



Welcome to the summer term!

Just a reminder that if you have any concerns about your child's progress or wish to discuss anything, please see the child's class teacher or make an appointment to see me. This can be done by either calling the school office on **01283 216451** or you can email me directly on:

white.j.01@eureka.derbyshire.sch.uk

Mrs White

SCHOOL WEBSITE UPDATE

Have you checked out the parent's section on the school website? This is now available in the Special Educational Needs section and can be found by following the link below:

<https://www.eurekaprimaryschool.co.uk/special-educational-needs-parent-information>

This term, information on Autism, masking and stimming have been added. You will also find the previous leaflets on supporting dyslexia, anxiety and after school meltdowns.

The website and advice sheets will be updated half termly so please keep checking to see if there is anything relevant to you and your child.

SUPPORTING YOUR CHILD'S MENTAL HEALTH

Ways to support a child or young person



Be there to listen

Regularly ask your child how they're doing, to help them get used to talking about their feelings, and know there's always someone there to listen. You can get tips on [Young Minds: How to talk to your child about mental health](#).



Support them through difficulties

Pay attention to how your child is feeling or behaving and try to help them work through difficulties. It may not be easy facing challenging behaviour, but try to help them understand what they're feeling and why. Learn more from [the Maudsley Charity on difficult behaviour](#).



Stay involved in their life

Show interest in their life and what's important to them. It not only helps them value who they are but also makes it easier for you to spot problems and support them.



Encourage their interests

Support and encourage your child to explore their interests. Being active or creative, learning new things and being a part of a team helps connect us and boost our mental wellbeing.



Take what they say seriously

Listening to and valuing what they say makes them feel valued. Consider how to help them work through their emotions in constructive ways. [Anna Freud Centre's guide on ways to support children and young people](#) has more on this.



Build positive routines

Try to have structure around regular routines, especially around healthy eating and exercise. A good night's sleep is also important, so have a fixed time for going to bed and getting up. The [Sleep Charity has relaxation sleep tips for children](#).