

Codnor Community Primary School



Newsletter

At Codnor Community Primary School we aim to promote positive health and wellbeing for our whole school community (children, staff, parents and carers) and recognise how important mental health and emotional wellbeing is to our lives.

Key Dates

World Wellbeing Week...20th-30th June

World Friendship Day...30th July



You've Got a Friend in Me

The focus for this year's World Friendship Day is...**By developing friendships among people, societies and countries we can achieve a better level of stability, solidarity and peace.**

Friendships help children to develop emotionally and morally and boost social skills. Through their friendships, children learn how to communicate with others and they can be instrumental in helping them learn to control their emotions and express their feelings constructively. However, some children can struggle to make friends and maintain friendships—this can be distressing for both you and your child. There are a number of ways in which you can support them:

- * Take time to observe how they socialise—do they behave differently to how they are at home?
- * Model positive behaviour
- * Reinforce and praise—make it exciting to try new things
- * Don't avoid the problem—Psychologists recommend gradually pushing a shy child out of their comfort zone into new situations with gentle coaching and encouragement.

If your child has any friendship issues at school, please do not hesitate to contact their class teacher.

Book Recommendation

Meesha Makes Friends by Tom Percival

Meesha loves making things....but there's one thing she finds difficult to make—friends! She doesn't know quite what to do, what to say or when to say it. But one day she discovers that she has a special talent that might help her to navigate social situations—and maybe even make new friends.

This is a warm and affectionate look at the joys and difficulties of making and keeping friends, relating to others and finding your place in the world.



Take time To Relax



Bubble breathing is simply using blowing bubbles to help introduce children to calming breathing in a fun way. By focussing on trying to blow big bubbles, children are encouraged to focus on their 'out' breath and breathe in a slow, calm way. This can help them to understand how it feels to 'do' calming breathing and see if it works as a calming tool for them. Learning calming breathing is well established as a way to reduce stress, anxiety and panic.