



World's End Well-being

Welcome to the second World's End Well-being newsletter. Spring 2 issue March 2022

Meet the Team: We have a hard-working, dedicated pastoral team led by our SENCo Mrs Barlow.



Mrs Barlow

SENCo Pastoral Lead—DSL



Mrs Taylor

Senior Learning Mentor—DSL



Mrs Wood

Assistant Learning Mentors



Mr Carey

This half-term's addition focuses on anger and emotions.

What is anger?

Everyone gets Angry sometimes  these feelings are all a part of our EMOTIONS  

Sometimes we feel happy, sometimes we feel sad, sometime we feel **frightened**, sometimes we feel excited and sometimes we feel **irritated, annoyed or ANGRY**. Sometimes we just can't find the right words to describe IT!***???

Everyone has these FEELINGS even grown ups. It is OK to feel angry

sometimes  but we need to know how to make ourselves feel better. If we **DON'T** know how to **make ourselves feel better** our body **and our brains will sometime** make bad choices such as:

- Pulling **horrible** faces
- Saying mean words
- Shouting and screaming
- Hitting or Kicking
- Throwing Things



Sometimes you just get so angry that you feel like you are going to



burst! It may feel like your anger is the boss of you. We are going to learn how you can be the boss of your anger and make good choices.

Strategies we can use to help regulate our emotions

Breathing:

When we are worried and see our body signals, practicing breathing can help us feel calm again. Let's see if we can practice together:



Breathe in through your nose as if you are smelling a flower.



Hold in your breath for 5 seconds



Breathe out slowly, as if you are blowing out a candle on a cake

Repeat until calmer

What else can you do?

There are lots of other skills you can learn to help you feel less angry.

Move your body:

Sometimes when we do something active it can help us feel better. When we are angry, sometimes moving our bodies and doing exercise helps us feel calmer. Here are some ideas below:



Jumping Jacks – can you do 20?



Skipping – can you skip for 1 minute?



Run on the spot – can you lift your knees too?

Helpful Resources:

Service Name	Contact Details	Address
Forward Thinking Birmingham	0300 300 0099 www.forwardthinkingbirmingham.org.uk	
Pause Drop in Centre	Opening times are: Monday, Tuesday, Thursday and Friday 10am-6pm, Wednesday 12pm-8pm, Saturday and Sunday 11am-4pm	21 Digbeth, Birmingham, B5 6BJ

Service Name	Contact Details
Young Minds	www.youngminds.org.uk
Child line	0800 1111 (24 hour phone line) www.childline.org.uk
Mind	www.mind.org.uk
The Samaritans	116 123 (24 hour phone line)
Sane line	0300 304 7000 (Mental Health Helpline 6pm-11pm daily)
The Children's Society	www.childrenssociety.org.uk
The Mix	Free phone: 0808 808 4994 (13:00-23:00 daily) www.themix.org.uk

Free Apps

Mindful Gnats
MoodGYM
Stop, Breathe, and Think
Calm
Headspace

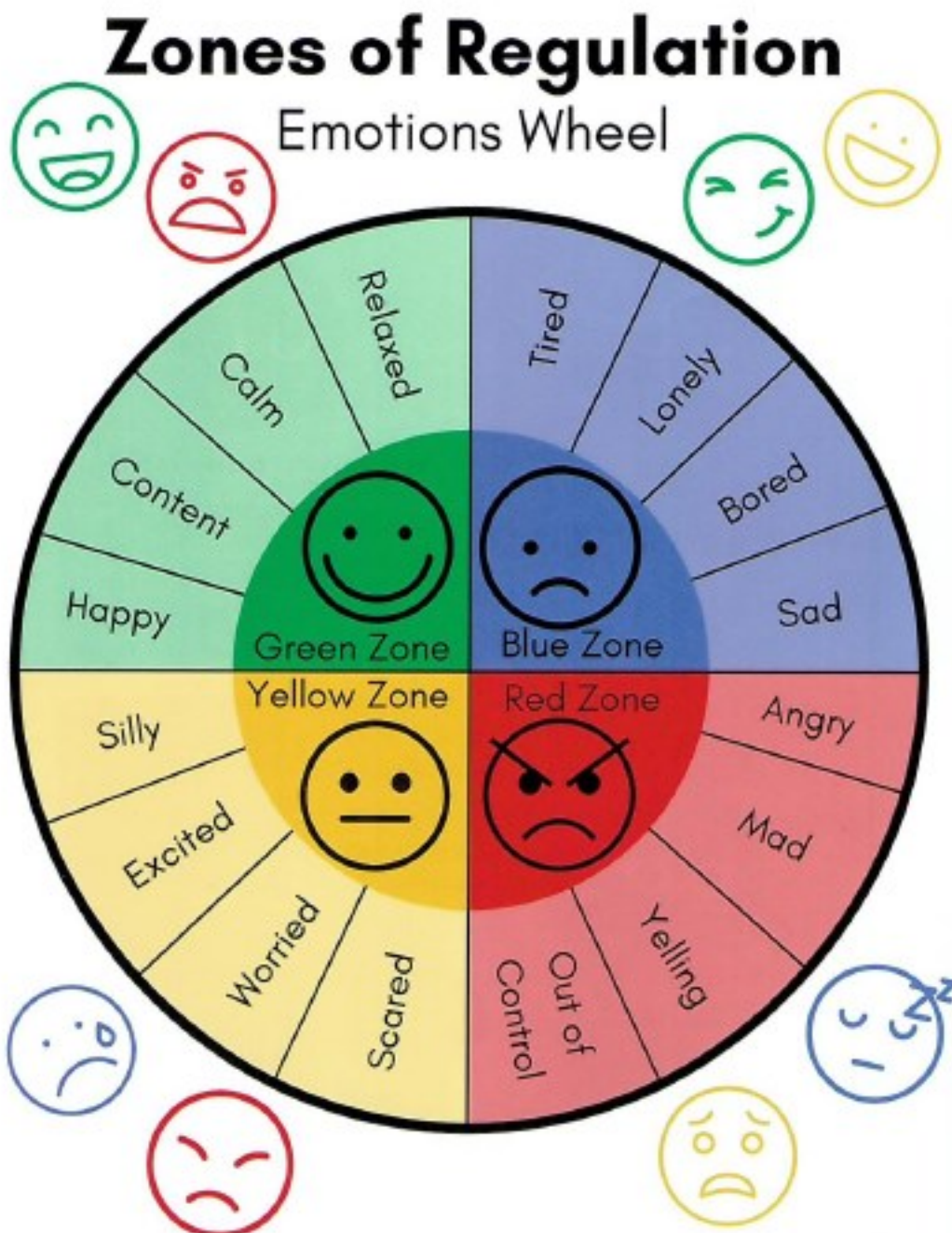
Other resources are available at: <https://www.youngminds.org.uk/parent/a-z-guide/anger/>

<https://www.nhs.uk/mental-health/children-and-young-adults/advice-for-parents/help-your-child-with-anger-issues/>

We have introduced Zones of Regulation across school this half-term. Each class has a chart where children can anonymously indicate which zone they are in. Staff then discuss strategies which can be used to support pupils in the zones.

Self-regulation strategies include: quiet time, controlled breathing, remembering a happy thought, colouring/drawing, going for a walk or talk to a trusted adult.

Below is an emotions wheel to show which emotion belongs to each zone.



Support for families



Parenting webinars can be accessed FREE OF CHARGE at

[https://parentingsmart.place2be.org.uk/?](https://parentingsmart.place2be.org.uk/?fbclid=IwAR03kuumv6H5JxamoOQ_P0AI5plScbC0_d17yFXwsChWAhX1BEKfjgc5XK4)

[fbclid=IwAR03kuumv6H5JxamoOQ_P0AI5plScbC0_d17yFXwsChWAhX1BEKfjgc5XK4](https://parentingsmart.place2be.org.uk/?fbclid=IwAR03kuumv6H5JxamoOQ_P0AI5plScbC0_d17yFXwsChWAhX1BEKfjgc5XK4)

By entering the code COMMUNITY every parent can access a FREE parenting course at

<https://inourplace.heiapply.com/online-learning/>

Family Connect

Everyone needs help from time to time. Family Connect can provide Family Support Workers, **financial funding, support and information and building connections in the community as well as support with Early Help.**

You can self refer or contact Mrs Taylor who will be happy to support you.

[https://www.birmingham.gov.uk/info/50224/](https://www.birmingham.gov.uk/info/50224/birmingham_children_s_partnership/2156/birmingham_children_s_partnership_-_resources)

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This is not a referral to Children's Service.



Birmingham and Solihull **Health & Wellbeing** services also have resources available which signposts families to the right support service.

<https://the-waitingroom.org/>