

Useful websites, phones numbers and books

Growth mindset and Mindfulness

<https://www.bbc.co.uk/cbeebies/grownups/help-your-child-try-new-things> Information on growth mindset for parents from Cbeebies.

<https://www.oxfordlearning.com/growth-mindset-tips-for-parents/> 5 tips for parents on helping your child with growth mindset.

<https://positivepsychologyprogram.com/mindfulness-for-children-kids-activities/> A range of mindfulness activities you can use at home.

You Tube is a great resource for learning about growth mindset and mindfulness for children, it contains lots of useful videos to help you and your child learn about these and work on them. For example, you can access breathing exercises or stretches to help you and your child relax.



What is a Fixed mind-set?



What is a Growth mind-set?



Willaston Primary Academy

Derwent Close,
Willaston,
Nantwich,

Phone: 01270 661528
Fax: 01270 651190
E-mail: admin@willastonacademy.co.uk

Well being and Mindfulness at



Working together - Learning forever

Information for Parents, carers and children on well being and mental health

Contact information

Email: admin@willastonacademy.co.uk
Tel: 01270 661528

Why is Health and Wellbeing Important?



Being happy and healthy is vital for a child to be able to succeed academically.

Pupils who feel cared for and valued are much more likely to be happy and do well in life. Pupils who understand themselves well and have self-respect are more likely to be resilient and strong, cope with change and challenge in life, and make good choices. We want all pupils to feel safe and cared for in a supportive environment. This is why at Willaston Primary Academy we learn about growth mind-set and how to be a successful learner.

During the school day each class will recite their class mantra and do breathing exercises. These are designed to help relax the children and allow them to have a positive mind set ready to learn.

Please feel free to ask your child what their class mantra is.

This booklet contains tips on well being and useful websites for any support both you or your child may need.

WHAT YOU CAN DO TO HELP

Parents and carers can help by encouraging a healthy and active lifestyle outside school by:

- Walking/cycling to school.
- Joining a sports club or an extra curricular school club (i.e. dance/sports clubs, drama etc).
- Maintaining a healthy diet (i.e. 5 a day).
- Talking and discussing problems.
- Listening to concerns and trying to work through them together.
- Encourage a growth mindset and setting an example.
- Encourage creative activities to help children express themselves (e.g. art, writing)



**I am kind &
helpful
I will persevere
I am a star**



A class mantra from KS1

Useful websites & phones numbers

[Mental health/anxiety information for parents/children www.minded.org.uk](http://www.minded.org.uk) MindEd is a free online e-learning resource providing practical knowledge that gives adults confidence to identify a mental health issue and act swiftly.

<https://familylinks.org.uk> - Family Links is a national charity dedicated to empowering children, parents, families, schools and workplaces to be emotionally healthy. tel: **01865 401 800**

<http://www.visyon.org.uk/> This is a local charity that supports the emotional health of children, young people and their families. **01260 290000.**

www.youngminds.org.uk/anxiety YoungMinds is the UK's leading charity championing the wellbeing and mental health of young people. **Parents Helpline: 0808 802 5544** (Monday to Friday 9.30am – 4pm, free for mobiles and landlines)

LGBT+

<https://www.theproudtrust.org/for-young-people/> - This website is designed for young people who want to find out more about gender or sexuality.

<http://www.stonewall.org.uk/help-advice> - General information for schools but also includes information for parents on how to discuss this topic with your children.

<http://tiny.cc/n8raky> A useful booklet aimed to support parents of trans children.