

Wellbeing Newsletter

February 2025

Last week we welcomed the Bucks Mental Health Support Team (MHST) to the school, to work alongside us promoting positive Mental Health and Wellbeing alongside all the work we do in school.

MHST would like to work alongside the whole school community and are able to provide workshops for students and parents and staff training around topics related to mental health and we invite suggestions of any areas you would like support with. We also offer personalised interventions to support parents with their children if they are experiencing low level anxiety or behavioural difficulties. Mrs Groom has invited us to your **Celebrations Assembly on the 28th March** and we are very much looking forward to telling you a little more about what we do. We have already got some workshops for topics such as promoting resilience, confidence and self-esteem and transitions planned for later in the year.

We are so pleased & excited to be able to work alongside MHST to provide the very best support for your children.



Today I choose to be calm. Happiness depends on the quality of your thoughts. Smile often, think positively, give thanks, laugh loudly, and love others. When you focus on the good, the good gets better.

This year, Children's Mental Health Week is focusing on **Know Yourself, Grow Yourself**.

Children's Mental Health Week 2025 aims to encourage children, young people and adults to embrace self-awareness and explore what it means to them. This will help them grow and develop resilience to cope with what life throws at them. Take a look at the link below for some useful tips for families.

<https://www.childrensmentalhealthweek.org.uk/families/>