



Victoria Dock Primary School Safeguarding Newsletter

Issue 2 - Spring 2025



What is Mental Health?

We all have mental health. Mental health is about our feelings, our thinking, our emotions and our moods. Looking after our mental health is important. We all have a 'small' feelings every day. These sometimes feel strong and overwhelming, whether happy or sad, but they go away before too long. Sometimes we experience 'big' feelings: These feel strong and overwhelming for a long time. They stop us doing what we want to in our lives.

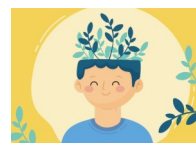
What do we do at school?

At Victoria Dock Primary School, we encourage children to be open about their feelings so that they know it is good to talk about what they are going through. We aim to create an environment that teaches children to be respectful towards each other, and how to respect other people's personal experiences and emotions.

Through our Jigsaw lessons, we ensure children develop an age appropriate awareness of mental health (more information is on the back page). If children understand their own feelings, how to communicate with empathy and understanding, they will speak more knowledgeably and respectfully to each other.

The School Council

Our School Council has two Mental Health ambassadors who help deliver key messages from their classmates to the staff and vice versa.



This ensures we have good communication between children and staff.

School displays



New displays have gone up around school, helping children to understand how a positive mind-set can help when faced with new or difficult challenges.

'Being your own superhero' is a fantastic way to help children understand they hold the power to succeed.

The Mental Health Team

Our school has a whole array of staff who are part of the Mental Health team. They are equipped to help children, and staff, if they need support or ideas such as building and maintaining emotional resilience, self esteem and self-confidence. Posters can be found all around the school so children know who the staff members are.

Victoria Dock Mental Health Team





Solihull Approach

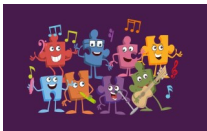
Evidence-based learning to raise emotional health: Childhood development, parenting, relationships, and wellbeing.

We have recently done lots of work with professionals from local services who are there to help support parents, children and their wider families.

So far this year, we have had a parent workshop for children in our foundation stage and year 1, designed to give support for parents and carers in understanding early childhood development. We hope to offer more workshops throughout the year, so watch this space.

There is also support available online in a learning platform - www.inourplace.co.uk - where you can find lots of information about childhood development, emotional well-being, adolescent brain development, parenting and mental health.

Scan the QR code below, or speak to your child's class teacher for further information.



PSHE Curriculum

To support our Personal, Social and Health Education curriculum, our school follows the Jigsaw scheme of work. Each week the children participate in a range of activities linked to that term's 'jigsaw piece'

Term 3—Dreams and Goals

This first half term's 'Puzzle Piece' is "Dreams and Goals". This unit aims to help children think about their hopes and dreams, their goals for success, what their personal strengths are, and how to overcome challenges. Children learn about experiencing and managing feelings of pride, ambition, disappointment, success; and they get to share their aspirations, the dreams and goals of others in different cultures/countries, and their dreams for their community and the world.

Term 4 - Healthy Me

The second half term's Jigsaw piece covers two main areas of health: Emotional/mental health (relaxation, being safe, friendships, mental health skills, body image, relationships with food, managing stress) and physical health (eating a balanced diet, physical activity, rest and relaxation, keeping clean, drugs and alcohol, being safe, first aid). Most of the statutory content for Health Education (DfE) is contained within this Puzzle. All lessons are delivered in an age- and stage-appropriate way so that they meet children's needs.

ELSA

We also have a team of staff who are trained in ELSA - Emotional Literacy. This bespoke package can help children on a 1:1 basis if they need a bit of support, a listening ear, reassurance or some kind words. Speak to your child's class teacher for more information.



As always, if you are worried about a child's safety, please do not hesitate to contact a member of the safeguarding team.

Designated Safeguarding Lead - Miss N Leach

Deputy Designated Safeguarding Lead - Mrs L. Taylor

Head Teacher - Mrs A. Saunders

They can be contacted via the school office, or by telephone on 01482 598200