John Perry Primary School

Mental Health & Wellbeing Newsletter - Issue 2 (November 2025)

Welcome to the second issue of our Mental Health & Wellbeing Newsletter for the academic year 2025-2026.

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 half-termly 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@johnperryprimary.co.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.

Understanding Our Emotions

Pupils are learning to:

😊 Recognise and name their feelings

😟 Notice physical signs of emotions

🗣️ Express emotions safely

🙋 Ask trusted adults for help

Christmas and Mental Health

According to the charity Mind, Christmas can affect our mental health in lots of different ways. This could be if Christmas is part of your life, or if it's happening around you. It's a time of year that often puts extra pressure on us.

What can I do to get through Christmas?
If Christmas is a hard time for you, it's important to remember that you are not alone.
Follow the link below for a wealth of useful information on how to make Christmas more bearable, the importance of sharing your concerns and some useful Christmas coping tips:
https://www.mind.org.uk/information-support/tips-for-everyday-living/christmas-and-mental-health/christmas-and-mental-health/

Social and emotional skills

Social and emotional skills help children develop their resilience and manage their thoughts, feelings and behaviour. When a child develops good social and emotional skills, they are able to:

- identify and manage their feelings and their behaviour, and reach out for help where necessary
- build and manage healthy relationships
- have self-control
- resolve conflict
- be self-aware
- handle and overcome difficulties
- make good decisions
- build resilience, self-esteem and confidence
- think positively about themselves and how they perceive the world around them
- recognise and prevent poor mental health
- grow into well-rounded and healthy adults.



Social and emotional skills have to be learnt and practised. The best way to teach your child these key skills is by modelling them yourself: for instance, by remaining calm in stressful or challenging situations, looking after your own mental health or building and maintaining healthy and positive relationships with those around you. Remember: your child is always watching!

Supporting Emotional Wellbeing Every Day at John Perry Primary

As part of our ongoing commitment to promoting mental health and wellbeing, we provide a range of SEMH (Social, Emotional and Mental Health) support across the school. This ensures that all pupils—especially those who may find emotions, behaviour or relationships more challenging—feel safe, understood and ready to learn.

Our SEMH support forms an important part of our whole-school wellbeing approach. Here's how it helps:

🧑‍🏫 1:1 Wellbeing Check-Ins

These sessions give children a safe, comfortable space to talk openly about their feelings or worries. By meeting regularly with a trusted adult, children build emotional awareness and confidence, which supports positive mental health.

👥 Small-Group Emotional Support

Small groups focus on improving social skills, communication, self-confidence and emotional understanding. This nurturing environment helps children realise they are not alone in their feelings, which reduces anxiety and promotes a sense of belonging.

🗨️ Restorative Conversations

When conflicts or misunderstandings occur, staff use restorative approaches to help children repair relationships calmly and respectfully. This supports emotional resilience, empathy and healthy friendships—key parts of good mental wellbeing.

🧠 Understanding Triggers & Learning Calming Strategies

Children are supported to recognise what might make them feel overwhelmed (e.g., noise, changes in routine, frustration). With adult guidance, they learn personalised strategies such as breathing techniques, sensory tools or movement breaks. These skills help children regulate their emotions both in school and at home.

⏸️ Adult-Guided Regulation Time

When a child is dysregulated or distressed, adults provide calm, supportive guidance to help them settle. This might involve time in a quiet space, using sensory equipment or talking through the situation once they feel calm. This approach protects a child's wellbeing and helps them return to learning in a positive way.

By offering consistent SEMH support, we aim to create a school environment where all children feel understood, valued, and supported emotionally. These strategies not only help pupils manage challenges in the moment but also build lifelong emotional skills that strengthen their overall mental health.

3 tips for talking to your child about their safety and wellbeing

Having positive conversations with your children to discuss worries or concerns or even just checking in with them about their life and their feelings is very important to helping them to feel supported and keeping them safe.

Here are some tips from experts at Barnardo's who work with children and young people to help you get talking:

1. **Be interested in their lives**: Children who know that there is nothing too big or too small that they can talk to you about are much more likely to speak up when things feel wrong or unsafe. Children and young people, need to trust and feel supported by the adults around them. You can help build this by showing regular interest in their day, asking them about their lives and what's happening in it, so they know that you care. Celebrate their successes and offer support when things are not going so well.
2. **Try to make talking about feelings and safety normal**: Try to talk about feelings as a regular part of your family life. There are simple ways to help you and your child talk about feelings on a day-to-day basis. For instance, you can try making it part of your routine to check in with how your child is feeling at the start and end of the day. Talking to your child about how your day has been, what kind of things make you feel happy or sad or frustrated can also help your child understand their own feelings and what might affect them.
3. **Take a breath before reacting**: If your child tells you about something that worries or angers you, try to remain calm. Let them talk at their own pace and try not to interrupt. Your first instinct might be to react to the information you have been given by taking away phones, stopping them from seeing certain friends or grounding them. While understandably this comes from a desire to keep them safe, your child might see this as a punishment for speaking openly or think that what's happened to them is their fault. This can result in anger and mistrust, or shame, and prevent the child from voicing concerns to you in the future.

Quote of the month

"Sometimes the most important thing in a whole day is the rest we take between two deep breaths."
— Etty Hillesum



🧰 Local Support Services in Barking & Dagenham

Barking & Dagenham CAMHS (mental health support for children)
📞 **0300 555 1036 |** 🌐 **www.nelft.nhs.uk/services-bd-camhs**

Early Help & Parenting Support Team (practical and emotional support for families)
📞 **020 8227 5395 |** 🌐 **https://localoffer.lbbd.gov.uk/family-hubs-and-early-help/**

Young Minds Parent Helpline – advice for families
📞 **0808 802 5544 |** 🌐 **www.youngminds.org.uk**

Kooth (Ages 11+) – Free online counselling and wellbeing support
🌐 **www.kooth.com**

Self-Esteem For Kids - 10 Ways To Build Self-Esteem & Self-Confidence

Click on the image on the right to watch a Youtube video with some great advice to build up your child's self-esteem and confidence.

