



North Wheatley  
CofE Primary

# NORTH WHEATLEY NEWS

*Believe Achieve Thrive*

## World Mental Health Day - 10th October 2025

Welcome to our annual newsletter as part of our involvement in World Mental Health Day. We are really proud of the work that we do at North Wheatley to promote positive mental health and would like to take this opportunity to share some of this with you. We were bolstered further, when our provision for mental health and wellbeing was identified as a strength of the school during the Ofsted inspection in the Spring Term.

### In School Provision

Here is a reminder of some of the in-school provisions we have in place and offer to our pupils:

- Our Wellbeing Champions Team containing members of our staff and pupils (see opposite)
- Repair and Reflect time (R&R) daily sessions after lunch where wellbeing staff act as mediators and supportive role models to guide pupils through conflicts or poor choices within school to reflect on their behaviour and help to repair it through discussions with involved parties.
- Wellbeing Baskets in each classroom containing sensory items, mindfulness colouring and breathing techniques to help pupils find calm and to regulate their emotions if needed. These are available to all pupils in all classes.
- CASY Counselling Service - Our employed counsellor working with the school carries out sessions once a week. The staff will look to put forward pupils to participate in an 8-week block of sessions where we feel there is need and where these sessions can make a positive impact.
- In the summer, our support staff used the INSET Day to take part in Mental Health First Aid Training (Level 2) and last year Mrs Moden has completed a 2-day Mental Health First Aider Training to become Level 3 qualified. In our next INSET day, all school staff will be participating in a full day of training with Rainbow Trust. This charity focus on child bereavement, supporting pupils and their families. We are really proud of all of the training that we are making available to staff as this will enable us to give the best support to pupils that we can.

### **WELLBEING CHAMPIONS**

#### **Meet The Team!**

We are proud to have a Wellbeing Champions team in school. This is a group of pupils represented by 2 pupils per year group who are available to all children in school to speak with. These pupils can act as a supportive friend to help children speak to an adult about problems they are facing in or out of school and lead our Wellbeing Wednesday activities. These pupils remain in role throughout their time at school and will soon be completing training on how to reach out and help others.

#### **Wellbeing Champions:**

Year 6: Matilda and Amelie P  
Year 5: Aggy and Frankie  
Year 4: Alistair and Freya  
Year 3: Evelyn and Imogen A  
Year 2: Effie and Jayden  
Year 1: Angus and Ivy

#### **Wellbeing Team:**

Mrs Moden  
Kurt  
Miss Walker





**External Resources**

**Bereavement Support:** www.childbereavementuk.org/

**Anna Freud Mental Wellbeing Guidance for Parents:** www.annafreud.org/parents-and-carers/

**BBC Tiny Happy People Tips and Advice for Families:** www.bbc.co.uk/tiny-happy-people

**Place2Be Parenting Smart Videos and Articles for Families:** www.parentingsmart.place2be.org.uk/

**North Wheatley School Website Wellbeing Page:** www.northwheatleyprimary.net/family-wellbeing/

**Mrs Moden’s Wellbeing Drop-in Sessions.**

After half term, Mrs Moden will be running drop in sessions for parents each Tuesday from 8.20am. She will be based in the parent shelter on the playground, to provide parents with more privacy to speak to a member of staff.

This is will be an opportunity to discuss anything you have questions or concerns about relating to mental health or wellbeing including areas such as eating and sleeping habits, worries, changes in behaviour, etc... Mrs Moden will support by signposting families to support where possible or following up on concerns within school.

**Parents thoughts and suggestions**

Parenting and family life isn’t always straight forward or easy! We are always looking for new ways to support our school community and are keen to hear from you with thoughts and ideas about how we can improve what we do even further. If you have any ideas or suggestion regarding family wellbeing support, please speak to a member of the wellbeing team. Don’t forget you can also look on our website at the ‘WELLBEING’ section for more information.

Many Thanks, The Wellbeing Team

**Pupil Wellbeing Survey**

Each year on World Mental Health Day, we will be conducting Pupil Wellbeing and Happiness Surveys with our KS1 and KS2. As part of this survey we also ask KS2 pupils to nominate 2 adults within school who they feel comfortable in talking with. If pupils ever need an adult or are upset, we are able to check our records and can send their ‘nominated adult’ to be the first point of contact if a child is in need of support.

**Whisper**

We also subscribe to the Whisper service where people can text their concerns anonymously.

You can use this service by sending a text starting NWP123 to 07860 021 323 or following the link

<https://swgfl.org.uk/whisper/nwp123/>

**Whisper Report**  
Anonymous Reporting Form  
North Wheatley Church of England Primary School

**PROBLEM?**  
*Whisper it!*

If you have a problem or concern in school or at home, you can report it to a member of staff anonymously.

**When To Report...**

- You or a friend are being bullied
- You are concerned for a student's welfare
- A student, member of staff, or parent has behaved inappropriately
- You need to talk to someone about a problem
- Suggestion for changes or improvements in school

Report via SMS or visit:  
<https://swgfl.org.uk/whisper/nwp123>

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