



Well-being



The Friars Primary School December 2021.

Hello and Welcome to the December issue of Well-being. Thank you for taking the time to look through this issue. We have all had a busy and challenging time since the school year started and we are now nearing the Christmas break. Within school there is always someone available from the EFWS team for you. Please do not hesitate to speak to one of us should you require help or support as we are always available for a chat. If you would like to contact us outside school hours or during your workday I have added our email addresses below or please just see us in person as we offer an open door policy to all colleagues within the school day.

Kind regards,

Diane, Michael, Alison, Kiran and Danielle.



If you have any suggestions of how well-being could be improved in school we would love to hear from you.

TEAM MEMBER	ROLE		AVAILABILITY
Michael Earnshaw	Headteacher - SLT	michael.earnshaw@salford.gov.uk	Weekday mornings from 7:15am
Alison Rowland	Mental Health Lead	alison.Rowland@salford.gov.uk	Weekday mornings from 7:30am.
Danielle Dicello	PSHE Lead	danielle.dicello@salford.gov.uk	Weekday mornings from 7:45am Lunchtime from 12:40pm to 1:40pm
Kiran Lally	PSHE Lead	gurkiran.lally@salford.gov.uk	Mon – Wed lunchtimes from 11:40pm to 12:40pm
Diane Melia	TA EHWP Lead	diane.melia@salford.gov.uk	Weekday lunchtimes from 12:30pm to 12:50pm

Emotionally Friendly School



10 TOP TIPS For Good Mental Health



Subject: You might like this article: A 12-
Minute Meditation to Rest Your Body
in Gratitude

I thought you might like this article from
Mindful: <https://www.mindful.org/a-12-minute-meditation-to-rest-your-body-in-gratitude/>

12

MINUTE
MEDITATION

m

12 Minute Meditation

Mindful.org

▶ Latest Episode


The latest scientific research reveals that 12 minutes of meditation a day yields benefits like increased attention, focus, creativity, calm [MORE](#)

★ 3.9 (36) · Mental Health · Updated fortnightly

Six steps to mindful walking


1. Pick a regular time in the day when you can practice mindful walking. It may be on the way to school or college or on a break whilst at work.
2. Find a quiet place to walk. It may be a park, a series of corridors or even just to the end of the road and back.
3. Walk at a natural, comfortable pace for you and try to maintain good posture with your head held high.
4. Pay attention to your breath and how you're moving. Breathe in gently and breathe out any stress or anxiety
5. Try to focus on each step and remain present in the moment. If your mind wanders, gently return your focus by repeating 'left, right' as you walk or count up to ten repeatedly.
6. Try to build a small walk in to your daily routine but don't beat yourself up if you miss a day or don't feel up to it.

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The Upstanding Citizens Bureau

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Sponsored · 

NEWS: Our little creative mental health and wellbeing community club is opening its doors on Christmas Day for anyone that would perhaps otherwise find Christmas a bit not so good. There'll be food, games, delightful company and all for free (donations welcome if you can afford it).

Do let anyone it might be of use to know. As we're based in Oldham Greater Manchester we're aiming to be able to help with transport too so yes, so get in touch if you want to attend or for more info TheUCB@harrietydier.com

If the urge to immediately donate to us is overwhelming - Who are we to stand in the way? paypal.me/TheUCB
OR for more long-term UCB-ness why not sign up to our Patreon? <https://www.patreon.com/TheUCB>



CHRISTMAS DAY SHINDIG



Going further to transform mental health care for everyone

Gambling

The NHS has set up new problem gambling clinics in London, Manchester, Leeds and Sunderland, alongside the first ever gambling clinic aimed at young people. Our commitment is to open 14 new problem gambling clinics in total by 2023/24.



Acute

We have achieved our ambition to establish mental health liaison teams in all acute hospitals, and increased the number of mental health liaison teams operating to the 'core 24' standard. Previously, 81% of acute hospitals in scope had a 24/7 liaison service. Now four fifths of A&Es have a 24 hour liaison service.



Perinatal

By 2023/24, perinatal mental health care will be available from pre-conception to 24 months after birth (versus 12 months after birth currently), and extended to partners of women accessing specialist services who will be offered evidence-based assessment for their own mental health, and signposting to support as required.





24/7 Helpline

Although things are changing very quickly, here at Greater Manchester Mental Health NHS Foundation Trust, we are still here to respond to your needs.

We know you still need us, so we have extended our helpline to 24/7 which you can call any time, day or night, if you feel your mental health is beginning to suffer.

The 24/7 Helpline number

Our helpline is now free to use - 0800 953 0285

We are here to help you during this tough time – please reach out to us when you need us. We may have a lot of calls to get through, so please bear with us, but you are important to us and we will help you as much as we can.

For the latest updates and information

www.gmmh.nhs.uk/coronavirus-updates

In an emergency

If you are concerned about an immediate risk of harm - either to yourself or someone else - phone 999. If it is not an emergency but you require urgent advice, call 101 for non-emergency access to the police or NHS 111.

Please only attend your local Accident & Emergency department after speaking to 111, or in a physical or mental health emergency.



Improving Lives

**IF YOU NEED
HELP IN A
CRISIS,
NO MATTER
WHAT IT IS...
WE'RE HERE
TO HELP!**



Find mental health support where you live
hub.gmhsc.org.uk/mental-health/in-your-area

Local helplines

If you feel you need mental health support, urgent or otherwise, you can contact your locality helpline or the mental health trust phone numbers in your crisis support plan. They will connect you to practical support with the voluntary sector and statutory health and social care services.



Bolton
01204 337 221

Bury
0161 253 5151

**Heywood, Middleton
& Rochdale**
0300 330 9073

Manchester
0800 234 6123

Oldham
0300 330 9073

Salford
0800 952 1000

Stockport
0800 138 7276

Tameside & Glossop
0161 470 6100

Trafford
0300 330 9073

Wigan
01942 636 395

24/7 support

If you feel you need more urgent mental health support and don't feel able to contact your locality helpline for any reason **please dial 111**. They will link you to the right level of support that you need.

MENTAL HEALTH SUPPORT IN GREATER MANCHESTER FOR ADULTS

We know things may be difficult at the moment. If you find yourself feeling anxious, stressed or overwhelmed, there's support out there for you.



FREE DIGITAL SERVICES

shout
for support in a crisis

With this 24/7 crisis text messaging service you can send a text message any time of day or night wherever you are – every conversation is with a human being.

Text GM to 85258

- ✓ You don't need an app or data
- ✓ There's no registration process
- ✓ It's silent and won't appear on your phone bill
- ✓ Confidential and anonymous.

**Living Life
To The Full**

Online courses for people affected by low mood, anxiety or depression using cognitive behavioural therapy concepts. Materials have been designed to boost individual's ability to live well by improving feelings and beating stress. Available online and totally free of charge for Greater Manchester residents.

Instant access to self-help support:
hub.gmhsc.org.uk/mental-health/living-life-to-the-full



Online programmes for adults (aged 16 years+) to help ease your levels of stress, sleep better or to build resilience. You can choose to use any of the programmes. They are self-help, confidential and secure.

Instant access to self-help support:
GM.silvercloudhealth.com/signup

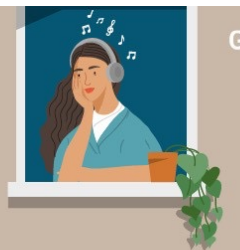
You can find a lot of information, resources and other places you can get help and support on our website and information about your local mental health and wellbeing services

hub.gmhsc.org.uk/mental-health/in-your-area

MENTAL HEALTH SUPPORT IN MANCHESTER

If you need help – we're here:

- Online at our mental health website
- Contact your local helpline on 0800 234 6123 or the numbers in your crisis support plan
- Need more urgent mental health support and don't feel able to contact your locality helpline? Dial 111.



Holiday

Biscuits



Preparation time

less than 30 mins

Cooking time

10 to 30 mins

Serves

Makes 36 biscuits

Dietary

- [Vegetarian](#)

This Christmas biscuit recipe make perfect presents and they can also be made into Christmas tree decorations.

[Share](#)

Ingredients

- 100g/3½oz unsalted [butter](#), softened at room temperature
- 100g/3½oz [caster sugar](#)
- 1 free-range [egg](#), lightly beaten
- 1 tsp [vanilla extract](#)
- 275g/10oz [plain flour](#)
- To decorate
- 400g/14oz [icing sugar](#)
- 3-4 tbsp water
- 2-3 drops [food colourings](#)
- Edible glitter

Method

1. Preheat the oven to 190C/375F/Gas 5. Line a baking tray with greaseproof paper.
2. Cream the butter and sugar together in a bowl until pale, light and fluffy.
3. Beat in the egg and vanilla extract, a little at a time, until well combined.
4. Stir in the flour until the mixture comes together as a dough.

5. Roll the dough out on a lightly floured work surface to a thickness of 1cm/½in.
6. Using biscuit cutters or a glass, cut biscuits out of the dough and carefully place onto the baking tray. To make into Christmas tree decorations, carefully make a hole in the top of the biscuit using a straw.
7. Bake the biscuits for 8-10 minutes, or until pale golden-brown. Set aside to harden for 5 minutes, then cool on a wire rack.
8. For the icing, sift the icing sugar into a large mixing bowl and stir in enough water to create a smooth mixture. Stir in the food colouring.
9. Carefully spread the icing onto the biscuits using a knife and sprinkle over the glitter. Set aside until the icing hardens.

Recipe Tips

To make honey biscuits, swap the caster sugar for 70g/2½oz honey and 30g/1oz caster sugar. Increase the vanilla extract to 2 teaspoons. Cook at 180C/Fan 160/ Gas 4. Pipe on Christmas shapes with 40g/1½oz melted white chocolate instead of using icing.

For reduced sugar biscuits, use 60g/2½oz soft brown muscovado sugar instead of 100g/3½oz caster sugar. Increase the vanilla extract to 2 teaspoons. Add 1 teaspoon ground cinnamon and 1 tbsp finely chopped candied peel with the flour. Decorate with halved blanched almonds instead of icing.

Angels in the staffroom

By Nick Hilborne

Random acts of kindness at one school have brightened the atmosphere and brought teachers closer. Imagine returning to your classroom after an exhausting day to find a bunch of flowers or a homemade cake, left there by a guardian angel. Minor miracles like these have happened every day to teaching staff at Elmgrove first school in Harrow, north London.

The guardian angel scheme, part of the London Wellbeing Programme, began by staff putting their names into a hat, and picking out the name of a colleague. The angels then had to decide themselves how to improve the happiness of their colleague while keeping their identities secret. Teaching assistant Mandy Eyles found a bunch of flowers on her desk one morning, with a note saying "from a friend". Later, after a difficult day, she received a note saying that someone was thinking about her, and hoping that tomorrow would be better.

"The staff of a school are really just as important as the children," Mrs Eyles said. "If we are not happy and comfortable, how can we make the children happy?"

Mrs Eyles said that while she was guardian angel to a teacher, she managed to make her cups of tea without revealing her angelic status. "I would hang around in the staffroom, and ask her casually if she wanted a cup of tea. She never guessed I was her angel. She thought it was somebody else." Mrs Eyles's own guardian angel turned out to be Fiona Dean, a Year 3 teacher. By good fortune the pair have ended up working together. "As she was new to the school, and we worked with different year groups and had different break times," Mrs Dean said. "I might never have got to know to her. As it was we could build on the lovely relationship which began when I was her guardian angel. We are now close friends."

Jane McDonough, wellbeing facilitator at Elmgrove, said a notice board has been put up in the staffroom, with details of yoga lessons, spare theatre tickets, or anything else which might increase the happiness of adults at the school.

Elmgrove first was one of 350 schools involved in London Wellbeing, piloted across the city from 2003 to the end of 2005 and part funded by the Department for Education and Skills. Worklife Support, which aims to improve the wellbeing of staff in schools, organised the programme. A spokesperson said that one in three heads had said it had helped them retain staff.

"Teachers and other school staff need to feel that their contribution to the school is recognised and valued," she said. "When these needs are met, recruitment is less of a challenge, and schools are far more likely to hold onto their staff."

* nick.hilborne@tes.co.uk

Three Good Things

Why you should try it:

In our day-to-day lives, it's easy to get caught up in the things that go wrong and feel like we're living under our own private rain cloud; at the same time, we tend to adapt to the good things and people in our lives, taking them for granted. As a result, we often overlook everyday beauty and goodness--a kind gesture from a stranger, say, or the warmth of our heater on a chilly morning. In the process, we frequently miss opportunities for happiness and connection.

This practice guards against those tendencies. By remembering and listing three positive things that have happened in your day--and considering what caused them--you tune into the sources of goodness in your life. It's a habit that can change the emotional tone of your life, replacing feelings of disappointment or entitlement with those of gratitude--which may be why this practice is associated with significant increases in happiness.

Time required:

10 minutes/day for at least one week.

How to do it:

Each day for at least one week, write down three things that went well for you that day, and provide an explanation for why they went well. It is important to create a physical record of your items by writing them down; it is not enough simply to do this exercise in your head. The items can be relatively small in importance (e.g., "my co-worker made a cuppa today") or relatively large (e.g., "I received a promotion"). To make this exercise part of your daily routine, some find that writing before bed is helpful.

As you write, follow these instructions:

1. Give the event a title (e.g., "colleague complimented my work")
2. Write down exactly what happened in as much detail as possible, including what you did or said and, if others were involved, what they did or said.
3. Include how this event made you feel at the time and how this event made you feel later (including now, as you remember it).
4. Explain what you think caused this event--why it came to pass.
5. Use whatever writing style you please, and do not worry about perfect grammar and spelling. Use as much detail as you'd like.
6. If you find yourself focusing on negative feelings, refocus your mind on the good event and the positive feelings that came with it. This can take effort but gets easier with practice and can make a real difference in how you feel.

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Evidence that it works:

Seligman, M. E., Steen, T. A., Park, N., & Peterson, C. (2005). Positive psychology progress: Empirical validation of interventions. *American Psychologist*, 60(5), 410.

Visitors to a website received instructions for performing this exercise. Writing about three good things was associated with increased happiness immediately afterward, as well as one week, one month, three months, and six months later.

Why it works:

By giving you the space to focus on the positive, this practice teaches you to notice, remember, and savour the better things in life. It may prompt you to pay closer attention to positive events down the road and engage in them more fully--both in the moment and later on, when you can reminisce and share these experiences with others. Reflecting on the cause of the event may help attune you to the deeper sources of goodness in your life, fostering a mindset of gratitude.

Source: <https://ggia.berkeley.edu/practice/three-good-things>

The Friars Primary school is delighted to say we are a Thrive in Education school



Salford Thrive in Education is 3-year programme which started in August 2020 and was developed in response to the Mental Health and Schools Green Paper, with GM part of National Trailblazer site investment for mental health in schools.

The programme will provide support for children and young people's emotional health and wellbeing in school and education settings.

A co-ordinated response with multi agency joint working offered directly into schools.

Thrive in Education will provide:

1. Training, advice, consultation to staff in school
2. Additional support to primaries as well as secondary schools, linking with transition and PIT support.
3. Work with children and young people attending Salford Schools
4. Work in partnership with existing schools offers i.e. school pastoral support, counsellors
5. Provide interventions will be at 'Getting Advice' & 'Getting Help' of the i-Thrive model

The key partners are:

- [42nd Street](#)
- CAMHS i-Reach (referral guidance available in the downloadable section below)
- [Early Help](#)
- [Place2Be](#)
- [Salford Educational Psychology Service](#)
- [Emotionally Friendly Schools](#)

With an extended offer including:

- [Salford Youth Service](#)
- [School Sport Partnerships in Salford](#)
- 0-19 School Health
- Sports Foundation
- [Salford Community Leisure](#)

Year 1 Delivery: Progress so far

- 38 Salford schools have been identified for bespoke packages of interventions
- Mental Health Practitioner (MHP) recruited to support delivery
- School action plans developed and implemented
- School training programme rolled out

For more information on the programme email TIE@salford.gov.uk

Friday 10th December- Christmas Jumper day - wear a novelty jumper and £1 donation to Save the Children.

Saturday 11th December-Not long now until the wonderful Staff Christmas night at Bouzouki By Night M1 6NG , starting time to be confirmed so best get your dancing shoes on and get ready party 🎉. Please see Sally Taylor for further details.

Friday 17th December-Secret Santa 🎅 for £10 you will choose a name at random from Sally Taylor and the lucky recipient will be given their wonderful gift on Fri17th December bringing joy and fun to the school community.

Friday 10th December- Christmas Jumper day - wear a novelty jumper and £1 donation to Save the Children.



SIGN UP



The best day of the year ever! It's super fun, and it's easy to take part no matter where you are. **Just sign up and get going.**

Since 2012, amazing people like you have put on their jazziest jumpers for one Friday in December, donated £2 to Save the Children and raised money to help protect the magic for children around the world.

That means this year is our tenth Christmas Jumper Day! It's on Friday 10 December, and **you can sign up for it right now.**

