



Welcome to the first issue of our monthly Mental Health & Wellbeing Newsletter for the academic year 2024-2025.

As stated in [Mentally Healthy Schools](#), primary schools have a vital role to play in supporting children’s mental health. At John Perry, we believe that teaching young people the skills they need to recognise and deal with their emotions, and helping those with difficulties get the support they need, is key to giving them the best start in life.

These newsletters will be sent out each month and they aim to provide hints and tips for looking after your child’s and your own mental health and wellbeing.

We are always open to constructive feedback and suggestions. Please speak to a member of SLT or email the school office ([office@johnperry.bardaglea.org.uk](mailto:office@johnperry.bardaglea.org.uk)) if you would like us to include information about a particular area of mental health and wellbeing or if you have any ideas or suggestions to improve the mental health and wellbeing of our staff, pupils and John Perry community.

### What is mental health?

Mental health is about how we think, how we feel and how we behave. Having good mental health means that you are able to make the most of your life, reach your potential and cope with the ups and downs



### The Self-Kindness Toolkit

Taking care of your wellbeing is important when supporting yourself and others. Not only is it good for your everyday health, it also helps us cope with moments of uncertainty and stress we may encounter. British Red Cross has produced a free, downloadable self-kindness toolkit packed with activities to support building resilience, coping with stress and worries, and connecting with others. Click on the image to access the toolkit.



### Zones of Regulation

From time to time, all of us (including adults) find it hard to manage strong feelings such as worry, anger, restlessness, fear or tiredness, and this stops us from getting on with our day effectively. Children who feel these emotions often find it hard to learn and concentrate in school.

At John Perry, we have implemented the Zones of Regulation intervention to teach children strategies to help them to identify their emotions and cope with these feelings so they can get back to feeling calm and ready to learn. These coping strategies are called ‘self-regulation.’

We will be holding parent workshops about the Zones of Regulation, as we believe this intervention can be used at home to help your child identify their emotions and self-regulate. In the meantime, please visit <https://zonesofregulation.com/> if you would like to know more.

## The ZONES of Regulation

<b>Blue Zone</b> Sad Bored Tired Sick	<b>Green Zone</b> Happy Focused Calm Proud	<b>Yellow Zone</b> Worried Frustrated Silly Excited	<b>Red Zone</b> overjoyed/Elated Panicked Angry Terrified

## Five ways to help your child settle back into the school routine

Going back to school is often an anxious time for children and parents. Whatever your child's circumstances over the last academic year, returning to school will mean once again getting used to social interaction, being away from parents and learning in a classroom.

To navigate this period of adjustment, please read our useful tips:

1. **Talk to your child:** Encourage your child to have conversations about the return to school. If they don't volunteer any information, encourage them to answer simple questions like, 'How was your day?', 'What did you learn in Maths?', 'Who did you play with at lunchtime?', 'What have you learnt today?' Some children, like adults, find it hard to express themselves verbally. In that case, allow them to draw something about their school day and then praise them for their effort.
2. **Listen to your children:** Actively listen to their response, without interrupting or trying to offer a solution. If children feel listened to, they're more likely to voice how they are feeling. By accepting and validating their emotions, an empathetic response can help regulate a young child. They feel heard and understood.
3. **Work collaboratively with your child to find a solution:** After acknowledging any negative emotions about school, encourage your child to practice thinking positively. For example, 'What are three positive thoughts about returning to school? What are you most grateful for at the moment?' And remind them of their resilience and give examples of when they have overcome a challenge.
4. **Plan and prepare with them:** Set mini tasks in the first days of school and ask them to help you. For example, packing their school bag, going to bed and waking up at the same time as a school day, getting their uniform ready or preparing their packed lunch. This will give your child a sense of purpose and, in the long term, will help them become more independent.

5. **Help them deal with separation anxiety:**  
it is normal for children, especially little ones, to feel anxious about spending time away from their parents or carers. Help your child by being positive about school, for instance telling them how much they will learn, how many friends they will make and how the adults in school are here to make them feel safe and happy.



## Self-Care & Mental Health for Kids



Share your own feelings to encourage self-awareness.

for Kids



Set aside time for low-stress or solo activities.



Find social groups that help them feel like they belong.



Focus on articulating feelings.  
"I am angry."  
"I am sad."

Encourage journaling and diaries.



Practice self-care for yourself to set the standard.


Encourage your child to focus on the moment.



Establish a self-care routine.

Recognize toxic stress events.

BlessingManifesting



Cultivate interests and hobbies.