

Wellbeing Newsletter

December 2024

We have been working really hard to support pupil wellbeing in school, aiming to boost resilience and confidence, and to help our children recognise their feelings while taking care of themselves both mentally and physically. This includes understanding and managing emotions, as well as building healthy relationships with others. You can also explore *The Five Ways to Wellbeing* with your child.



Our children are encouraged to share any worries they may have, no matter how big or small, by writing a "worry note" for Mrs. Hazell, our designated Wellbeing and Mental Health contact in school. She will arrange a wellbeing chat during her timetabled slots each week, which the children have found very helpful. (Please note: If a child discloses anything of a concerning nature, a Designated Safeguarding Lead (DSL) will be informed, and the parent/carer will also be notified.)

The build-up to Christmas and the expectation to make it wonderful can be a stressful time for families, particularly in the current financial climate. If you need support, the following resources may be helpful:

Family Information Service (help with finances, wellbeing, housing)

<https://familyinfo.buckinghamshire.gov.uk/>

Restore Hope - 01494 765555

MIND - 01296 43732

Chiltern Foodbanks - 0808 2082138

Employment Support - 01494 463364 EXT 2

Safe Haven Crisis support - 01494 218098

Have a safe, happy and restful Christmas and New Year