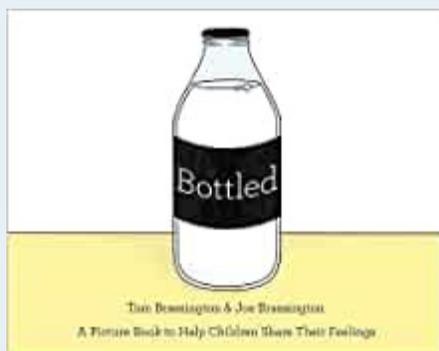


## Recommended Reads

### Bottled—Tom and Joe Brassington

This is a bottle. You will have seen bottles before. What are you bottling up? Maybe now's the time to explore... It is important to share our feelings rather than bottling them up inside. With Bottled, teachers Tom and Joe Brassington help children of all ages understand why and how they should express their emotions in a healthy way. A starting point for early, crucial conversations surrounding mental wellbeing, this book is an invaluable tool which parents, guardians and



## NSPCC Pants



All of the children have listened to NSPCC Pantosaurus and talked about the underwear rule. They know that pants cover private parts and that private parts belong to them. They have talked about the importance of keeping themselves safe and know what to do and who to talk to if they don't feel safe. [Click here](#) for more information

### Next Half Term...

Issue 3—we will be talking about Growth Mindset.

### Class Assemblies

Tom Percival — Thursday 19th May

Oliver Jeffers — Thursday 23rd June

### Festivals and Events

Creative Week

### Feedback

Click here to let us know what you thought about this leaflet.  
[Click here](#)



## Mental Health and Wellbeing @ GIA Issue 2

*Headteacher—Mrs Anna Walker  
PSHE/RSE Governor—Mrs Barbara Hughes  
Family Learning Mentor—Mrs Hilary Lane  
Senior Mental Health Lead—Mrs Kirsty Harley*



## Welcome back!

It is our greatest pleasure to send the next issue of our new half termly mental health and wellbeing newsletter.

We will continue to use this newsletter to let you know about all of the wonderful things that we have been learning @GIA

As you know at GIA we pride ourselves on helping all of the children to be the best that they can be.

**“Everyone deserves the best, everyone deserves respect”**

[Click to see our Wellbeing Offer](#)



## What have we been learning?

### Children's Mental Health Week

This was a huge success across school. Everybody fully engaged with our learning theme 'growing together'. At the end of the week myself and the school Governors talked to the children about their learning and they were so enthusiastic about it. They talked confidently and respectfully!

The children talked about growing in several different contexts. They started with themselves and looked at the human life cycle and photos from when they were babies. It took a lot of convincing for the children to believe that all the grown ups used to be babies!

Then we planted beans and talked about how to look after them. We have since had LOTS of bean updates via Class Dojo. The children have loved keeping us updated with their beans diaries. Thank you.

The children talked about goals and targets and how they would have to grow personally to reach them. They enjoyed singing and performing 'Reach for the Stars' by S Club 7. The children considered the steps that they would have to take to achieve their goals and considered the support that they might need from others. Anything is possible!

## Further support for Parents and Carers

Here are some useful links for further information about adult mental health.

<https://www.rosalieryriefoundation.org.uk/>

<https://www.samaritans.org/>

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

Here are some useful links for further information about child mental health.

<https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/>

<https://www.nhs.uk/nhs-services/mental-health-services/mental-health-services-for-young-people/children-young-people-mental-health-services-cypmhs-parents-carers-information/>

<https://www.place2be.org.uk/>

