

Wonderful wellbeing!



Dear Parents,

You will be aware that nationally young people's mental health has become a concern. While most children are happy and have high self-esteem to a varying degree everyone experiences a lack of confidence at times.

As a school we are making promoting positive mental health and wellbeing a whole school focus and we are keen to provide a universal approach to helping all of us in the school community to be the best we can be.

For the last 2 years we have been using 'The Zones of Regulation' to support our children with their mental health and wellbeing alongside our PSHE learning. The Zones of Regulation is a behaviour management framework designed to foster self-regulation and emotional control. Self-regulation is something that everyone is continually working on whether they are aware of it or not. When we are able to recognise that we are in a situation that is making us lose control of our emotions we are then able to do something about it and manage our feelings to help ourselves get back to a healthier headspace. The aim of the Zones of Regulation is to help people go through this process more naturally.



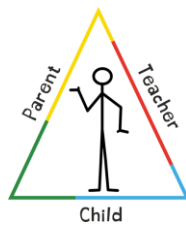
As a school we are always looking for ways to improve our provision for all pupils and we have committed to Trick Box as another tool to use because we feel it fits with our ethos and curriculum. We hope that by introducing Trick Box we are getting in early to help promote long healthy life habits to support all of us in the school community.

What is Trick Box?



Trick Box – Building Healthy Life Habits

Trick Box is a simple, fun and effective whole school, whole family, emotional management and personal development programme, which supports children and their families.



To support children's emotional health and wellbeing, we are going to be using the Trick Box programme throughout the school in the coming weeks and months. The programme is designed to be used both at home and at school to give children strategies for developing resilience and effective communication.

Trick Box helps children to:

- Recognise and self-manage emotions
- Develop mindful awareness and mind-body connection
- Build awareness and choices around body language signals
- Create confident decision making
- Set and achieve positive goals
- Develop communication skills to enhance interpersonal relationships
- Problem solve and create solution thinking
- Create intrinsic motivation and the confidence to try new things in new ways
- Create long term personal autonomy and resilience

All of the above skills will be introduced and reinforced through sequential 15-minute habit forming tricks with one trick taught each half term (EYFS) or fortnightly (KS1) in school using simple, child-friendly trick cards. You will be able to find out what the tricks are in our weekly newsletter.

Here is the first trick 'Mirror Mirror'.



If you have any questions about Trick Box or want to find out more, please contact Susannah Jones (PSHE lead).