

## Pheasey Park Farm Primary School and Early Years Centre

Address: Wimperis Way, Great Barr, Birmingham, B43 7DH

Telephone: 0121 3666183

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Early Years Centre Email: [early-years@pheasey.org.uk](mailto:early-years@pheasey.org.uk)

Website: [www.pheaseyparkfarmprimary.co.uk](http://www.pheaseyparkfarmprimary.co.uk) / [www.elstonhallmat.co.uk](http://www.elstonhallmat.co.uk)

Head Teacher: Mrs S Arnold

Early Years Centre Managers: Miss T Ilsley and Mrs L Smith



**PHEASEY PARK FARM**  
Primary School &  
Early Years Centre

Monday, 18<sup>th</sup> October 2021

Dear Parents and Carers,

### Mental Health and Wellbeing

It is important for all of us to take care of ourselves and get the most out of life.

Good mental health and emotional wellbeing of children is just as important as physical health. It allows them to become independent, develop resilience to be able to deal with the challenges in life and helps them grow into independent and well-rounded adults.

So that we can measure pupil well-being in our school, this week all children from Year 1 - Year 6 will complete a short questionnaire on 'Bounce Together'. Last year we asked for this to be completed at home, however to take the pressure off parents, we now have enough devices in school for this to be completed in class.

KS2 will complete the Stirling Well-being questionnaire and KS1 will complete a similar, but simplified version so that it is easier for them to access.

The last 18 months have certainly been a challenge and it is entirely normal for children of all ages to be finding things difficult and for you as parents and carers to be unsure how best to support their mental health and wellbeing as well as your own.

Here are some of the ways you can help your child:

- **Listen to them** - so simple, but so important. For many children, just sharing their worries will make a difference.
- **Celebrate their successes** - sometimes children are unable to see their strengths and only focus on their failings. Parents can help by celebrating their triumphs, no matter how small and by not encouraging comparison with others.
- **Encourage independence** - children often love to 'help' and do little jobs at home. Be positive when they offer to help and praise them whenever they show developing maturity and independence
- **Encourage a more positive view of themselves** - learning to accept that they will not excel at everything can be a hard lesson to learn. Teaching our children to accept themselves and their own abilities is vital for mental wellbeing. They must be able to forgive themselves,



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their mistakes and their weaknesses and learn that no one is perfect. Not even their teachers or parents!

- **Have fun** - play games at home especially board games and turn taking games, get creative, get involved in outdoor activities
- **Look after yourself** - you must look after yourself to be able to best support your child

Thank you very much for your support.

Yours sincerely,

Mrs S. Arnold  
Head Teacher

