

Wellbeing and Mental Health Pupil Newsletter

Autumn Term 2022



Stand Up and be Counted!

Quick Look:

- Be an Upstander
- Growth Mindset
- Friendships and bullying
- Tell someone box



This year in anti bullying week we want to encourage you to be an **Upstander**.

When you see something that you know is wrong and makes you feel uncomfortable you can help to stop it. You might not feel confident enough to say stop but you can either stand by the person to support them silently and let them know you are there for them, or go and find an adult who can help.

An **Upstander** is someone who takes action when they witness bullying. Even one person's support can make a big difference for someone who is being bullied. When children who are bullied are defended and supported by their peers, they are less anxious and depressed than those who are not.

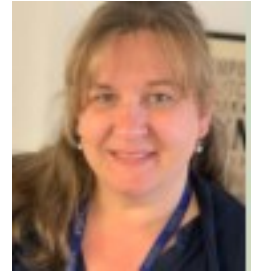
Growth Mindset

We spoke in assembly about how your brain is at its most elastic through primary school. Don't close yourself down and say 'I can't' remember with some effort you will be able to. Sometimes the hardest journeys of progress are the most rewarding. Think about something you find difficult and make a promise to yourself to keep trying until you succeed.



Let us know if you need help, if you are being bullied or someone is being mean.
Outside Darren's office

It's anti bullying week this week so let's talk more about friendships and issues we face and also about what is bullying and what is meanness...



Friendships are really important in school and outside of school. Friendship gives you a sense of security and belonging. Friends can share in your good news and can help you to cope with big life events. Friendships are essential for good mental health and playing and laughing with friends. Quality friendships are much more important than quantity. You can get everything you need from a few close friends. You might not share all your feelings with friends and sometimes you have different types of friendships; friends to joke around with, friends you share hobbies with, friends from a sports team or club and family friends. Generally being with people is better than feeling alone. Some friendships, however, can become a bit toxic. A toxic friend might tell you that you are wrong all the time or constantly criticise you. They may try to control who you play with. Sometimes they may say horrible things about other people and try to get you to say them too or try to get you to do things you don't want to do. If you feel comfortable you should talk to them about how they make you feel—this may or may not change the way they behave. If you don't feel comfortable confronting them then keeping your distance may start to change things. Don't tell them very personal things and spend time with others as much as you can. Remember even the strongest of friendships have ups and downs, arguments and awkward moments—that's part of the natural rhythm of things and it doesn't mean the friendship is over!

Now, everyone can be mean sometimes! But when meanness and cruelty happen over a long period of time and is focused on one person it is bullying. Bullying isn't always easy to spot. Of course bullying can be 'beating someone up' and calling someone horrible names but bullying can also be subtle like; spreading rumours and lies, excluding someone on purpose, mimicking or mocking, eye rolling or laughing every time someone makes a comment or answers a question, tripping people up and online bullying or texting rude messages. Being bullied can have a very negative effect on mental health and can make it hard to concentrate. Being bullied makes you feel sad and can make you lose your appetite. It makes you want to be alone and sometimes it can be hard to sleep.



Bullying is **not** your fault. You **MUST** tell someone you trust to do the right thing. You can write it down at school and post it in the box outside Darren's office if talking is too difficult for you.

If you are bullying someone it is never too late to stop. You may want help too so please ask.

To open a discussion with family, class or friends watch this short film

<https://www.literacyshed.com/for-the-birds.html>

