



Poppleton Ousebank PRIMARY SCHOOL

'Capturing the imagination of young minds'

Wellbeing and Safeguarding Newsletter - May 2024

Our Safeguarding Team

If you have any concerns about a child or adult's safety, welfare or general well-being, please ensure that you speak with a member of our safeguarding team straight away.



01904 795930 OR EMAIL

V.MITCHINSON@POP.HSLT.ACADEMY | HEADTEACHER@POP.HSLT.ACADEMY | D.CARD@POP.HSLT.ACADEMY



**Vicky
Mitchinson**

VICE PRINCIPAL AND
DESIGNATED
SAFEGUARDING LEAD



**Linda
Collier**

PRINCIPAL AND
DEPUTY DESIGNATED
SAFEGUARDING LEAD



**Donna
Rogers**

DESIGNATED
SAFEGUARDING
OFFICER



**Dave
Card**

DESIGNATED
GOVERNOR FOR
SAFEGUARDING



**Julie
McGregor**

HEALTH & SAFETY
AND SITE
MANAGEMENT

Safe Children | Safe Adults | Safe Environment

If you have a concern that a child is vulnerable or at risk of significant harm please contact the Multi-Agency Safeguarding Hub in York

Phone: 01904 551900 | Email: MASH@york.gov.uk

Outside office hours, at weekends and on public holidays contact the emergency duty team on 01609 780780.

Hope SENTAMU
LEARNING TRUST

City of York
Safeguarding Children Partnership 

I don't know about you but I am absolutely loving the lighter mornings and evenings. I feel that it really lifts my mood when the sun shines and it is warmer. It has been great to see the children enjoying the warmer days and playing on the school field at break times.

Mrs Vicky Mitchinson

Designated Safeguarding Lead/Pastoral and Well being Lead

Key Dates

Mental Health Awareness Week - 13th-19th May

Who can you talk to at POPS?

There are a number of staff who you can contact. You can speak to your child's class teacher, you can email me at v.mitchinson@pop.hslt.academy or hello@pop.hslt.academy or alternatively call the school office to make an appointment.

Action for happiness calendar - Meaningful May

Meaningful May 2024

MONDAY



TUESDAY



WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

1 Do something kind for someone you really care about

2 Focus on what you can do rather than what you can't do

3 Take a step towards an important goal, however small

4 Send your friend a photo from a time you enjoyed together

5 Let someone know how much they mean to you and why

6 Look for people doing good and reasons to be cheerful

7 Make a list of what matters most to you and why

8 Set yourself a kindness mission to help others today

9 What values are important to you? Find ways to use them today

10 Be grateful for the little things, even in difficult times

11 Look around for things that bring you a sense of awe and wonder

12 Listen to a favourite piece of music and remember what it means to you

13 Find out about the values or traditions of another culture

14 Get outside and notice the beauty in nature

15 Do something to contribute to your local community

16 Show your gratitude to people who are helping to make things better

17 Find a way to make what you do today meaningful

18 Send a hand-written note to someone you care about

19 Reflect on what makes you feel valued and purposeful

20 Share photos of 3 things you find meaningful or memorable

21 Look up at the sky. Remember we are all part of something bigger

22 Find a way to help a project or charity you care about

23 Recall three things you've done that you are proud of

24 Make choices that have a positive impact for others today

25 Ask someone else what matters most to them and why

26 Remember an event in your life that was really meaningful

27 Focus on how your actions make a difference for others

28 Do something special and revisit it in your memory tonight

29 Today do something to care for the natural world

30 Share a quote you find inspiring to give others a boost

31 Find three reasons to be hopeful about the future

ACTION FOR HAPPINESS

Happier · Kinder · Together



Mental Health Awareness Week

The theme for this year's mental health week is 'Movement: moving for our mental health'. This year the focus is on finding ways to move your body and mind. Throughout the week we will be partaking in a number of activities within school linked to movement.



There are many avenues for finding help with your mental health. Below are a number of websites that are very informative and helpful.

<https://www.mind.org.uk/information-support/guides-to-support-and-services/seeking-help-for-a-mental-health-problem/talking-to-friends-family/>

<https://www.mentalhealth.org.uk/our-work/public-engagement/mental-health-awareness-week>

<https://www.nhs.uk/nhs-services/mental-health-services/>

<https://www.york.gov.uk/SupportWithMentalHealth>



Mental Health and Wellbeing at POPS

We are extremely fortunate at POPS to have a wonderful wellbeing offer. We have the Wellbeing In Mind Team (WBIM), Donna Rogers (ELSA) and Paul McGrath from the wellbeing team at the Local Authority. On top of this both Miss Collier and myself are Mental Health First Aiders and I have recently completed a Diploma in Trauma Informed Practice in Schools and trained to become the Senior Mental Health Lead. Miss Rogers has also recently completed training to become a DSO (Designated Safeguarding Officer) and joins our safeguarding team in school (see poster above).

If you feel that your child may require some help in school please speak to their class teacher or contact me directly.

What the wellbeing team are doing in school

- One to one CBT sessions with parents and children
- Daily wellbeing check ins
- One to one ELSA sessions with children throughout the school
- Training for staff around Trauma informed practice and Zones of regulation
- Small group work
- Self belief work with groups
- Bullying vs banter workshops
- In school we have 14 wellbeing ambassadors



<https://www.tevw.nhs.uk/services/wellbeing-mind-school-support-yorkshire-information-parents-carers/>

Support information from the Local Authority <https://www.yor-ok.org.uk/sws.htm>

Drop in dates

Every first Tuesday of the month we are holding a parents' drop in session from 8.45am in the Upper School Hall. The Wellbeing in Mind team, myself and SENCO will be present for you to chat to.

The drop in sessions are Tuesday 7th May, Tuesday 4th June and Tuesday 2nd July.

School website

Please do take the time to have a look at our school website, there is a wealth of information on there regarding wellbeing, our new school values and many many more things.

Here is the link to our wellbeing page <https://pop.hslt.academy/mental-health-wellbeing/>

Who to contact if you need support or are worried about a child or family



If there are significant and immediate concerns about the safety of a child, you should contact the police on 999.

If you believe the situation is urgent but does not require the police, please call **01904 551900** to contact York MASH to discuss your concerns. Should you need to call outside office hours, at weekends and on public holidays contact the **emergency duty team telephone: 0300 131 2 131**.



NSPCC - Helpline - 0808 800 5000 www.nspcc.org.uk



For women and children.
Against domestic violence.

24-hour National Domestic Abuse Helpline - 0808 2000 247



01823 334244 Helping Men escape domestic abuse



Your Family Hub Network

The Raise York website is designed to support parents, carers, children, young people and anyone who works with children, young people and families. If you're not sure where to find information or answers to your questions contact

York Family Information Service on telephone: 01904 554444; text telephone: 07786202241 or email: fis@york.gov.uk and an Information Officer will try and help you.



York Inspirational Kids is a support group for families of children and young people who have a disability and/or additional need and live in the York area.

Visit their website to find out more www.yiks.co.uk

Exam stress

At The National College, our **WakeUpWednesday** guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

10 Top Tips for Parents and Educators MANAGING EXAM STRESS

At some point in their education, children are almost certain to encounter exam stress, which can cast a shadow over their mental, emotional and physical wellbeing. Mental health charity YoungMinds estimate that a staggering 87% of pupils suffer from exam stress – highlighting the urgent need to minimise its impact on children's health and happiness.

- 1 PRACTISE WORKLOAD WISDOM**

The build up to exam season is such a busy and pressurised time in a child's education that it can be difficult for youngsters to avoid feeling overwhelmed. Encourage them to consider whether their current workload is realistic and allows them sufficient time to relax and recharge. Work with them in crafting a revision timetable that's manageable and includes breaks and occasional days off.
- 2 ADVISE CLEARING THE CLUTTER**

A disorganised work environment is proven to negatively affect our ability to focus, as well as our emotional state. Encourage children to keep their desk, notes and revision materials tidy – creating a dedicated, well-kept study space to promote maximum focus. Foster their creativity by suggesting they incorporate vibrant colours, mind maps and even quirky drawings into their revision notes.
- 3 MASTER THE MATERIALS TOGETHER**

Revision seems far harder when a child is uncertain where to begin or what sources to consult. Suggest them in conferring revision materials with their various teachers – emphasising the importance of gathering a range of resources to get a more comprehensive understanding of the subject. Feeling more prepared should nurture the child's confidence and help to dispel some of their anxiety.
- 4 RECOMMEND CREATIVE NOTE-TAKING**

Writing out notes in full – rather than simply bullet pointing – can be a strong start to a child's revision. Reinforce this idea, encouraging the use of flashcards (featuring shorter versions of previously taken notes) for effective repetition and memorisation. Discuss the power of regularly reviewing notes to help them stay in the child's memory.
- 5 USE VISUAL AIDS AND MNEMONICS**

Encourage the use of visual aids like videos and sticky notes to enhance learning. Some children find these resources far more useful than simply reading their notes as written. Explore creating mnemonics for a fun and effective study approach – and it's also worth noting that the strategic use of colours is a proven means of triggering recall during exams.
- 6 GATHER A TECH TOOLKIT**

Technology can be a huge advantage in exam prep. Educational YouTube channels and revision websites like BBC Bitesize can be immanently powerful resources for helping children to expand and retain their knowledge. You could also recommend the use of flashcard apps and educational podcasts for revision and reminders when young people are on the go.
- 7 KEEP IT FUN**

Revision tends to go far more smoothly if children are having fun in the process. Injecting some humour into their notes, for instance, can make details more memorable – as can relating information to their real-life experiences. Try to encourage a variety of study methods, such as incorporating physical activity (even simply taking a walk) into their revision routine.
- 8 SUGGEST ACTIVE REVISION STRATEGIES**

Make sure children are aware of different study techniques. You could emphasise the effectiveness of spaced repetition by reviewing material regularly over time to reinforce learning and improve retention. Discuss the benefits of active recall methods – such as self-testing or explaining a concept aloud – in identifying where their strengths and weaknesses lie.
- 9 ENCOURAGE A POSITIVE MINDSET**

It can be easy for children's thoughts to fall into a downward spiral when they're stressed about exams. Try to foster a growth mindset by emphasising the importance of giving it their all rather than aiming for complete perfection. Positive self-talk and the use of affirmations can build confidence and reduce anxiety, while visualising success and setting realistic goals can help them stay motivated and focused.
- 10 HELP THEM TO SEIZE THE DAY**

There are lots of things children can do on the day of their exam to reduce stress and increase their focus. Talk them through some helpful exam-day strategies – such as arriving early, reading the instructions and the questions carefully, and pacing themselves during the test. Suggest some relaxation techniques, such as deep breathing or visualisation, to help them manage any nerves before and during the exam.

Meet Our Expert
Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK 'One to Watch' award, the charity provides training and support to education organizations and local authorities. This guide has been written by Adam Gillett – a learning and development specialist who is also Associate Vice-Principal for Personal Development at Peristene Grammar School.

WakeUpWednesday
The National College

[@wake_up_weds](https://twitter.com/wake_up_weds) [/www.thenationalcollege](https://www.thenationalcollege.com) [@wake.up.wednesday](https://www.instagram.com/wake.up.wednesday) [@wake.up.weds](https://www.tiktok.com/@wake.up.weds)

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