

# WELLBEING SPACE: MENTAL HEALTH

Dear families, carers and children,

I hope you had a relaxing time over the break and were able to spend time with family and friends. Next week, I will be running some professional learning with the staff about Mental Health and why it is an important aspect of teaching and learning.

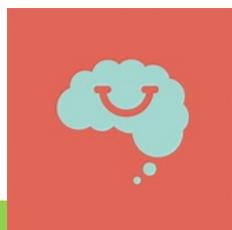
Mental Health as defined by the World Health Organisation *“A state of wellbeing in which the individual realises his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community” WHO, 2004*

At the end of term 1, I gave a survey to the grade 3-6 children to complete about their wellbeing and level of connection to school. The data has given us greater insight and a starting point for working to the point of need of the 3-6 children and to begin putting things in place in the younger years. From the data, it shows that children see themselves as learners and that children feel supported and encouraged to take on new learning challenges. It also demonstrates that children believe that both their teachers and family want them to be the best they can be which is fantastic. Areas that we will be focused on are the level of connection between home and school and children’s general level of connectedness to school.

As educators we know that when children feel connected to school, they are more likely to develop positive social connections, which leads to greater learning outcomes and they are less likely to engage in negative/ risk taking behaviours later in life. With the addition of Covid-19 it is more important than ever that we build the children’s resilience and level of connectedness through school and home relationships. We will be working on these areas of need during the weekly professional learning communities to develop strategies and develop early intervention approaches that enhance the areas of need.

If you have any ideas for building family and school connections or are at all interested in finding more ways to connect with the school and would like to make contact, please contact me, Rosie via the office on Mondays, Tuesdays and Wednesdays.

Some free options that might be supportive for your families mental health:



Smiling Mind is a fantastic app that you can use on your phone or watch YouTube videos of. It focuses on meditation and mindfulness, and has options for all different ages (including adults)



Yoga classes for children online  
<https://cosmickids.com>