



Live life in all it's fullness.
John 10:10



Tockwith
CHURCH OF ENGLAND
PRIMARY ACADEMY

Dear Parents and Carers,

Please find below lots of very helpful information relating to safeguarding at our school.

At Tockwith Church of England Primary Academy safeguarding and promoting the welfare of children is **everyone's responsibility** and our top priority. Anyone who comes into contact with children and their families has a role to play.

If you have any concerns about your child's health and well being please contact your class teacher or Sarah Slack our Pastoral Lead. This can be done through email: pastoral.tp@ebor.academy

Thank you,
Justin Reeve

Spotlight of the Children's mental health

As we mark Children's Mental Health Week, it's a perfect time for us to reflect on the importance of fostering mental well-being in our children. This year's theme is,

"Know Yourself, grow yourself"

This newsletter will focus on how children can know themselves and the support around them. With the many challenges our little ones face, whether social, academic, or emotional, we must come together to support their mental health and help them navigate the ups and downs of life with confidence and resilience.

WHO TO CONTACT IF YOU HAVE A CONCERN ABOUT A CHILD

If you are worried about a child's safety please do not hesitate to contact any of the Designated Safeguarding Team.

The following members of staff are Designated Safeguarding Lead for Tockwith CE Primary Academy:

Justin Reeve (DSL)

Sarah Slack (DDSL)

They can be contacted via the school office, or by telephone on 01423 358375.

If your concern is urgent and out of school hours, please contact:

01609 780780

<https://www.safeguardingchildren.co.uk/about-us/worried-about-a-child/>

For a copy of our school's Child Protection and Safeguarding 2021 Policy, please visit the 'Safeguarding' page on our website.



Knowing My Connections

Connections with other people are integral to good mental health so it's important that children know that they can share their feelings with family, friends or other trusted adults rather than keeping them bottled up inside.

Why not play a game or cook a meal with a family member or a friend?

You could also pair up and sketch a friend and then write three positive adjectives to describe that person.

There is a lot of help out there for young people:

First port of call is our school. If you need someone to talk to or have a worry about your children please reach out to either the class teacher or Sarah Slack, our pastoral lead. You can contact the teacher via seesaw and Mrs Slack by email at pastoral.tp@ebor.academy



Text messaging service

BUZZ US is a text messaging service for young people aged 11-18 experiencing mental health and wellbeing difficulties.

[Visit BUZZ US webpage ↗](#)

[Call 07520 631168. 📞](tel:07520631168)

The Healthy Child Team (5-19)

The Healthy Child Team is a service for 5-19 year olds experiencing mild to moderate mental health difficulties, providing short term 1:1 support.

[Download the referral form ↓](#)

[Call 0300 3030916 📞](tel:03003030916)

Early Help Team

The Early Help Teams support children, young people and their families who have become overwhelmed by difficulties to make better choices, learn new skills and have aspirations to turn their lives around

[Visit Early Help webpage ↗](#)

<https://www.compass-uk.org/buzz-us/>

<https://hdfchildrenshealthservice.co.uk/ourservice/growing-healthy-0-19-north-yorkshire/>

<https://safeguardingchildren.co.uk/professionals/procedures-practice-guidance-and-one-minute-guides/early-help/>

<https://justb.org.uk/>

<https://www.northyorks.gov.uk/healthy-living/mental-health/children-and-young-peoples-mental-health>

JUST 'B'



Bereavement Support and Helpline for Children and Young People

Just 'B' offers specialist bereavement support for children and young people in the Harrogate, Hambleton and Richmondshire districts of North Yorkshire.

The service also offers a dedicated emotional wellbeing and bereavement helpline, accessed through voicemail, text or email 9am-5pm, Monday-Friday across North Yorkshire.

[Visit the Just 'B' website ↗](#)

North Yorkshire Libraries

The library is a great place for children and young people. No one is too young to join the library and it is free to join and borrow books and health resources.

[Visit North Yorkshire Council Website ↗](#)



Tees, Esk and Wear Valleys
NHS Foundation Trust

Specialist CAMHS

Specialist CAMHS is a specialist service for children and young people up to the age of 18 experiencing mental health issues that are significantly affecting their daily lives. Watch the 'What is CAMHS' video for more information on what the service is.

[Watch YouTube video ↗](#)



Tees, Esk and Wear Valleys
NHS Foundation Trust

CAMHS Eating Disorders Service

Enhanced Community Eating Disorder Service – a specialist CAMHS service for children and young people up to the age of 18 who have difficulties with eating.

[Learn more about the Eating Disorders Service >](#)



Tees, Esk and Wear Valleys
NHS Foundation Trust

CAMHS Crisis Service

North Yorkshire Crisis and Home Resolution Service is a service for young people up to the age of 18 with immediate mental health needs that require immediate attention in the community.

[Learn more about the Crisis service >](#)



Special Educational Needs and Disabilities (SEND)

Information on the Special Educational Needs and Disabilities (SEND) locality hubs in Hambleton/Richmondshire, Harrogate/Knaresborough/Ripon/Scarborough/Ryedale/Whitby & Filey and Selby is available by clicking the button below.

[Checkout the hubs ↗](#)

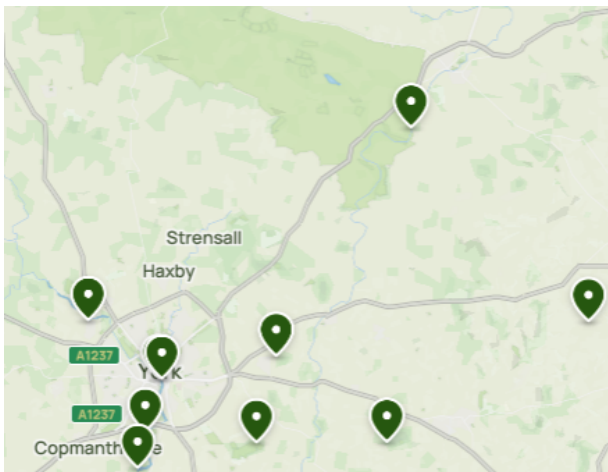
Knowing my Body

Physical activity releases hormones that can reduce stress and anger. Being outdoors in nature also helps to increase those feel-good endorphins so this activity combines both. Take a walk in nature.

Here are some of the top trails around the Harrogate Area, my personal favourite has to be Brimham Rocks.

<https://www.alltrails.com/en-gb/england/north-yorkshire/harrogate/kids>

<https://www.alltrails.com/en-gb/england/north-yorkshire/york/kids>



Also the planet trail in York is a lovely bike ride

<https://www.yorknaburnlock.com/york-touring-guides/york-cycle-trail/>

Mindful walking - pay attention to each step you make. Talk about what you've seen and heard.

Steps to mindful walking

1. Begin walking, then, intentionally, go a little slower than normal.
2. Pay attention to your senses as you walk.
3. Be aware of each breath; breath easily but deeply.
4. When your mind drifts from walking and breathing, gently guide your thoughts back to walking and breathing.
5. Repeat.

Source: Wayne Benenson, Ph.D.

Knowing my wishes

Ask your child to think about their hopes, dreams and wishes for the future and write them down in an emotional journal.



“
Each new and
exciting story
began with
one person
and a dream.

Or set a goal or small challenge to achieve over the next few weeks.

Try something new or go somewhere you've never been to.

A goal without a plan
is just a wish.

Antoine de Saint-Exupery
French Aviator and Journalist

You'll never be bored
when you try
something new.
There's really no limit
to what you can do!
- Dr. Seuss

Knowing My Mind

Being able to calm our minds is a powerful strategy to teach. Strong emotions can sometimes feel overwhelming so breathing exercises and ways to slow our minds down can be really helpful.

Practicing yoga can help to strengthen your body and help to connect with how you are feeling.

We are so lucky at Tockwith to work with Hannah and the School Yoga project and this is something that is a part of our PE curriculum in school.

Yoga Club for Reception

Posted On 13 May 2024 By : SchoolAdmin Comment: Off

Over the past five weeks, some children in Reception Class have taken part in an after school yoga club with Miss Butterill. We have had so much fun and have learnt so many new skills. Themes included, Animals of the Forest, Our Senses and Springtime. It has been such a luxury to be outdoors in the sunshine and in our very own forest school. We have learnt to be trees, butterflies, birds, frogs and so much more. Feather meditation with partners was a big hit along with lion and bumble bee breath. The focus and attention during meditation has been amazing.

Well done to our little yogis!



Want to practise some Yoga at home?

<https://www.youtube.com/user/CosmicKidsYoga/videos>

<https://yogabugs.com/livestream/>



Knowing My Feelings

Help children to visualise that every feeling is normal and every feeling is welcome. We can acknowledge and articulate our feelings whether it be joy, sadness, anger or whatever we may be feeling

Why not try this activity to help your child understand their feelings?

Write down three emotions you are feeling right now, or that you've felt this past week. These could be positive or negative - sad, happy, surprise, disgust, fear, anger or joy.

Draw a picture to show these emotions, what does this look like and feel like for you?





Use the information below to explore mental health. Discuss ways you look after your mental health. Do you feel like you know yourself?

What is mental health?

We all have mental health. It affects how we think, feel and act, and how we cope with life's stresses and realise our potential.

Ways to look after your mental health

- Sleep
- A healthy diet
- Keep active
- Spend time with friends, family and people you trust
- Develop new skills and set realistic goals and challenges
- Relax and enjoy hobbies
- Recognise and talk about your feelings

Know Yourself, Grow Yourself

What makes you happy?

What makes you sad?

What do you enjoy doing?

What do you not enjoy doing?

What makes you frustrated or angry?

What do you care about?

Is there anything new you would like to try? Perhaps a new food, hobby or place to visit?



I didn't know anything about the Comets Disability Football until I read about it in the news. I have joined a club near me now and I love it. I have made new friends and I'm so happy to be able to play football.



Niamh

I learned about the effects climate change is having across the world. I believe there is more we can do in our local area. I have been raising awareness of ways we can all contribute. I am really passionate about this, and I will not give up.



Tyrell

How did learning about the world help Niamh and Tyrell?