

# Safeguarding Newsletter

## Mental Health Awareness Week Follow-Up

### North Walsall Primary Academy

On Wednesday 16 May I visited North Walsall Primary Academy to observe the Yoga session being undertaken by Year 4 pupils. Before the Yoga session took place, the Year 4 class were having a discussion about different mental health issues that people face on a daily basis, how to deal with them, how it feels to experience these issues and who to talk, if you start to experience these issues. The different types of mental health issues they discussed are below:

- Anger
- Anxiety & Panic Attacks
- Depression
- Eating Disorders

Mr Jackson, the class teacher delivered a really great session, even demonstrating to the children that celebrities also suffer with some of these issues. I felt this was a brilliant way for the children to understand that these mental illnesses do not discriminate and can affect everyone at some point in their lives. The discussion featured lots of questioning to the children, particularly around who to speak to if they start to feel like they are suffering with a mental illness. The answers given to the questions showed a clear understanding from the children, from their past experiences and from what they have been taught about these issues.

#### Yoga session

The Yoga sessions were being run daily throughout the week for all year groups, so they had the opportunity to take part. The Yoga session was led by a projected video of a children's Yoga session in the hall, the video was called 'Yoga for Kids: Yoga Practice' which was on YouTube. The video consisted of the following sections:

- Breathing
- Warm Up
- Yoga Poses
- Power Down & Relaxation

The session was well received by the pupils and they really enjoyed it. – Amy Hodgkins, Safeguarding Administrator - ATT.



# Caldmore Primary Academy

On Thursday 19 April, pupils at CPA took part in a 'Healthy Body, Healthy Mind' day. The day consisted of children wearing green clothing to support and raise money for Ms Deeley, who ran the London Marathon for NSPCC.

Throughout the day there were various activities that took place, these were as follows:

- Mindfulness
- Colouring
- Yoga
- Meditation
- Wake Up, Shake Up

The activities that took place were based around the '5 Finger Plan' that Hilary and Nick (DSL and DDSL) developed about having a positive attitude and staying healthy. The children loved taking part in this day and staff said it was a great way to see them having fun and relaxing.

Hilary Mitchell, Vice Principal/DSL – Caldmore Primary Academy.

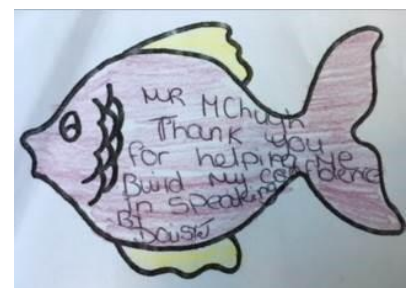
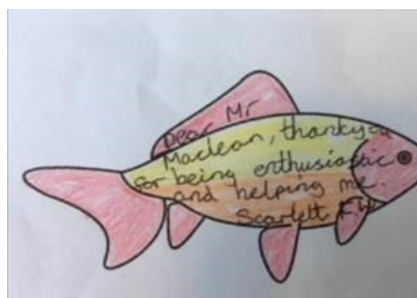
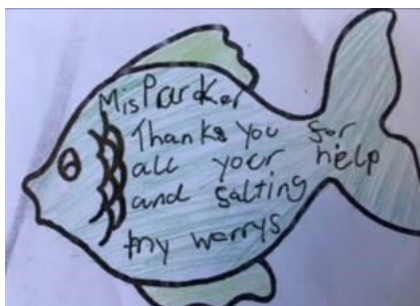
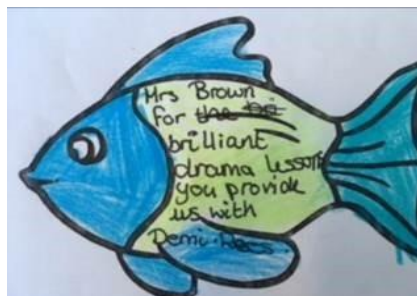
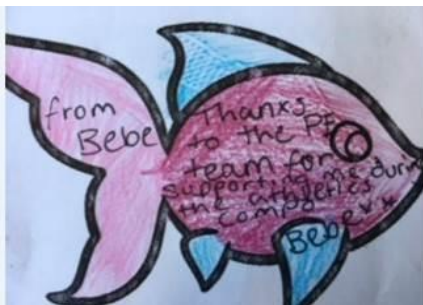


# Mark Hall Academy

During Mental Health Awareness Week, Mark Hall Academy held a well-being gathering. The group included students, staff and parents. Ideas and creativity was displayed during this gathering and all attendees found it very useful and worthwhile.

Another project that took place at MHA throughout Mental Health Awareness Week was 'Tank of Thanks'. This is where students were given a fish picture to colour in and write on which teacher they want to thank and what they are thanking them for. This was extremely well received and showed appreciation from all.

Vicki Butler, Vice Principal – Mark Hall Academy.



## The Queen Elizabeth Academy

At The Queen Elizabeth Academy, one of the students wrote an open letter about mental illness which was used as the main focus of the week.

The letter formed the basis for the Life Skills lessons that took place over the course of the week and was used in assemblies for all students. The sessions were well received by both staff and students.

Dan Watts, Principal – The Queen Elizabeth Academy.

## Sutton Community Academy

Sutton Community Academy had a variety of activities that took place throughout the week, these included:

- PowerPoint presentations were displayed in reception and dining areas
- Several speakers per year groups to share information about mental illness
- Focused tutor sessions
- KS3 PSHE lessons

Clare Little, Pastoral Lead – Sutton Community Academy.

## Ravens Academy

At Ravens Academy, we had a professional story teller attend the academy, pupils made memory and love boxes for loved ones and families were invited to the academy for a bonding through time session which included reading and exploring different foods to keep minds energetic and healthy.

Charley Minter, Teacher – Ravens Academy.



## ATT FE

ATT FE hosted a 'it's good to talk' week to support Mental Health Awareness Week. All learners were encouraged to have time during sessions to explore how powerful talking is in many different ways and in particular how this can support their mental health.

Liz Barrett, Principal – ATT FE.

## Iceni Academy (Primary)

At Iceni Academy (P), pupils were taught about how to look after themselves by:

- Getting a good night's sleep
- Eating well
- Exercising

Emma Owner, Principal – Iceni Academy (P)

## Sun Academy

During the week at Sun Academy we had a number of activities take place which allowed pupils to relax their minds and consider ways to relax and be calm – have some 'me' time.

Pupils engaged in:

- An electronics day – this included a reminder of e-safety
- Sports afternoon at Westport Lake
- Water fights – to demonstrate enjoying each other's company
- Mindfulness activities – such as colouring, Lego building and drama.

The week was very productive and enjoyed by pupils and staff.

Bobbie Caisley, Principal – Sun Academy.