax and drift off into a mindful sleep. [Introducing Calm Kids — Calm Blog](#)



Zones of Regulation App: Children identify the coloured 'zone'



that they are in which corresponds to different groups of emotions. For example, anger is in the red and sadness in the blue. This app links with Zones of Regulation boards which are in every classroom. The app then guides children through these emotions and how to deal with them. The intention is to take children through the negative emotions into the calm and content ones.

Ollee App: Created by Parent Zone, the Ollee app aims to help children process their experiences with support from parents and carers. Children are first asked about what they'd like to talk about before diving into how they are feeling and what is causing that emotion. They are then given advice or ideas to help them work through their emotion.

For further information please visit:

[Headspace: Guided Meditation Review - EducationalAppStore](#)
[Wellbeing apps for kids | Internet Matters](#)



Helpful Advice

Cost of Living Support

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



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

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



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

Drug & Alcohol Addiction Support



Surrey and Borders Partnership
NHS Foundation Trust

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

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

