



# Heath Primary School

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Welcome to our Heath Wellbeing Newsletter. This newsletter contains updates on what's happening in school and links to useful websites.

## We are children, helping children.

Mental health is defined as our emotional, psychological, and social well-being. It affects how we think, feel, and act. During this half term, our wellbeing ambassadors have worked extremely hard to produce a newsletter to educate and promote the importance of mental health and wellbeing within school. The children have met weekly to create the different aspects of this newsletter and we are very proud of them.



Throughout the year, we have been discussing our close network during assemblies, work in class and circle time. The network is five trustworthy adults who we can go to for advice and help. We can always rely on them at all times.

We interviewed our peers to see their opinions on the close network and who they trust. This allowed us to compare children of different age groups network. One Y3/4 child said, "The close network is important because it is someone to go to if you need any help. This makes you feel safe and secure when you need support."

Finally, we designed a logo to show an example of the network. We carefully thought about what to add and put the LGBTQ+ colours to show inclusivity in our school.

As part of our Safe Tell culture, each classroom has their very own worry monster. Worry monsters are used to help children talk about their worries. Sometimes just writing down a worry can be helpful in itself. When a worrying or troubling thought comes into the child's mind, they can write their name down and feed it to their worry monster. An adult will check inside the worry monster and speak to the child about their worry.



**P**eople in need

**O**f help

**S**upport is given to everyone

**I**n our community

**T**ogether we can make a difference.

**I**t's important to speak up about mental health

**V**alue everyone's personalities and feelings

**E**veryone is unique and equal.

Promoting positivity is a vital part of our ethos within school. Our ambassadors wanted this to be shown in our newsletter through creating this acrostic poem.



### Links to useful websites.

<https://www.youngminds.org.uk/>

<https://www.place2be.org.uk>

<https://www.nspcc.org.uk>

