



SEND & Wellbeing Newsletter

Term 2 2024



What is anxiety?

Anxiety is a natural, emotional response to perceived danger or stress. It's normal for children to feel worried or anxious at times, like when meeting new people, taking tests, or trying something new. It is ok for children to experience these feelings and our job as parents and teachers is to help them learn to manage these feelings and become more resilient. However, sometimes when these worries become more frequent and interfere with daily life, they may point to **anxiety that needs more support**.

It is important to know the difference between a worry, which is usually short-term and goes once the situation is resolved, and anxiety which can last for a long time, even when there's no trigger. Worry is primarily in the mind, while anxiety can cause physical or behavioural symptoms like increased heart rate, headaches, tummy ache, avoiding social situations and frequent crying etc.

If your child has a worry about school please let their teacher know and this can usually be easily resolved. If the worries do not go away and you and your child's teacher are still concerned then please contact Mrs Hunt or Mrs Beer.

Mrs Beer is the school's **Well-being Lead**. Mrs Beer works closely with Miss Crowe and Mrs Hunt in the following ways:

- Working with children to support their social, emotional needs and well-being needs.
- Facilitating 'Teddy time' with individual children and Teddy the school well-being dog.
- Meeting with parents to advise about ways to support their child manage their worries or anxiety.
- Advising teachers and TAs on support strategies that may help a pupil manage their worries or anxiety.
- Supporting Miss Crowe/Mrs Hunt to make referrals to organisations that can support families of children with anxiety, such as Early Help, School Health, CAMHS etc.



How can parents help with worries and anxiety at home?

You are the number one support system for your child and often their anxiety does not surface until they get home. Here are a few websites that may help with strategies that will guide you through difficult times.

- [Supporting A Child With Anxiety | Tips and Advice | YoungMinds](#)
- [Strategies for coping with anxiety and worry | Barnardo's](#)



>In addition there are lots of children's books that help with the subject of worries. See Mrs Beer for titles/ books to borrow.

>Spend some time creating a self-soothe box with your child. Here is great video to help:

[Stress awareness month - Self-soothe box](#)

>First step is for your child to identify how they are feeling. Then practise techniques like mindfulness, breathing exercises or even yoga!

>There are also apps and games that support mindfulness such 'calm kids' and 'chill panda'



Spotlight on Calming techniques at Lower Halstow

We have a range of strategies we use at school to help children feel calm. Each class has a calm corner. We encourage children to identify their feelings using the Zones of Regulation and if they are particularly overwhelmed we may help them feel calmer (co-regulate) by using breathing techniques, a few minutes mindful colouring or taking a sensory break.



Once calm we always try and talk to children so they may be better able to manage their feelings in the future.

