



This half term our focus was Positive Mental Health

YR – Feelings

Y1 – Feelings

Y2 – Looking after ourselves

Y3 – Mindfulness anger Management Bear breathing Yoga

Y4 – Mindfulness

Y5 – Positive Thinking strategies

Y6 – Anxiety and Resilience

You can find lots of information, exercises and activities to support your child's Mental Health online.

Here are some to have a look at.

www.bbcchildreninneed.co.uk/schools/primary-school/mindfulness-hub/

Dr Ranj's Mindful Exercise

Play Dr Ranj's mindfulness exercise to help you and your kids practice being mindful in everyday life.

Mindfulness Yes I Can!

Taking a moment to be calm and relaxed during a busy day can help us to feel settled and happy.

Taking slow and gentle breaths, in and out, can help us to feel better if we are worried, frightened or sad.

This relaxation is one way that we can help to keep our minds healthy. Another way we can look after our mental health is to take time to think positively about ourselves.

Find a comfortable sitting position. Breathe in and out, gently, slowly and smoothly. Let your body relax. As you sit quietly, think about all of the wonderful things you can do. What can you do that you are proud of? Have you got any special talents?

Now, in the box, draw or write down some of these things that you can do.

Will you be enjoying a mindful moment in your busy day? How do you feel?

At Wordsworth we use many ways to support children and the 'Big' feelings they may be experiencing. One of these is the Zones of regulation. If children are in the Red Zone they can use the class calm corners to regulate their feelings and begin to calm.



1 in 4 women have experienced Domestic Abuse. If you need help, please see the information below.



Working together to end domestic & sexual violence in Southampton

PIPPA Helpline

PIPPA is the domestic abuse helpline for Southampton, providing help and advice as well as referrals to specialist services. PIPPA is open for victims and their family and friends, as well as professionals between 9:30am-4:30pm Monday to Friday.

- Telephone: 023 8091 7917 (voicemails can be left if line is busy or calling outside of opening hours)
- Email: pippa@southampton.gov.uk



For women and children. Against domestic violence.

Abuse against women shows up in so many ways. But so does Refuge.

How can we support you today?

You are not alone. If you or someone you know is experiencing domestic abuse of any kind. Please seek help.

Empowering women to live without violence and fear.

Refuge is the largest domestic abuse organisation in the UK. On any given day our services support thousands of women and their children, helping them to overcome the physical, emotional, financial and logistical impacts of abuse and rebuild their lives — free from fear.



The May half term holiday gave us glorious weather. But unfortunately, it took the lives of 15 children and adults across the country in water related deaths.

This week in school we will be holding assemblies and activities regarding 'how to keep safe in water'.

Please see a link below to access information and activities to complete with your children.

www.sta.co.uk/wp-content/uploads/2018/06/Water-Safety-Advice-Booklet.pdf

Let's ensure we all stay safe over the Summer months ahead.

What is looksmaxxing?

Find out more and a parental guide on the Hamwic Online Safety Hub



Online Safety Hub

Trusted digital safety advice for caregivers

The Online Safety Hub offers advice and guidance to help you manage your child's safety online as a parent. It includes information on the latest hot topics when it comes to keeping children safe. Please take a further look. [Online Safety Hub - Hamwic Education Trust](#)



Is your child riding a bike or scooter to school?

Please speak to them about riding safely to school. Once children are here we would expect them to stay within the road closure, off their bikes to ensure they and others are safe.

Please ensure your child is not riding around the Sainsburys car park at the beginning or end of day as this is not safe and we do not want any accidents to happen.

Raising a concern

If you do have to speak about another child, friendship issues or any other incidents that may have occurred please do not approach other parents or children. Please work with us directly. School staff are available at drop offs and pickups. We assure you that all incidents will be dealt with inline with our Policies and Processes to make it consistent and fair for all.

You can also email us at raiseaconcern@wordsworthprimary.co.uk

If you are in need of any support please do not hesitate in contacting us.