

NEWSLETTER



FRIDAY 22ND MARCH 2024

TEL: 01274 639049

WWW.SWAINHOUSE.CO.UK

EMAIL: OFFICE@SWAINHOUSE.BRADFORD.SCH.UK

ASPIRE

BELIEVE

PERSEVERE

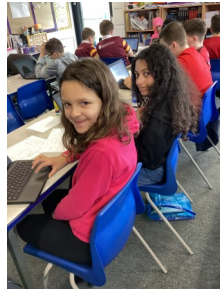
ACHIEVE

COMIC RELIEF



FRIDAY 15 MARCH

We raised an amazing £364 for Comic Relief last Friday. We enjoyed a bun sale and coming to school dressed in red!



EASTER CELEBRATIONS

EASTER CHOCOLATE RAFFLE WINNERS!

Here are some of the winners of our Easter chocolate raffle. Thank you to everyone who bought a ticket and donated some chocolate - without you these events wouldn't be possible. If you have a winning ticket and haven't collected your prize yet, please collect from the main office.



EASTER EGG COMPETITION

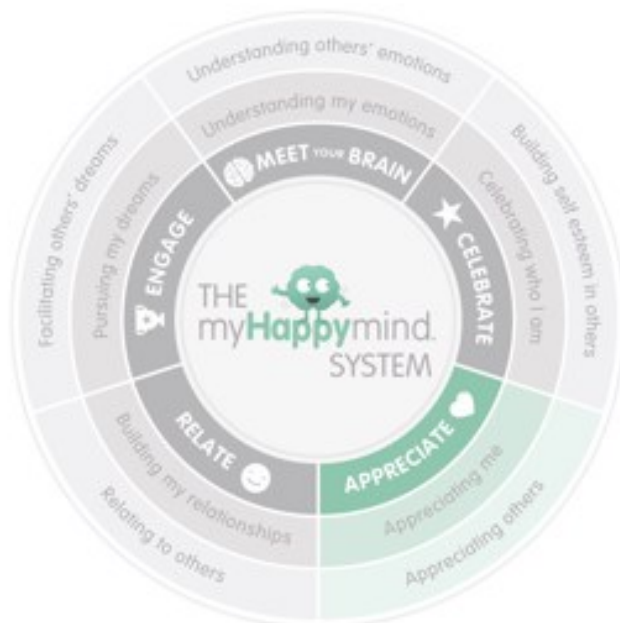
The children had a great time decorating eggs in school this week. We were really impressed with their ideas and creativity. Here are some of the winners collecting their prize.



MYHAPPYMIND - APPRECIATE



APPRECIATE PARENT NEWSLETTER



MYHAPPYMIND—APPRECIATE

Appreciate

We have just come to the end of the Appreciate module in the myHappyMind programme. The children have learnt so much through this module including:

- How to develop an Attitude and Gratitude.
- How to be grateful for others, experiences and ourselves.
- How giving and receiving gratitude makes us feel.

Why not ask your children to tell you what they have learnt. Here's some questions to help you:

- What have you been grateful for today and how did you show it?
- What are the 3 categories from the Wheel of Gratitude?
- How does it make you feel when you give and receive gratitude?

Support your child at home:

Log onto the parent app for more information about the Appreciate module and how you can support your child at home.

There are lots of activities you can do together at home including creating a thankful tree together, listening to the story and song, plus much more.

To access these materials just go to <https://myhappymind.org/parent-resources> and enter your name, email, and authentication code.

Your authentication code is 107220

Want to learn more? Check out our founder Laura Earnshaw's best selling book on [Amazon](#).

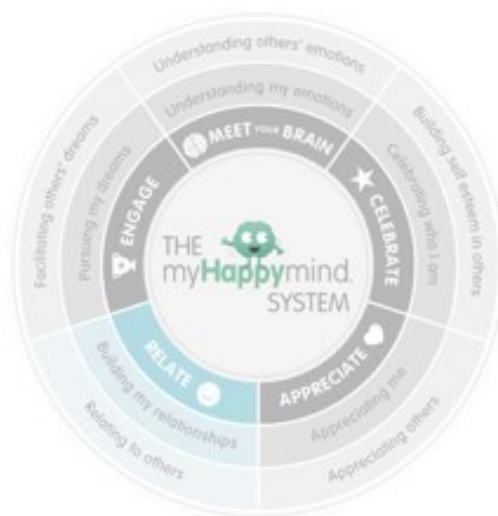


MYHAPPYMIND—APPRECIATE

Our Happiness Heroes will be leading the way next half term by helping Mrs Pugh deliver the assembly about our next module - Relate

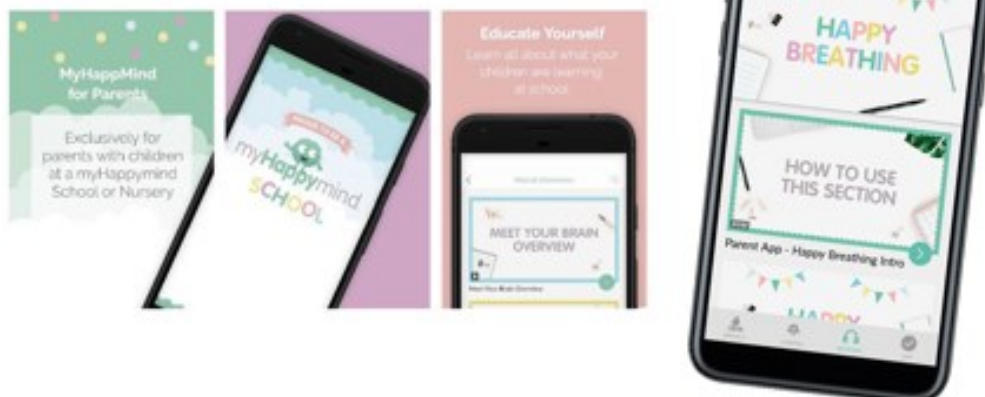
What's up next?

The next module is called Relate. Here we will be learning all about how to build positive relationships with others and why relationships are so important to our well-being.



You can sign up with the app here by <https://myhappymind.org/parent-resources>.

Our schools URN is _ 107220



MYHAPPYMIND APP

The myHappyMind app has been updated and now includes some new features—kids zone, myHappyMind games and mini master classes for parents .



Download your FREE myHappyMind Parent App



...An online resource to support you and your family to learn more about how you can use myHappyMind to support your child.



myHappyMind for Parents

Exclusively for parents with children at a myHappyMind School or Nursery.



Learn all about what your children are learning in school

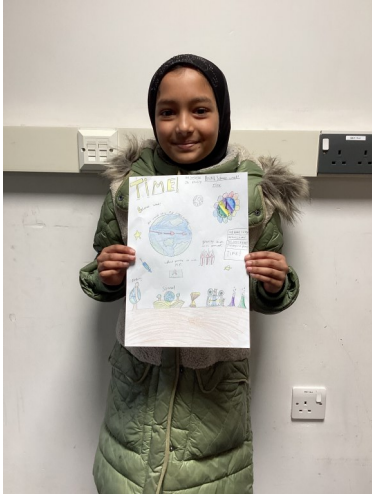


YOU WILL NEED THIS AUTHENTICATION CODE TO SIGN UP

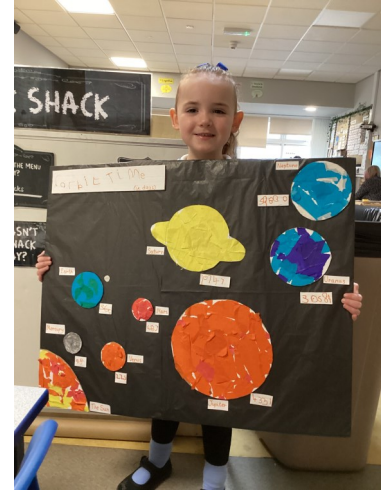
107220

SCIENCE WEEK POSTER COMPETITION WINNERS!

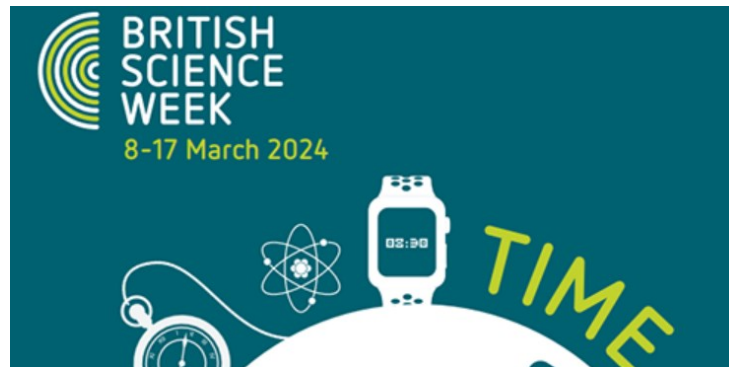
We would like to say a huge well done to our science week poster competition winners. Well done to everyone who took part in the competition - we had some fantastic entries!



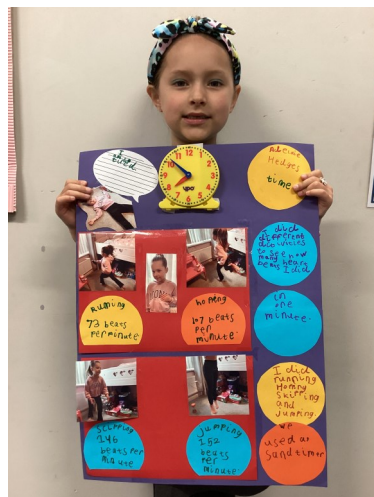
Sumaiya - JK Rowling



Aria - Elm



Aleyah - Willow



Adelaie - Lowry



Scarlet - Elgar

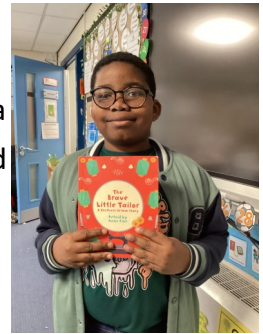
READING PLANET REVIEWS!

As part of our Key Stage 2 reading scheme, we would like to use our weekly newsletter to help promote and share some of your children's favourite stories that they have read. Each week, we will be sharing book reviews that have been written by your children. Hopefully these reviews will inspire our children to read one of the books when they choose their next one.

The Brave Little Tailor—The Brothers Grimm

I really enjoyed reading this book. The main character is really brave . He uses a lump of cheese and a runaway mouse to defeat two really scary and troublesome giants. It's a great book, you should definitely read it!

Farhan—Year 3



SHARING YOUR NEWS!

Charlie in Year 2 shared his Level 2, learn to swim certificate and badge that he was awarded at his swimming school. He has made improvements in his front crawl, back crawl, swimming underwater and his breaststroke.

Well done Charlie!



Ella in Year 2 brought her trophy to school that she was awarded at dance class. She got the trophy for always trying her best. Well done Ella!

Dale in Year 3 has received a trophy from his football club for being a skilled player—Well done Dale !



CLICK THE ICON TO SEE REGULAR UPDATES ON OUR FACEBOOK PAGE!



KS2 GIRLS FOOTBALL MATCH

Our UKS2 girls football team showed incredible teamwork, determination and effort during our match against Grove House. We came out 8-0 winners with every single player doing fantastically - we are very proud of them!



FINALLY...

We would like to wish you all a happy Easter. We hope you have restful holiday and we look forward to welcoming you back at the start of our Summer term on

Monday 8th April 2024



JU:MP @ HOME!

Stuck for something to do? Want to play a game with your children and be active? Try out this week's JU:MP @ home activity - Cups!

CUPS

Can you do all of the activities?



HOW TO PLAY CUPS



- > Place twelve cups on the ground in a grid: Six cups upright and six cups upside down.
- > Player one has to turn all the cups upright
- > Player two has to turn all the cups upside down
- > Set the timer for 60 seconds. Ready Steady Go!
- > Count down the last ten seconds
- > Player one wins if more cups are upright or player two wins if more cups are upside down when the time runs out!

SUITABLE FOR: All ages
TAKES: 20-40 minutes



YOU WILL NEED:
> 12 cups



REMEMBER This is an activity everyone can get involved in!

SAFETY...

Be sure to find a suitable and safe place to play like your street or in the park



Why not try?



- > **For parents and children over 13 years of age:** Filming the activity on your phone and see what other families are doing. You can post on Twitter @JoinUsMovePlay or Facebook #Bringbackoutdoorplay

DONATIONS!

We would like to increase outdoor learning sessions in school. If you have any wellies that are in good condition and your child has outgrown please could you donate them to school. Thank you for your continued support.



HOLIDAY ACTIVITIES

Please click [here](#) to access the website



Bradford Council

34 m · 🌐

Our Holiday Activities and Food programme is now open for bookings for Easter.

There is a huge range of fun activities for children to take part in during the upcoming school holidays.

Places are free for children who live in Bradford District and are eligible for benefits-related free school meals and for children with special educational needs or disabilities.

Places are limited and filling up fast so, take a look at what is on offer and book now to avoid missing out.

To book, follow the link in comments.



CLUBS AT SWAIN HOUSE



STREET DANCE
EXTRA CURRICULAR

SWAIN HOUSE PRIMARY SCHOOL
RADCLIFFE AVE,
BRADFORD
BD2 1JL

EVERY TUESDAY
3.00PM-4.00PM

**FUN | ENERGETIC
CREATIVE SPACE**

£3.00 PER SESSION
CONTACT INFO@YACAD.ORG





Swain House Primary School and Yorkshire Academy of Creative Arts & Dance Partnership



**CONTEMPORARY
DANCE CLASS**

**A SAFE, ACTIVE
CREATIVE SPACE
LET'S DANCE!**

£3.00 PER SESSION

TUESDAYS
4.00PM-5.00PM

SWAIN HOUSE PRIMARY SCHOOL
RADCLIFFE AVE, BRADFORD, BD2 1JL


TO ENROL CONTACT INFO@YACAD.ORG
TEL 01274 955130





Swain House Primary School and Yorkshire Academy of Creative Arts & Dance partnership

SCAN ME



Drama Club
EXTRA CURRICULAR



Thursdays
3.00pm-4.00pm

Swain House Primary School
Radcliffe Avenue
Bradford
BD2 1JL

£3.00
Per Person Per Session

**HAVE FUN
CREATE
PERFORM**

**YEAR GROUPS
1-6**

Swain House Primary School and Yorkshire Academy of Creative Arts & Dance Partnership



**MUSICAL
THEATRE**

Learn the best moves from your
favourite musicals

Every Thursday 4.00pm - 5.00pm
£3.00 per session

Swain House Primary School
Radcliffe Ave, Bradford BD2 1JL

Contact Info@yacad.org
Tel | 01274 955130





Swain House Primary School and Yorkshire Academy of Creative Arts & Dance partnership

SCAN ME

COMMUNITY NEWS

TOGETHER TRUST
charity

Sleep Chat for parents/carers

Parents/carers of children aged 2-11 years across **Bradford and Craven** districts are invited to have a 20 minute phone call with a qualified Sleep Practitioner to discuss any sleep issues their child may be experiencing

Sleep Chat sessions will take place on the following dates between 10-12am:

Monday	27 November	2023
Thursday	14 December	2023
Tuesday	9 January	2024
Tuesday	6 February	2024
Tuesday	12 March	2024
Wednesday	17 April	2024
Thursday	9 May	2024
Tuesday	11 June	2024
Wednesday	10 July	2024
Monday	5 August	2024

If you would like to speak to someone, please email your full name, contact number and preferred date to: admin@togethertrust.co.uk

You will receive an email to confirm your allocated phone slot and the practitioner will call you

Presented by
The Together Trust's
Specialist Sleep Practitioners

ShIPLEY Wellbeing Hub

Wednesday Wellbeing

ShIPLEY Wellbeing Hub

A **FREE** group for anyone who is feeling low. Come along and chat, or offer a non-judgemental ear to others. Wednesday Wellbeing offers emotional support for people with low mood, kindness and shared experiences. Tea & coffee provided.

ShIPLEY Library 1.45pm-3.15pm

Call the ShIPLEY Well being Hub team for more information.

01274 271088/ 07908 631068

HALE Health Action Local Engagement
Healthy Living Charity
Charity Number: 1123542 Company Number: 6443243

HALE 1 Westgate, ShIPLEY, BD18 3QX
Telephone: 01274 271088
Email: info@haleproject.org.uk

@HALECharityBfd
facebook.com/HALECharityBfd/

WINGS **EASTER HOLIDAY CLUB**

Tuesday 26, Wednesday 27 and Thursday 28 March
9.00am-3.00pm Tue & Wed, 9.00am-4.00pm Thu (showing of work at 4pm)

Sing • Dance • Act • Craft • Make Friends

£55 for three days!

Suitable for those aged 4-12yrs

At **THE ACTIVITY DEN**
HEALTH FITNESS AND WELLBEING HUB

Wellcroft house, Well Croft, ShIPLEY

www.wingsacad.com
07779 221087
hello@wingsacad.com

"She's never been to anything like this before and has come home each day so excited to go back. I can't believe her confidence during the show, it was like watching a different child. She's had the BEST time!"

ShIPLEY Glen Tramway
Easter Event

BAILDON TOWN COUNCIL

Come and say 'Hi' to the Easter Bunny.

Enter the competition to count the chicks and bunnies hiding in the woods!

Have a look in the museum before you leave.

• **START AT TOP OR BOTTOM STATION** •

PRICES ADULTS £2.50 JUNIOR £1.50 5- 16 YRS CHILDREN 4 AND UNDER FREE

Address, Prod Lane, BILDON, ShIPLEY BD17 5BN
EASTER SATURDAY-SUNDAY-MONDAY

ShIPLEY Glen Tramway is a Registered Charity 1094288 Email info@shipleyglentramway.co.uk

COMMUNITY NEWS



**WISE OWLS DROP IN
LANGUAGE DEVELOPMENT
ADVICE SESSIONS
TUESDAYS (FEB-MAR 2024)**



BRADFORD EAST

**1 – 2 pm
Canterbury Nursery
Basil Street
BD5 9HL**



If you have concerns about your child's speech and language development, drop in and have a chat with us – we can help!



Energetic & creative

...sports and games encourage a love of being active for 5-14 year olds whilst making friends, moving more and having fun.

Inspiring fun and active school holiday experiences since 1991

Tailored to each age group, our activities are the secret recipe to get children moving through exciting sports and games. It's not just about building a love for being active; it's about having a blast, gaining confidence, and making new friends! Our enthusiastic Red Tops are more than coaches – they're the maestros of fun (and safe!) camps, offering families peace of mind while children make memories that last a lifetime!

For more information, prices and booking visit KingsCamps.org or call 0114 263 2161

Childcare vouchers accepted in England, payment plans available
Multi-buy discount available when booking 4 or more weeks of camp

**The Kings
Camps week!**

Monday - Friday, from 8:15am to 5:30pm during school holidays - no week is ever the same...

Mondays are all about welcomes and warm ups with 'get to know you' games.

Tuesdays kicks off with... **Tennis**
Frisbee Archery Tag Lacrosse
Dodgeball Badminton
Benchball Hockey
...and much more...

Water-based games are a highlight on our **Wet Wednesdays** - when the weather allows.

**#AKE
ACADEMY**

Activity, fun & leadership skills for 15-17s

Rookies develop knowledge and practical skills to gain experience in sports coaching and working with children.

Team up on Thursdays for...

Mini Olympics Parachute
The Secret Path
Camouflage
Capture the Flag

Finally, parents are welcome to join in with our closing ceremony on **Fridays from 3:15pm**.

COMMUNITY NEWS

SEARCH JOIN US MOVE PLAY ON FACEBOOK



ju:MP DANCE

JU:MP IS HERE TO INSPIRE, ENERGISE AND SUPPORT OUR CHILDREN WITH FUN DANCE SESSIONS. WORKING ON A DIFFERENT RANGE OF DANCE STYLES TO GET YOU GROOVING!

Saturday Mornings During
Term Time Only

WHERE: Bolton woods Community Centre, 71 Livingstone Rd,
Bradford, BD2 1BD

TIME: 10.00am - 11.00am **AGES:** 5 - 14

FIRST SESSION IS FREE, £2 per session after

WEAR COMFORTABLE CLOTHING, bring your own WATER BOTTLE

For More **INFO** call **LAURA LIDDON** on 07719801013
or email **LAURA.LIDDON@BRADFORD.GOV.UK**

Follow us on Facebook **@JUMPANCEBRADFORD,**
Instagram **@2021JUMPANCE,** Twitter **@JUMPANCE2021**



COMMUNITY NEWS

ASPIRE PRO

ASPIRE PRO
DEVELOPMENT SESSIONS

-  TUESDAY EVENINGS
-  GOALS SOCCER CENTRE
-  5:00PM -6:00PM
-  AGES 5-12
-  TERM TIME ONLY
-  FA QUALIFIED COACHES

PLEASE CONTACT US VIA
FACEBOOK/INSTAGRAM ACCOUNTS OR VIA
EMAIL
ASPIREPROCOACHING@GMAIL.COM



ASPIRE
PRO COACHING



GOALS

BLOOMIN' BUDS
crafty classes

Families can get crafty every week, check our facebook for each weeks theme!

Rockwell Community Centre
Every Saturday
10.30am - 12.30pm

Children must be accompanied by an adult

Bloomin' Buds
Theatre Company

TALKING Bradford
Speech, Language and Communication Support for the Bradford district



Bradford District and Graven Health and Care Partnership
ACT4ONE

A new online guide for you to help your child with talking and communication (bump to 5)

Let's Get Talking Bradford!



BRADFORD CITY COMMUNITY FOOTBALL CLUB FOUNDATION

EASTER FOOTBALL CAMPS!
ALL ABILITIES AGES 5-14
10AM-3PM

Venue	Dates	Days	Cost
Marley Stadium	25th-28th March	4 days	£20 per day
Woodhouse Grove	2nd April-5th April	4 days	£25 per day
Crawshaw Academy	8th-10th April	3 days	£20 per day

WWW.BRADFORDCITYCF.ORG.UK/CAMPS

Little Acorns Nursery

At Swain House Primary School

Do you have a 2 year old?

Parents of two year olds can access 15 hours a week of free childcare if they are in receipt of income support benefits, such as Universal Credit, and earn less than £15,400 a year or if they are working parents of two year olds.

September, January and April intake

Little Acorns Nursery is a warm, nurturing atmosphere where children learn through play in a safe and stimulating environment



Children in the early years receive an excellent education. They make good progress because of the strong curriculum. They are highly engaged and independent in their learning. Adults are very effective in supporting them (Ofsted March 2023)

For more information please contact our school office on 01274 639049 or office@swainhouse.bradford.sch.uk

Great Oak Nursery

at

SWAIN HOUSE PRIMARY SCHOOL

Now enrolling for our September,
January and April intakes!



IS YOUR CHILD 3 OR 4 YEARS OLD?

We have full & part time places available in our well-equipped Nursery class run by an experienced, fully qualified teacher and Early Years Practitioners.

CALL NOW TO SCHEDULE A TOUR!

01274 639049

office@swainhouse.bradford.sch.uk

WEEKLY UPDATES

ATTENDANCE AND PUNCTUALITY

Here are this week's attendance and punctuality figures. There is a proven link between attendance and achievement and it is therefore very important that your child attends school and is on time unless they are too unwell to do so. Our doors open at **8.30am** and close at **8.40am**.

Please see the information below for our whole school and class attendance for the week ending **22/03/2024**

Early Years and Key Stage 1:

CLASS	PERCENTAGE %	LATES
Elm	96.8%	0
Willow	99.4%	2
Kandinsky	93.5%	1
Matisse	95.3%	2
Lowry	93.0%	2
Van Gogh	98.1%	5

Key Stage 2:

CLASS	PERCENTAGE %	LATES
Anne Fine	95.7%	0
Roald Dahl	89.4%	1
JK Rowling	98.1%	4
J Wilson	96.0%	4
Elgar	96.2%	1
Mozart	96.6%	4
Beethoven	94.6%	3
Vivaldi	99.3%	0

Congratulations to Elm Class, Willow Class, Van Gogh Class, JK Rowling Class, Jacqueline Wilson Class, Elgar Class, Mozart Class and Vivaldi Class for having the **best attendance** this week.

Well done to Elm Class, Anne Fine Class and Vivaldi Class for having no lates!

Our whole school attendance this week:

95.8%

COMMUNICATION SINCE THE LAST NEWSLETTER

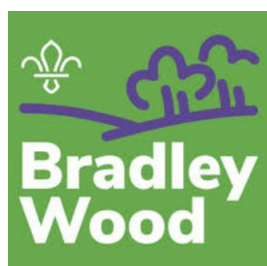
These are the letters, messages and website updates that have been sent out this week. If you have not received any of these letters, please speak to your child's class teacher or contact the office on **01274 639049**.

WEBSITE UPDATES:	National Online Safety - Stay Safe on new Devices
LETTERS:	21.03.24 - Parking Concerns at School Drop Off and Pick Up 21.03.24 - Roald Dahl Class Passover Assembly 21.03.24 - Elgar Class Eid Assembly
MESSAGES VIA PARENTAPPS:	

COMING UP IN SUMMER TERM

SUMMER TERM ASSEMBLY SCHEDULE

DAY	DATE	TIME	EVENT
Thursday	18.04.24	2.30pm	Roald Dahl Passover Assembly
Friday	19.04.24	2.30pm	Elgar Class Eid Assembly
Thursday	25.04.24	2.30pm	Lowry Class Wesak Assembly
Thursday	02.05.24	2.30pm	Mozart Class Assembly
Thursday	09.05.24	2.30pm	Van Gogh Class Vaisakhi Assembly
Thursday	16.05.24	2.30pm	Year 3 Residential Assembly
Thursday	06.06.24	2.30pm	Year 4 Residential Assembly
Thursday	13.06.24	2.30pm	Matisse Class Assembly
Thursday	20.06.24	2.30pm	Willow Class Assembly
Thursday	27.06.24	2.30pm	Elm Class Assembly
Thursday	04.07.24	2.30pm	Kandinsky Class Assembly
Thursday	18.07.24	1.45pm	Year 6 Leavers Production



YEAR 3 RESIDENTIAL

Next half term, children in Year 3 will be attending their first residential to Bradley Wood. They will be going on 2nd May - 3rd May. Any questions, please speak to your child's class teacher.



YEAR 4 RESIDENTIAL

Also next half term, children in Year 4 will be attending their residential to Nell Bank. They will be going on 8th May—10th May. Any questions, please speak to your child's class teacher.

REMINDERS

BREAKFAST CLUB

Our Breakfast Club opens at 7.30am at a cost of £2.50 each per day or at 7.45am at the cost of £2.00 each per day. Children from Nursery to Year 6 can attend.

If you would like to book your child into Breakfast Club, please use ParentPay.

AFTER SCHOOL CLUB

Our After School Club is available until 4pm at a cost of £2.00 each per day.

If you would like to book your child into After School Club, please use ParentPay.

EXTRA CLUB

We also offer an Extra Club service that runs until 5.30pm at a cost of £4.00 per day.

If you would like to book your child into Extra Club, please use ParentPay.

Please can you ensure that Extra Club places are booked and paid for in advance - by Monday morning. This ensures registers are accurate and places are booked and guaranteed.

If you have any problems booking any of our before or after school clubs, please contact Miss Armitage, one of our learning mentors.

COMING UP NEXT TERM

ANY NEWLY ADDED ITEMS WILL BE IN BLUE

DAY	DATE	TIME	EVENT
Monday	08.04.24	N/A	School Reopens
Tuesday	16.04.24	3.00pm	Year 4 Nell Bank Parents Meeting
Thursday	18.04.24	3.00pm	Year 3 Bradley Wood Parents Meeting
Thursday	25.04.24	3.00pm - 6.00pm	Parents Evening
Thursday - Friday	02.05.24 - 03.05.24	N/A	Year 3 Bradley Wood Residential
Wednesday - Friday	08.05.24 - 10.04.24	N/A	Year 4 Nell Bank Residential

NATIONAL ONLINE SAFETY

This week, our 'Wake Up Wednesday' guide from National Online Safety is all about 'Encouraging open conversations at home'.

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

10 Top Tips for Parents and Educators

ENCOURAGING OPEN CONVERSATIONS AT HOME

With tricky topics and occasional clashes of opinion, it can be challenging to maintain an environment where children feel able to talk candidly and honestly. However, encouraging such conversations helps to develop trust – making it easier to unpack even sensitive subjects as children get older. Here are our top tips for promoting open conversations at home.

- 1 CREATE A SAFE SPACE**
Criticism, blaming or shaming can all prevent children from feeling emotionally safe – while showing affection, positive attention and an interest in what a child has to say builds their sense of security. These formative years are when children's opinions and values begin to take shape, so it's important to provide a non-judgmental environment in which to discuss them – especially if their opinions differ from your own.
- 2 CONSIDER OTHER OUTLETS**
Some children may find it easier to talk while they're participating in another activity such as drawing, writing, walking or sport. If it's possible, taking part in these activities together presents you with an opportunity to communicate while doing something side by side. A child may feel less pressure that way and can be more inclined to open up of their own accord.
- 3 NORMALISE CHATS ABOUT FEELINGS**
Incorporate mental health and emotional wellbeing into everyday conversations, using age-appropriate language and examples to help children understand their emotions. Ask questions like "How are you feeling today?", "What was the best and worst part of your day?", "If you could start today again, what would you do differently?" and "Is there anything you want to talk about?"
- 4 LISTEN ACTIVELY**
When children express themselves, make it obvious that you're listening closely and giving them your full attention. Maintain eye contact and validate their feelings without immediately trying to solve the problem. It's not helpful to dismiss their issues as childish or 'teenage angst' – or to assume that they'll simply 'get over' whatever they're feeling. Children don't have your life experience; their resilience is still developing as they learn to push through difficulties and handle problems.
- 5 ASK OPEN QUESTIONS**
Encourage children to share their thoughts by asking open questions about their feelings and experiences. Closed questions (such as "Did you enjoy school today?") are more likely to elicit a simple "yes" or "no" response. Instead, you could ask things like "Who did you spend time with at break?" or "Who did you sit with at lunchtime?"
- 6 RESPECT THEIR BOUNDARIES**
If a child isn't ready to talk to about something yet, respect their boundaries; this reinforces that their feelings are important and worthy of consideration. Ideally, you're aiming to let them know you care without smothering them, so just make it clear that you're there for them whenever they're ready to chat. Gentle, regular check-ins can sometimes be the best form of progress.
- 7 LEAD BY EXAMPLE**
Model open, honest and healthy communication in front of children and young people. Try to demonstrate kindness when talking about others and yourself, because if children hear adults being overly harsh, critical or judgmental, or see them having unrealistic expectations of themselves, it makes them more likely to adopt and repeat this behaviour themselves as they grow.
- 8 HAVE REGULAR CHECK-INS**
Check in with children periodically to discuss how they're feeling and what's going on in their lives. This could be a weekly or monthly conversation, where the child has an opportunity to share whatever's on their mind. For parents and carers, getting away from the house and other distractions might be productive here: you could consider regular trips to a coffee shop or a café, or just a weekly walk.
- 9 PROVIDE RESOURCES**
It's often beneficial to let children know about other support that's available to them if they're struggling to talk to you specifically. Encourage them to talk to school counsellors, trusted adults or even a therapist, if necessary – while normalising this route and dispelling the harmful stigma around asking for help. Older children could engage with resources such as Kooth or YoungMinds.
- 10 CELEBRATE EMOTIONAL EXPRESSION**
It's beneficial to praise children for expressing their feelings honestly – emphasising how important it is to talk about their emotions and how proud you are of them for doing so. This can be especially pivotal for boys, who often experience more of a stigma around talking frankly about their feelings and their mental health – a barrier that can be overcome, with enough love and support.

Meet Our Expert
With 30 years' experience as a teacher, trainer, consultant and interim executive board member, Anna Bateman has a superb understanding of what works in pedagogy, school improvement and leadership. She has also advised the Department for Education on their mental health green paper.

#WakeUpWednesday
The National College

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