



# Wellbeing at Wimbledon Chase

## February 2024



### Mental Health and Wellbeing at Wimbledon Chase

Welcome to our first Mental Health and Wellbeing Newsletter. We hope that these communications will highlight support, celebrate events and do a little to inform you about such an important and wide-reaching topic.

Over the past two years our capacity to support children and their families with their mental health and wellbeing has increased, and we are constantly looking for ways we can enhance our offer. We would love to hear your views on what you would like to see more of in school. Please take part in the survey to share your ideas. [Click here](#).

In this February issue find out about **Children's Mental Health Week**, **who to ask for help**, **ways to open up conversations with your child**, **activities to have a go at**, **a story to share** and **a script to help with tricky parenting moments**.

### Children's Mental Health Week and Pupil Leadership

The theme this year has been **My Voice Matters**. We spent time making sure that we had a chance to have our voices heard and learning why this is important. We spent time with our Buddy Classes talking to each other and listening to each other's thoughts and opinions. The choir sang **My Own Superhero**. [\(Click here to listen\)](#) Our Wellbeing and House Ambassadors organised sign up events to capture the voice of as many children as possible. Our Wellbeing Ambassadors also launched the new Cornerstone Award with Character Badges being the first one and our Right's Respecting Ambassadors launched the Wimbledon Chase Foodbank. The EDI Ambassadors met with Mr Ellis to talk about gender equality and setting up a Cool Down Club. Our Eco Reps are currently running a sustainability project. And finally, the Peer Mediators, Young Interpreters, Play Leaders and School Council have also been working hard for and on behalf of their peers. We are very proud of them all.



Pupil voice and leadership is valued highly at our school.



### Wondering how to talk to your child?

Lots of children and young people find it easier to talk while doing an activity. This takes the pressure off because they don't have to sit still or make eye contact all the time

Having something to do with their hands, or something practical to focus on, can also make it easier for some children and young people. Click on the link to look at the [Young Minds](#) website for activities to get you talking.



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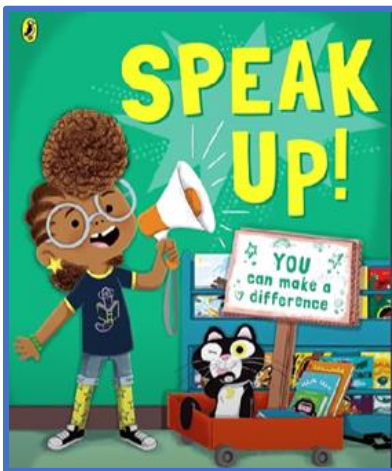
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Getting the usual **"Nothing"** to the question **"What did you do today?"** Try these...

What was the best bit of your day?  
What was the worst bit of your day?  
What did you do today that made you proud?  
How are you feeling?  
What would you like to talk about?

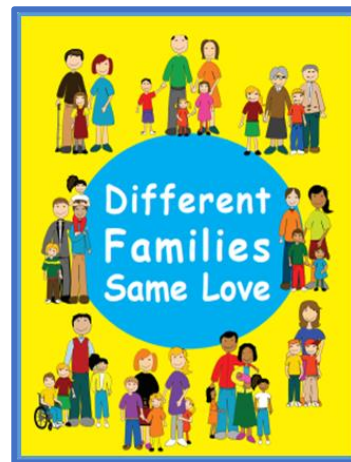
How can I support you through this?  
What was the biggest problem you had today? What helped?  
Do you want to talk about what's going on?  
Is there anything you need from me? Space, time to talk, time to do something fun?



Why not share a story with your child about why speaking out for things that you believe are important?

[Click here.](#)

What do they feel passionately about?



At Wimbledon chase everyone is welcomed and included.



### Parent Workshop: *Helping your child deal with big emotions.*

An interactive workshop was held by Art Therapist Carrie Tse.

Parents came away with a script to help them connect with their children when emotions are running high, and tips from each other on how to handle the tricky parts of parenting. [Click here for a script.](#)

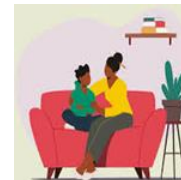
Thank you to Carrie and all those who came!

### NHS Education Wellbeing Service

If you need support with your child's behaviour or anxiety, then we invite you to ask the EWP service for help. 1:1 sessions are held in school or online.

[Click here](#) for the self-referral form, speak to Nikki Adamson or your child's class teacher. Email:

[Wave6MertonMHST@swlstg.nhs.uk](mailto:Wave6MertonMHST@swlstg.nhs.uk)



### Need support with your child's mental health or behaviour? Want to talk?

Phone or email the school office to speak to any key members of staff confidentially

**Nikki Adamson** – Mental Health and Wellbeing Lead  
**Suzanne Warwick** – Inclusion Manager and Designated Safeguarding Lead  
**Clare Knapman** – Deputy Sendco  
**Sian Dotchin** – Parent Support Adviser  
**Megan Doyle** – NHS Education Wellbeing Practitioner

