Nicol Mere Primary School
Safeguarding and Mental Health Newsletter – April 2025

Dear parents/carers,

Welcome to this year's fourth edition of the Nicol Mere Safeguarding and Mental Health Newsletter. We hope that you find the information useful and that it gives you an insight into the many things we do here at school to keep our children safe.

Please remember that if you have any questions, you can contact school or speak to a member of the Designated Safeguarding Team for support. Have a lovely Easter break and stay safe!

Mental Health and Wellbeing

At Nicol Mere, we aim to promote positive mental 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 in just the same way as physical health.

We recognise that children's mental health is a crucial factor in their overall wellbeing and can affect their learning and achievement.

Have you got any worries or concerns relating to your child's mental health and wellbeing?

- Is your child struggling with anxiety?
- Is your child struggling with low mood?
- Is your child struggling to sleep?
- Is your child displaying challenging behaviour at home?
- Is your child displaying worry and unable to regulate their emotions?

We are happy to be hosting our first mental health and wellbeing coffee morning; details of this event are below.

How do we support children's mental health at Nicol Mere?

1) Mental Health Champions

In school, we have a group of children who are Mental Health Champions. Their role is to promote mental health and wellbeing in school and to work alongside the Mental Health Leads to think of ways to enhance wellbeing across the school.

Recently, they have supported the WellFayre and created a video to give calming and breathing techniques.

2) PSHE and the curriculum

As part of our progressive PSHE curriculum across school, all children learn about mental health and what this means. Children think about ways to keep mentally healthy, how to recognise signs of poor mental health and who to go to for help and support. Please see our curriculum map on the school website for more details.

3) Mental health and wellbeing days

Throughout the school year, we build days into the calendar to promote mental health and wellbeing.

Our WellFayre was a success in February where all children took part in a carousel of activities to support their understanding of emotions and emotional resilience.

In the Summer term, we will be holding our annual WellFest (more details soon!)

4) Working with external agencies

We work alongside a variety of agencies in school to support children's mental health. These include, to name a few:

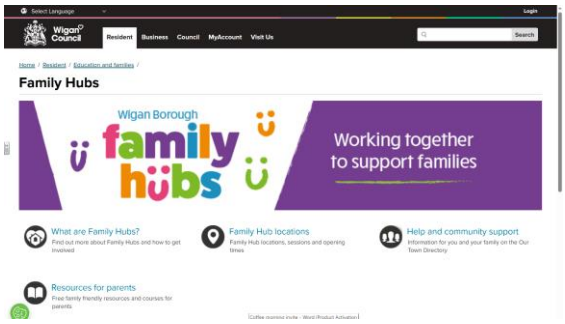
- CAMHS
- School nurse
- TESS
- Educational psychology
- Social services
- Police

We can offer a range of support within school to help children manage their mental health and get the right help. Please speak to us if you need help

How can I support my child's mental health and wellbeing at home?

1) Wigan Family Hub

Wigan Borough Family Hub website is an online space where a variety of workshops and support are available to book for free (see image below). These workshops cover a vast variety of areas of support and change weekly.



2) Startwell

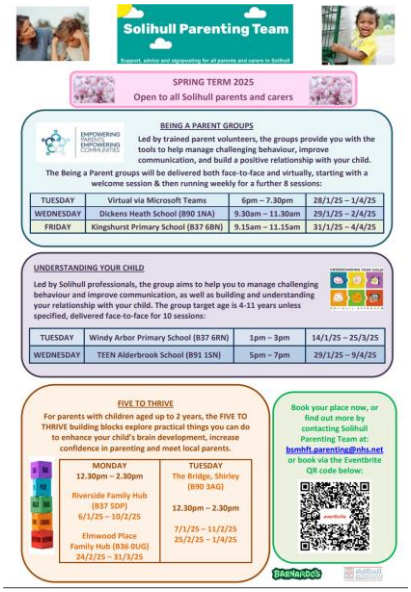
Startwell provides support and activities to help parents, carers and childcare providers. These include:

- Childcare
- Early education and play
- Health services
- Information and advice about children's services
- Parenting support.

Telephone: 01942 486097

3) Solihull parenting courses

Solihull Approach online courses are free for all parents to gain knowledge, confidence and skills to support their parenting. See the Spring information sheet below.



4) Support workshops for parents in the Easter holidays– Anxiety and Low Mood

As part of the Family Hub offer, the Mental Health Support Team in Schools are offering a series of parent/carer workshops to provide psychoeducation and support around anxiety and low mood during the Easter Half Term across each of our Family Hubs.

The workshops will outline what anxiety or low mood is, the symptoms, and how this impacts children and young people. They will provide support strategies to help manage the physical and emotional feelings of anxiety or low mood.

The workshops are 90 minutes long and will be delivered by the Mental Health Support Team in Schools.

If your child is struggling with anxiety or low mood, this will be a useful, informative workshop for you!

Family Hub at Formby Avenue, Atherton, M46 0HX

- **Understanding Anxiety Workshop for Parents/Carers** – Tuesday 8th April, 10.00-11.30am
- **Understanding Low Mood Workshop for Parents/Carers** – Tuesday 8th April, 1.00-2.30p

Family Hub at the Meadows, 100-116 Ridyard Street, Wigan, WN5 9RQ

- **Understanding Anxiety Workshop for Parents/Carers** – Tuesday 8th April, 3.00-4.30pm
- **Understanding Anxiety Workshop for Parents/Carers** – Tuesday 8th April, 5.00-6.30pm

Family Hub at Clifton Street, Wigan, WN3 5HN

- **Understanding Anxiety Workshop for Parents/Carers** – Wednesday 9th April, 10.00-11.30am
- **Understanding Low Mood Workshop for Parents/Carers** – Wednesday 9th April, 1.00-2.30pm

Family Hub at Mornington Road, Hindley, Wigan, WN2 4LG

- **Understanding Anxiety Workshop for Parents/Carers** – Wednesday 9th April, 3.00-4.30pm
- **Understanding Anxiety Workshop for Parents/Carers** – Wednesday 9th April, 5-6.30pm

Booking is essential on the Eventbrite website.

https://www.eventbrite.com

On the website, search for the name of the workshop and select the venue you wish to attend.

#nicolmerefamily