

**Well-being Newsletter**

As we enter a new school year, the teachers and children are certainly enjoying being back in some sort of normal routine. Children have enjoyed transition activities and lessons, helping them to settle into their new classes.

**Mental Health and Well-being**

Miss Bottom is our newly appointed Mental Health Lead in school. Something which she is very passionate about and already has lots of plans to help support our children and families.



World Mental Health Day is celebrated on Sunday 10<sup>th</sup> October this year. Miss Bottom is planning a range of well-being sessions in school prior to this date. A newsletter with further information and resources will be sent in the coming weeks.

**Sleep - Getting back into a routine**

Returning to school for a new year is a great opportunity to establish good routines, helping children to be the best they can be.

Good sleep is fundamental to good mental health, just as good mental health is vital to good sleep. A good night's sleep is about getting to sleep, staying asleep and getting enough good quality, deep sleep.

Primary school-aged children generally need around 10 to 11 hours of sleep a night, while teenagers need around 8 to 10.

Please see the attached handout which provides some advice and resources to support sleep routine.



**Changing Me lessons - PSHE**

**Being Me in My World**

This term's PSHE topic is, 'Being Me' During this topic, children will consider objectives such as: self-identity, rights and responsibilities, hopes and goals and behaviours and consequences.

Why not buy one of the suggested books to read with your child about being the best version of themselves?



**E-Safety - Netflix Age Ratings**

You will be aware that Netflix is hugely popular across all ages but there have been concerns in relation to age ratings and the type of content that is recommended to viewers. Like many other services, Netflix uses algorithms to determine what you might like to watch based on viewing history, what you have liked etc.

Since last year, Netflix has been working with the BBFC and 100% of the content on Netflix is now age-rated to BBFC classification standards. It is the first UK streaming service to accomplish this.

Netflix has created a stand-alone profile for children called, 'Netflix Kids Experience.' Parents can control settings to only allow age-appropriate content to be accessed. Please use the following link to access further information about how to check and set parental controls.

<https://help.netflix.com/en/node/264>



**Safeguarding Concerns**

If you have any concerns about the safeguarding of a child, please contact one of the school's Designated Safeguard Leads.

Miss Kelly - Head DSL

Mrs Kendall - Deputy DSL

