



St Gabriel's C.E. Primary School

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Monday 5th October 2020
Excellence with Compassion

Dear Parents,

Complaints procedure

If you are unhappy or concerned with a situation in school we have a complaints procedure that we follow. This can be found on our website. In the first instance we encourage parents and carers to talk to the class teacher. I understand that it may not feel as easy to speak to class teachers at the moment, however they are always available at the end of the day to take any calls from parents. Please do book a phone appointment through the office and the teacher will call you back. Please do not approach staff in the playground. The most constructive way for us to address your concerns is to follow our procedures and speak on the phone to the class teacher. If you feel that there is still a concern, please do contact myself via the school office.

Parents evening phone calls

Parent's telephone appointments to talk to the teachers for Classes 1 – 6 are next week: on Tuesday 13th and Wednesday 14th and the week after: on Monday 19th and Tuesday 20th October. Please do call the office to book your time slot.

HelloYellow: raising money for young minds

On Saturday 10th it is World Mental Health Day so ahead of this on Friday 9th, we will be helping to raise funds for the Young Minds Charity. Sadly we are unable to support the Passage with harvest donations this year, but we can support the young minds charity. Children can choose to come to school wearing anything yellow and pay £1. We have photo from last year's event, when it was amazing to see

our whole school wearing something yellow! On Friday, children will also be discussing age appropriate issues around mental health. Please see over leaf for some helpful information from the mental health organisation 'Mind'.



We're working towards Artsmark Awarded by Arts Council England



October 2020

Children and Young People's Newsletter



Welcome to our newsletter. We have now approached October, during which we celebrate the World Mental Health Day and we believe this is a great opportunity to discuss this topic more. It is especially important to talk about it during such challenging times as the pandemic.

PARENT SECTION

Why should we talk about mental health with children?

Did you know that 20% of adolescents may experience a mental health problem in any given year? The research also states that 50% of mental health problems are established by the age of 14 and 75% by the age of 24. Additionally, statistics show that 10% of children and young people (aged 5-16 years) experienced a mental health difficulty, yet 70% of them have not had appropriate interventions at a sufficiently early age. The Children's Society 'Good childhood report' showed that during the last decade there has been a significant decrease in happiness with life as a whole across children.

We think this data sounds alarming and therefore mental health should be something that young people and children learn about as well as are aware of how they can prevent themselves from developing mental health difficulties. Additionally we want to make sure that young people know how to access support when they need it and as a Children and Young People's service we want to get to those who show first signs of anxiety and low mood so we can support them at the early stages.

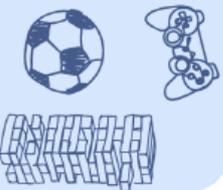


How can you talk to your child about mental health?

It might be worth speaking to your child about the importance of looking after one's health overall. It might be helpful to explain to your child that we have mental health the same way as we have physical health and therefore we need to look after both.

If we catch a cold, we need to go to the GP, take medication for cough or sore throat, rest and drink loads of fluids and the same way we need to do certain things when we develop mental health difficulties. Similarly to avoid catching cold we would look after ourselves by wearing warm clothes in the winter, eating healthy nutritious food and washing our hands. In a similar way, we can do many things to prevent ourselves from developing mental health difficulties.

You can explain to your child that even the things like their hobbies help them to stay emotionally well, seeing family and friends, being active or spending time on fresh air - all of those can have a positive impact on our mental health.



What should I do if I think that my child is showing signs of emotional difficulties?

Try to speak to your child and show that you are listening. No matter how small you might think their worries or concerns are, be understanding and non-judgemental. We are all different and we have different triggers for our anxieties and worries. Communicate with your child and check on them but stay respectful of their space. Try to make sure your child has a good sleep and diet, that they have time for their hobbies and some exercise during their day. If you feel like their low mood or anxiety has been lasting for a longer period of time or has been disrupting their daily life, speak to your GP or school for further support and they will be able to assist you.



CHILDREN AND YOUNG PEOPLE'S SECTION

5 ways to wellbeing

The World Mental Health Day is celebrated on the 10th of October and we want this to be a reminder for us to look after our mental health and wellbeing. This is particularly important in the very difficult period of a pandemic. We think it is also a great opportunity to learn how we can look after our mental health. We wanted to show you a very easy and effective way of boosting your wellbeing by doing these 5 things on a daily basis. A lot of research had shown that if they are repeated daily, they can significantly improve our emotional health.

1. Connect



There is strong evidence which indicates that feeling close to, and valued by, other people is a fundamental human need and one that contributes to functioning well in the world. It's clear that social relationships are critical for promoting wellbeing and for acting as a buffer against mental ill health for people of all ages.

- With this in mind, try to do something different today and make a connection:
- Ask how someone's weekend was and really listen when they tell you
 - Put five minutes aside and speak to someone you usually don't talk to in your class
 - Give your friend a compliment

3. Take notice

Studies have shown that being aware of what is taking place in the present directly enhances our well-being. Savouring the moment can make us feel happier too. Most of the time we do things automatically and think of the past and the future whereas being in the present moment is what will benefit our wellbeing.

Take some time to enjoy the moment and the environment around you. Here are a few ideas:

- Have a 'clear the clutter' day
- Take notice of how your surroundings change on a daily basis, depending on seasons (trees, grass, flowers)
- Take a different route on your journey to or from school
- Go to the park to watch the sunset
- Do some mindful colouring



2. Be active

Regular physical activity is associated with lower rates of depression and anxiety across all age groups. Exercise is essential for slowing age-related cognitive decline and for promoting well-being. World Health Organisation claims that children ought to exercise for 60 minutes a day. You will probably be able to do some physical activity at school but it is also worth to think of doing something active in your free time too.

- Here are a few ideas:
- Go for a walk to your local park
 - Have a kick-about in a local park
 - Get off the bus one stop earlier than usual and walk the final part of your journey to school
 - Organise a family physical activity
 - Do an online exercise class (yoga, aerobics)



4. Give

Individuals who show interest in helping others are more likely to rate themselves as happy. Research into actions for promoting happiness has shown that committing an act of kindness once a week over a six-week period is associated with an increase in wellbeing.

- Why not to give it a go and try to do something kind everyday, such as:
- Smile at someone
 - Tell someone that you appreciate them
 - Donate something to the local charity
 - Treat yourself with a hot, relaxing bath



5. Keep learning

Continued learning through life enhances self-esteem and encourages social interaction and a more active life. The practice of setting goals, which is related to earning in particular, has been strongly associated with higher levels of wellbeing.

- Again, you possibly learn something new at school every day but here's few ideas of trying other things:
- Find out something about your friend
 - Read the news or a book
 - Set up a book club
 - Do a crossword or Sudoku
 - Research something you've always wondered about
 - Learn a new language on Duolingo app



Mental Health Support Team

National Poetry Day

Thursday was National Poetry Day. All of the classes learnt poems and shared them with one another during our Zoom assembly. You can find a video of Year1 performing their fabulous dinosaur poem on our twitter page: <https://twitter.com/GabrielsSchool>

Awards:

Star of the week: Vanessa

Mentions		Bora and Hadi	Edwin and Kaya	Dina and Preston	Ariunna and Azyza	Betaniya and Kurubel	Iman and Tallulah
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Covid Symptoms

If your child has a cough or/and a temperature please book a test for them and keep them at home. We appreciate this is not easy and there are limited numbers of tests available currently. If you cannot get a test, children must stay off school and remain at home for 10 days. Other members of the household must remain at home (including siblings) for 14 days or until you know that your child has tested negative.

If any members of your household have symptoms the children must also remain at home, even if they themselves do not have a cough or temperature. For example if a parent has a cough or/and temperature the children must remain at home. If your child comes into school with a cough or a temperature we will need to send your child and their siblings home. We truly share parent's frustration at this situation as we want children in school, but we also have to follow the government guidelines. Thank you for your understanding in this matter.

Work will be made available for you child in Google Classrooms. If you are having to isolate, and work is not yet available on Google Classrooms, please do look back at the Oak Academy website as this has work that your child can access.

Best wishes

Rebecca Anson
Headteacher