

Learning Mentor Newsletter 2024

7



Wellbeing: the state of being comfortable, healthy, or happy

Stillness Junior School recognise that a whole-school approach to the teaching and promotion of health and wellbeing has a potential positive impact on behaviour and attainment.



Hello, my name is Mrs Kelly and it is my pleasure to introduce myself as the Learning Mentor for Stillness Junior School.

My duty as a Learning Mentor is to ensure that our children's Wellbeing is always a priority. My role is to help children with any difficulties that they may have which could affect them attending school, I support the children with emotional issues, self-esteem, bereavements, divorce, separation, friendship issues and anxiety, to help children through life's challenges and help them find the strategies to cope.

Remember that if something is worrying you, please speak to an adult that you trust, they can help you and it helps us to feel better when we let our feelings out. You can also ring Childline on 0800 1111 if you need to speak to someone.

We have a number of different tools for the children to use when we meet including our puppets which the children love and is a great way for them to open up through role play. A big thank you to our wonderful "team SCA" who purchased these popular puppets for us.



"I enjoy going to Mrs Kelly because if I have any problems she helps me relieve stress from the problem. I have done this by going to the drop in sessions"

"I enjoy seeing Miss Kelly because it relieves any stress I have and any worries or things that make me feel upset"

Our Wellbeing Room

We have a lovely Wellbeing room where I see children on a regular basis, this also includes drop in sessions where children can come and see me during their lunchtime.



"I like going to Mrs Kelly because it helps me express my emotions"

"I like going with Mrs Kelly because it makes me happy"



Wellbeing Boxes

In both of our main buildings children have access to wellbeing boxes. There is one in the main hall and one in the corridor next to the art room. I am the only one who has a key so children can share anything they wish including any concerns or worries they may have.

You can use the page on our website to do the exact same thing! Look for the pupil wellbeing box on the home page. Feel free to send any concerns or anything about your wellbeing using this form. Your message will be sent to the inclusion team (Mrs Brown, Miss Zelve and myself) at school and will not be displayed publicly on the website – nobody else will be able to see it.

Please remember to put your name on the form so we know who you are. When we receive your message, a member of school staff will be in touch with you and your family to help.

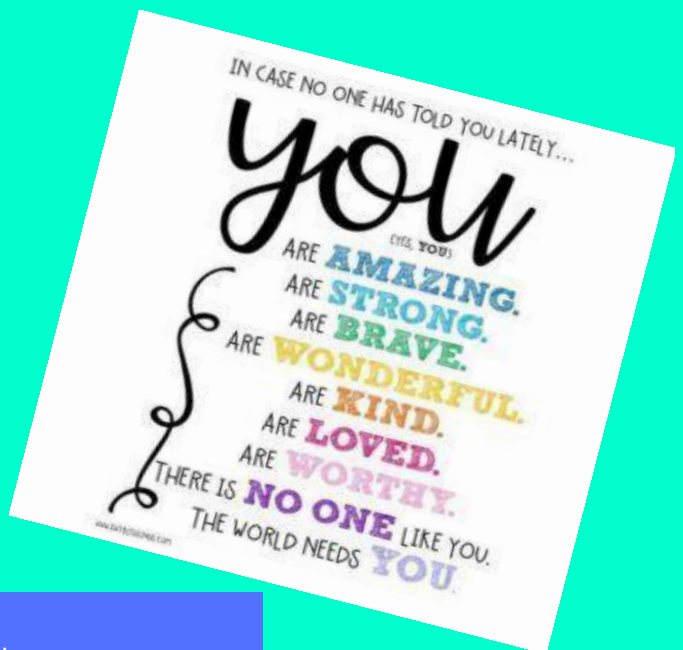
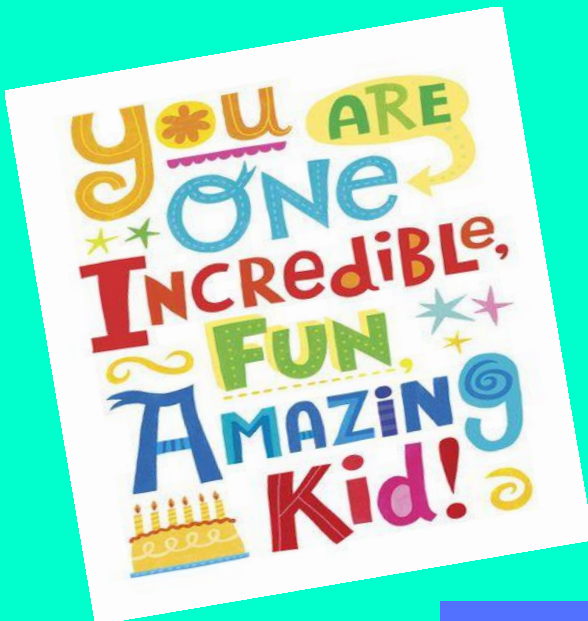
My role is to ensure the children are heard about any issues they may have.

Alongside this, we also have a Wellbeing Champion in every class. Their role is to demonstrate and deliver a Wellbeing activity each day in their class.

I am also ELSA trained:

ELSA: Emotional, Literacy, Support, Assistant.

The aim is to build your child's emotional development to help them cope with life challenges. To help find solutions to any problems they may have. After every session the child will receive a motivation card from me.



Even when we have finished our sessions, I always follow up with check in's once a week to reassure them that they are not left alone.