



# Inclusion Newsletter

## Spring Term 2023



Mental Health week was 6th—12th February. The children thought about how we are connected to lots of different people and reached out to those in our local community. We had a day full of smiles for our 'Dress to Express' day and we loved to see the children dressed in clothes that make them feel happy!

## FIVE WAYS TO WELLBEING



INTRODUCE THESE FIVE SIMPLE STRATEGIES INTO YOUR LIFE AND YOU WILL FEEL THE BENEFITS.

© MENTAL HEALTH FOUNDATION OF NZ 2017

Mental Health Foundation  
mauri tū, mauri ora  
www.mentalhealth.org.nz

## EMOTION COACHING

*'When little people are overwhelmed by big emotions, it's our job to share our calm, not join in their chaos.'* – L.R. Knost.

As a parent/carer it can be hard to know how to support our children when their feelings become too big and overwhelming. Emotion coaching is the process of guiding a child through intense emotions by validating, relating, naming the emotion and maintaining the boundaries. It is a co-regulation strategy which helps children to develop their regulation skills over time. Please find to the right 4 steps to help respond to children when they need support with their big emotions.

**Attend to the emotion**  
acknowledge somethings wrong

01

**SAY**

"Whoa! I can tell something's up right now"

**Name the emotion**

Put the emotion your child's experiencing into words

02

**SAY**

"You look really mad" or "you seem disappointed"

**Validate the emotion**

Remember - all emotions are valid, even if the behavior accompanying them is inappropriate.

03

**SAY**

"It makes sense that you feel [emotion] because [reason 1], and [reason 2], and [reason 3]"

**Meet the Need of the Emotion**

Help your child get through the emotion until it passes

04

**SADNESS** needs comfort  
**FEAR** need safety & security  
**ANGER** needs patience & boundaries

emotion coaching helps children learn feelings are normal, and they need to be experienced, not suppressed or avoided.



Kooth is an online mental wellbeing community for young people who are aged 11-18. They offer free, anonymous, safe online wellbeing support.

You can logon via the web-site at [www.kooth.com](http://www.kooth.com)

**Special Educational Needs and/or Disabilities**

Just a reminder that if you have any queries around your child's additional needs please speak to your child's class teacher in the first instance. However, if you feel you require further support, please get in touch with Mrs Evans either by the email below or phoning the school number.

## Mental Health and Wellbeing: Who can help?



Holly Evans-  
Inclusion Lead,  
DSL and SENDCo



Abbi Jervis-  
Pastoral Lead  
and DSL



Lindsey Garraway-  
Mental Health  
Lead and MHFA



Rebecca Mogg- KS2 Mental  
Health Lead and MHFA



Emma Underwood-  
MHFA



Rachel Humphries-  
MHFA



Amy Schutte-  
MHFA



Louise Thorpe-  
MHFA

### Email contact

For any Emotional Health and Wellbeing concerns: [ehwb@stgeorgesschool.org.uk](mailto:ehwb@stgeorgesschool.org.uk)

For any Special Educational Need/Disability concerns: [sendco@stgeorgesschool.org.uk](mailto:sendco@stgeorgesschool.org.uk)