

Wellbeing and Mental Health Parent Newsletter

Summer Term 2021



Quick Look:

- Mental Health Week
- Talking about feelings
- Use the blob tree to identify how you feel
- Parent Workshops
- Ollee online app

This week is Mental Health Week
We are learning about talking about feelings



Feelings or emotions are part of human nature. They give us information about what we're experiencing and help us to know how to react. We sense our emotions from the time we're little babies. Babies react to their emotions with facial expressions or with actions like laughing, cuddling or crying. They can feel and show emotions, but they don't yet have the ability to name the emotion or say why they are feeling that way.

As we grow up, we become more skilled in understanding emotions. Instead of just reacting like babies do, we can identify what we feel and put it into words. With time and practise, we get better at knowing what we are feeling and why. This is called '**emotional awareness**'.

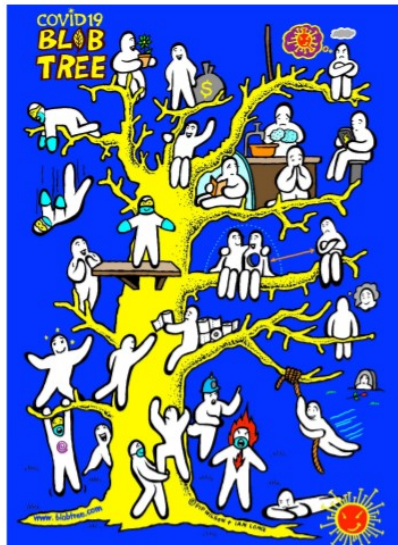
Emotional awareness helps us know what we need and want (or don't want). It helps us build better relationships. That's because being aware of our emotions can help us talk about feelings more clearly, avoid or resolve conflicts better and move past difficult feelings more easily.

Some people are naturally more in touch with their emotions than others. The good news is, everyone can become more aware of their emotions. It just takes practise, but it's worth the effort. Emotional awareness is the first step toward building emotional intelligence, a skill that can help people succeed in life.

A few basics on emotions:

- **Emotions come and go** throughout the day, some last for a few seconds others might linger to become a mood
- **Emotions can be mild, intense or anywhere in-between** depending on the person and situation
- **There are no good or bad emotions but there are good and bad ways of expressing your emotions:** learning how to express your emotions is another skill 'managing emotions' but you can't manage emotions until you understand them!

Some children find it very difficult to know what they are feeling but can point to the blob that represents them and this can help a discussion about what is happening for them.



Parent Workshops:

Huge thanks to our CAMHS worker in school, Philippa, for running a range of parent workshops this academic year. We are looking forward to the one today on 'Talking to your Children about Feelings'.

Thank you to all those who have registered for the parent workshop today. We will post the slides on our website to anyone who was unable to join. Please email me to suggest new workshops you would like in the future. We have some ideas from the parent questionnaire that went out recently.

There will be a parent workshop on July 5th on Transition—If your child is transitioning to a new school and you would like to know how best to support them then look out for the flyer that will be sent by email nearer the time.

Meet Ollee – a virtual friend for your child

School, friendships, bullying, the internet...

Some subjects aren't easy for children to talk about.

Ollee helps families have those tricky conversations – and helps you give your child extra support when they need it.

What is Ollee?

Ollee is a new app to help children aged 8-11 with their emotional wellbeing.

It's created by Parent Zone with funding from BBC Children in Need's A Million & Me initiative and is available for free on any device with an internet connection - there's no need to download anything.

Your child can use the app to tell Ollee how they're feeling, then

share those feelings with you so you can start the conversation.

The app is also packed with advice about the subjects that matter most to your child, including school, friendships, family and the internet.

It's really easy to use and there are full instructions in the app.

Try Ollee today:
Ollee.org.uk



This week children in Y3-6 will be introduced to a new online app called "Ollee". This app is like a virtual friend which can be used by parents and children to get advice and strategies to cope with feelings they are having.

Need help or a bit of advice, got a niggling question or worrying about something your child is doing or saying . Please don't worry on your own; get in touch with Debi. dcookhorn@millfields.hackney.sch.uk