

WELL-BEING



Ayscoughfee Hall School Wellbeing Newsletter Autumn Term 2023



Welcome to the first Wellbeing Newsletter for this academic year.

Each term we will share some of the Wellbeing and Mindfulness activities that are happening throughout the school and keep you up to date with any useful links to support your child's wellbeing while they are at home.



During the academic year 2022-2023, the school worked towards achieving a gold award for pupil wellbeing as part of the School Impact Award Scheme. There were 8 different benchmarks within the award, all with 3 different criteria that we had to show evidence for. This ranged from promoting positive attitudes to physical and mental health and wellbeing across the school, offering positive strategies and support for wellbeing and mental health, ensuring that pupils understand the relationship between physical health and wellbeing, giving staff the tools to support wellbeing and emotional health of all pupils and helping parents to understand and support their children's wellbeing needs... to name but a few! The staff and children all worked hard throughout the year and enjoyed the different mental health and wellbeing initiatives that were introduced as part of the scheme. We are extremely proud to say that we achieved the Gold award and were told that not only did we just achieve it ... we achieved it 'with flying colours'.

Ayscoughfee Hall School has always been a school that is compassionate, supportive and positive with regards to the pupils' physical and mental health and wellbeing but it is really nice to get this recognition of how well our children, parents and staff understand and encourage this extremely important area of school life. Well done and thank you to all who were involved.



SCHOOL IMPACT AWARDS

PUPIL WELLBEING AWARD

GOLD 2022-2023

Accredited by  OPTIMUS EDUCATION

World Mental Health Day—Hello Yellow!

On Friday 6th October, the staff and children wore yellow in support of Young Minds for World Mental Health Day. As a school, we wanted to take part in this event to show our support for young children who are suffering with their mental health and to show they matter and deserve the support they need, when they need it, no matter what.



Kindness Ambassadors

Tilly and Jorja have been elected as this year's Kindness Ambassadors and will be working hard throughout the year promoting and supporting kindness across the school. They will also be responsible for selecting and announcing the two Kindness Award winners each week in our celebration assembly.



Parents' Tool Kit

BBC Bitesize: <https://www.bbc.co.uk/bitesize/articles/z3x6m39>

Young minds: https://www.youngminds.org.uk/professional/schools?gclid=EAIaIQobChMIInoT9xszf-gIVCOrtCh1eIAImEAAYASAAEgJAIfD_BwE

Barnardo's: https://www.barnardos.org.uk/blog/what-anxiety?gclid=EAIaIQobChMIyd-f78zf-gIVIoBQBh2ftgkIEAAYASAAEgIe9PD_BwE

Yoga for younger children:

<https://www.youtube.com/watch?v=0ImHIWzP49M>

Yoga for older children:

https://www.youtube.com/watch?v=sM5MGLMNN_E