



December 2022

Wellbeing Digest

Your termly update about wellbeing and mental health at NWLJDS

Upcoming Dates

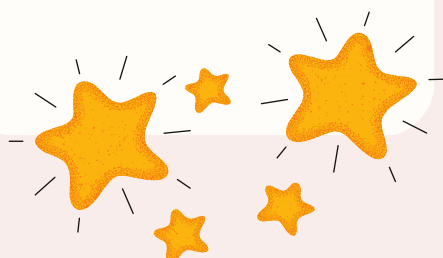
Please add these dates to your diaries. Further information to follow.

Wednesday 1st February:
PARENT SESSION with Brent
Educational Psychologist,
Leticia Carp

Topic: Emotion Coaching
Time: 1.00 - 2.00pm
Venue: Online

Thursday 9th February:
Children's Mental Health and
Wellbeing Day.

Thursday 6th March:
Neurodiversity Day.



Wellbeing Champions

At NWLJDS we value the promotion of good wellbeing for all our pupils. We also encourage pupil voice. We are excited that our student council pupils are also taking on the role of Wellbeing Champions with the aim to represent their peers and promote good mental health across the school.

Please see the next page to meet our Wellbeing Champions.

UPDATE CORNER

Wellbeing on the Website:

Please refer to our website page (Wellbeing and mental health - under the tab "school information") for useful resources and information. We aim to keep the pages updated and relevant.

Wellbeing Award for Schools (WAS)

We are busy working towards the school development award for wellbeing and collecting evidence for our portfolio to be shared on our verification visit in February. We have actioned a number of areas of improvement over the past few years and are proud of our achievements so far. We are always interested to hear from parents and happy to respond to your views and needs. Please contact Danielle Stone (Mental Health Lead): ecm@nwljds.org.uk if you have suggestions, questions or would like to offer your support..

Wellbeing Champions



The Student Council/Wellbeing Champions

Noah Eisenberg, Maya Ryz, Nate Myers, Poppy Coren, Ella Coppel, Matthew Erlbaum, Mia Rosenblatt and Sam Peters

The purpose of the champion role is to help support the wellbeing of the children, staff and wider community through raising awareness of wellbeing activities and positive mental health. The Champions play an essential role in being the voice for their year groups; sharing information across the other classes and help organise events such as Children's Mental Health and Wellbeing Day. The children will also be making contributions to the school newspaper ensuring a platform for promoting positive mental health and wellbeing.

Exciting news for NWLJDS....



First school in London, and first Jewish School in the UK to be awarded the ADHD Foundation – ADHD Friendly School Award

A huge well done to the whole staff team for working together to achieve this award – ensuring better understanding, skill and opportunities for pupils with ADHD. By breaking down stigma and celebrating individual strengths – we are bettering the mental health of our pupils.

We celebrate this achievement and we are committed to continue to improve our provision for all.

Supporting Children's Mental Health and Wellbeing

What Is Wellbeing?

Being aware of our mental health and wellbeing helps us to recognise how we are feeling. This can be thought of as how comfortable and healthy we feel.

Our mental health and wellbeing can affect how we behave, how we act towards others and how we cope with what is going on around us. Positive mental wellbeing can therefore support us in coping with difficult times as they come along. It means we are able to acknowledge and understand the different emotions we feel and have coping strategies for those which might make us uncomfortable.



How can we support children's wellbeing?



- Keep learning
- Stay connected
- Share kindness
- Get active
- Be mindful

Practical Ideas to Use at Home

There are lots of ways we can support children's wellbeing at home. Here are a few ideas to get started:

Gratitude jar:

Label a jar or pot with the word 'Gratitude'. Each day children can write about or draw things for which they are grateful, and add them to the pot.



Mindful moments:

Calm, focused activities, such as colouring pictures, can be helpful for being mindful. Alternatively, have a short, focused session of mindfulness.



Kindness tree:

Sharing kindness supports positive wellbeing for ourselves and those around us. Why not celebrate kind acts on a kindness tree?



Build self-worth:

We can support positive mental wellbeing by making sure that we value children's strengths and build their self-esteem around the wonderful, unique individuals that they are.



Growth mindset phrases:

Focusing on the effort children have made rather than the outcome can be helpful in supporting resilience and a positive learning attitude. Try phrases such as:

Great perseverance!

I like the way you concentrated really hard.

When you found difficulty with that task, you persevered with ways to move forward.

Celebrate achievements:

This is a great way to encourage positive feelings around individual strengths.

