



St Dunstan's, Cheam, C of E Primary School

Anne Boleyn's Walk, Cheam, Surrey, SM3 8DF



Diocese of Southwark

Headteacher:

Ms Julia Corby B.Ed (Hons) NPQH

Tel: 020 8642 5463

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Dear Parents / Carers,

18th October 2019

MENTAL HEALTH AND WELL-BEING WEEK 11th-15th November 2019

"For Your Peace of Mind"

"My Peace I give to you" John 14:27

St Dunstan's shall be holding the first Mental Health and Well –Being Week from 11th -15th November. The children will cover a range of aspects relating to mental health and well-being from exercise, diet, strategies to help in certain situations at an age appropriate level.

Alongside the work we shall be doing with the children we shall be holding workshops at school for parents/carers. These will need to be booked in advance as places will be limited. To ensure this is done fairly, please send an email to office@stdunstans.sutton.sch.uk so we can allocate places on a "first come, first served" basis. Please note : Children will not be able to attend the parent workshops.

Below is a brief description of the workshop, with the date, time and venue.

Monday 11th November	KS2 Eucharist and Remembrance service at school – KS2 parents all welcome	10.30am 2 minutes silence at 11am	Main school hall
Tuesday 12th November	An Introduction to Mental Health led by Mrs Mollet and Mrs Soma What exactly we do we mean when we say good mental health? What does mental wellbeing actually mean? It is a state of mind, what we feel and think, but more than that... An introduction to mental health, signs and symptoms and where we can get help and support.	3.30pm – 4.30pm	Main school hall
Wednesday 13th November	Relaxation and Meditation led by Angela Rigby For most of us, stress is an unavoidable part of our daily existence. However, just because stress is unavoidable it doesn't mean that it has to dominate your life. Relaxation gives the heart a rest by slowing the heart rate and reducing blood pressure. As a result of relaxation, many people experience a decrease in muscle tension, more energy, better sleep, enhanced immunity, increased concentration, better problem-solving abilities, greater efficiency, smoother emotions, less anger, crying, anxiety, frustration, fewer headaches and pain. In short, better mental and physical health, resulting in a better quality of life.	9.30am- 10.30am	Main school hall



Wednesday 13th November	<p>Singaloud – all parents welcome led by Mrs Cordery and Mrs Hollamby</p> <p>Singing can have some of the same effects as exercise, like the release of endorphins, which give the singer an overall "lifted" feeling and are associated with stress reduction. It's also an aerobic activity, meaning it gets more oxygen into the blood for better circulation, which tends to promote a good mood.</p>	3.30pm-4.30pm	Main school hall
Thursday 14th November	<p>Yoga led by Miss Doncheva</p> <p>Yoga is an ancient form of exercise that focuses on strength, flexibility and breathing to boost physical and mental wellbeing. The main components of yoga are postures (a series of movements designed to increase strength and flexibility) and breathing.</p>	9.20am-10.30am	Main school hall
Thursday 14th November	<p>Outdoor Circuit/Exercise led by Stephen Gayle</p> <p>It can reduce your risk of major illnesses, such as heart disease, stroke, type 2 diabetes and cancer by up to 50% and lower your risk of early death by up to 30%. It's free, easy to take, has an immediate effect and you don't need a GP to get some. Its name? Exercise.</p>	3.30pm-4.30pm	Outside playground
Thursday 14th November	<p>Sewing led by Mrs Jenni Batten</p> <p>6 Reasons Why Sewing Benefits Your Mental Health</p> <ul style="list-style-type: none"> • Allowing you some “selfish” me-time. • Spending time away from your smart devices to prevent sensory overload. • Being mindful. • Accomplishing something. • Improving Body Image & Increasing Self-confidence. • Effective coping strategy. <p>Come and learn to make a Christmas Pudding, Christmas decoration in time for the festive season.</p>	3.30pm-4.30pm	School Library Places are limited to 6
Friday 15th November	<p>Indian Vegetarian Cooking led by Mrs Priti Bhagat and Mrs Michelle Powell</p> <p>Counsellor Nicole Lambert states that, "Cooking helps mental health in that it can be a creative outlet. It's a way to channel energy, can be used as a distraction, help build mastery in a skill, and a way to express emotions through a different medium."</p> <p>Come along to learn how to cook a vegetarian indian curry, Paneer a medium/soft unsalted cheese with vegetables.</p> <p>You will need to bring your cooking utensils and ingredients. We will provide the spices! A list will be given to all those who successfully gain a place.</p>	3.45pm-5.00pm	KS1 resource area Places are limited to 6



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This is the start of a topic that needs to be addressed and talked about across the whole school community. We all need to remember that "It's OK not to be OK", but that there are steps we can take to address our mental health and well-being.

The workshops are free but we will be collecting donations at the workshops which will go towards mental health charities as decided by the children. We shall also be selling bespoke badges for 50p that the children can purchase to wear during that week. All money raised will go to the chosen mental health charities.

Please note, we need an RSVP for all workshops but where workshops are limited to 6 people you will receive notification whether you have a place on the workshop.

We will only be in contact regarding the larger workshops, if you DO NOT gain a place.

We hope to see as many of you as possible at the workshops, collectively embracing this very important issue.

With Kind Regards,

Mrs Deepika Soma

Special Educational Needs Co-ordinator

