



THE CAMBRIDGE PRIMARY NEWSLETTER FEBRUARY 2022

Well-being Wall



7 - 13 FEBRUARY 2022

Last week was Children's Mental Health Week, which had the theme '**Growing Together**'.

We spoke to the children about physical growth, that we can see, and emotional growth that is on the inside. We discussed how never facing challenges and staying in your *comfort zone* is all right but facing challenges and entering your *stretch zone* is a positive thing. This is because it develops resilience and is when we can begin to achieve more than we thought was possible. Finally, we talked about how we all need support and encouragement when things feel too challenging and we enter the *panic zone*. The children have been thinking about ways to support each other to grow together, throughout the week.



Top Tip; for supporting your Child's Emotional Growth

- Talk about when your child was younger. Recall stories that highlight how your child has developed. For example, how you enjoyed teaching them to learn to ride a bike or swim. Or how proud you were when they did something even though they were nervous.
- Notice when your child has developed and grown. You may have made marks on the walls to recognise how tall your child has grown, or looked at old photos together. It is important to also recognise and praise emotional growth. This could be letting them know how proud you are when they have learnt to walk away rather than fight with a sibling, or how they have learnt to ask another child to play despite feeling shy.
- Encourage your child to try new things. This could be new foods, a new activity or a new experience. Praise their willingness to 'give things a go' rather than whether they were 'good' at it. This will give them confidence to continue to develop and grow.
- Listen to your child's hopes and dreams for the future. Encourage them to see that everything they are doing right now is a tiny step towards who they might want to become later on.
- Help your child to set an achievable goal such as riding a bike, running or swimming further than they can, learning a times table or a new trick on their skateboard. To help them visualise their goal and think about how they will achieve it, draw a ladder with the goal at the top. Then break down the steps and write or draw them on the ladder. This will help guide your child to success and help them to reflect on how far they have come when they find things tough.
- Support your child to learn from tough situations. It can be hard when your child is not getting on with friends or is disappointed with how something has worked out. Acknowledge the difficult feelings, but help your child to see that these situations help us to grow and develop so that we are better able to cope with life's ups and downs

Find more advice on supporting wellbeing from Place2Be
<https://parentingsmart.place2be.org.uk/>

The struggle you're in
today is developing the
strength you need
tomorrow.
-Robert Tew



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Growing Together Home Challenge

Thank you for your wonderful motivational home challenges. We will display them in school to support the children to develop resilience and to grow emotionally.

