



The St John and St James' Wellbeing Newsletter



The Wellbeing and Mental Health in Schools Project

This year, the focus of the WAMHS project is on supporting and strengthening our relationships with the families in our school.

We would love to hear from you about how we can support you and your family, please look out for and complete our **'What can we do to help?'** survey coming soon.



Lara, CAMHS Worker in SJSJ

The Mental Health Support Team



Hi everyone, I am Imogen, the Education Mental Health Practitioner (EMHP). I am part of the Mental Health Support Team (MHST) and offer workshops and group work with students, such as, the workshop I am currently delivering to years 3-5 "My Emotions".

I also offer support to parents with their child's anxiety or behaviour that may be challenging at times. If you feel as though you could benefit from my support, please get in touch with Mrs Adamsdale.

Wellbeing on the Website

Check out the new 'WELLBEING' section on the school website. We will be using this space to share helpful information, tips and resources for children and families.

Wellbeing Apps

We use Mindfulness and the Zones of Regulation to support wellbeing in the classroom. If you would like to introduce these ideas at home, check out the following apps:



Mindful Powers



Children's Bed Time Meditations



The Zones of Regulation

Why is Wellbeing So Important?

At SJSJ we are committed to ensuring that mental health and wellbeing is at the heart of everything we do. As our WAMHS project develops, we strive to provide the very best support for the wellbeing of our whole school community: school staff, pupils and families.

Our mission is to sustain a happy and healthy school where we all have the ability to thrive in a positive, calm and trusting working environment.

We believe that all children have mental health. We believe that teaching them to understand and manage their wellbeing and emotions will equip them with the knowledge and skills necessary to stay well and achieve their full potential. As with all of the learning at St John and St James', our hope is that the skills we teach our children now will continue to be helpful to them the future.

Become a Family Wellbeing Ambassador

We Need You!

Are you interested in wellbeing and helping to improve wellbeing for the school community? If so, we would love to hear from you!

We are looking for new Family Wellbeing Ambassadors, so if you are aged 18+ and want to hear more about the role, please email us office@st-john.hackney.sch.uk or call the school and ask to speak to Mrs Adamsdale.

Here is message from one of our current ambassadors, Ross Adams, Year 3 Parent

"The Wellbeing Team have welcomed me and really listened to my ideas and feedback. Like me, they really want the best for the wider school community, and coming together like this is a great way to make a difference. I would really encourage anyone interested to get involved".

How much time would this take? Not much. There is an informal meeting (lasting an hour or so) once a fortnight during school hours. You may wish to help out with other well-being tasks if you can.