



September 2024 – Well-being/Safeguarding Newsletter

Welcome

Our Designated Safeguarding Team consists of Miss Kelly, Mrs Kendall, Mrs Hemingway and Mr Lee. If you have any concerns about a child or family, please speak to one of these staff members.

They can be contacted via the main school office, (01924 242917) or by email, to headteacher@daneroyd.com (Please mark FAO: DSL/Safeguarding Concern)

Our school website has a dedicated Safeguarding page, offering a wealth of information to support our families in the local area, from professional bodies in Wakefield, uniform and food help, to mental health services and support. Please use the link to access further information.

<https://www.daneroyd.com/family-support>

Market Place Event

The Market Place events are where organisations from across the district come together to provide information about the work they do to support families in the local area.

Some of the agencies which will be at the event include: Cashwise, Smokefree Wakefield, Star Bereavement, Turning Point, Public Health and many more.

The event will be held at Wakefield Trinity Club on Thursday 19th September between 4pm and 6.30pm. Anyone is welcome to attend and speak to the professionals about how they could support you and your family.



Sleep Routines

Starting a new academic year can be the perfect opportunity to introduce new bedtime routines. A lot of children may struggle to transition back into a school routine in the evening, however it is important that children have the required numbers of sleep so that they come to school regulated, happy and ready to learn.

Attached to this newsletter are some resources from the Future in Mind team which may be useful in helping you to establish healthy sleep patterns.

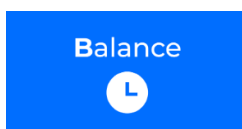
The ABC Online safety Checklist.

It is always a good idea to revise safety settings on children's devices, and the beginning of a new school year is a good a time as any.

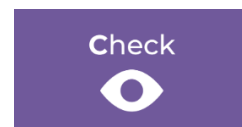
Internet Matters have done it again, this time with a really simple guide for parents using Activate, Balance and Check.



Refer to the free resources to:



Activate parental controls, balance screen time and check which apps are age-appropriate for your children. Talking regularly about online safety together and what they might come across can help to manage any risks and keep online experiences positive.



WDDAS - 0800 9151561

Home-start Wakefield - 01924 251205

Wakefield Health (0-19) - 01924 310130

Wakefield Contact Centre - 0345 8506506

Castle Family Hub

255 Barnsley Road,

Wakefield, WF1 5NU

Tel - 01924 303376



10 Benefits of Writing



1. Improves mood
2. Improves motivation
3. Reduces anxiety and stress by releasing emotions of the day
4. Reduces symptoms of depression
5. Creating clarity in the mind by putting 'cluttered thoughts' on to the page
6. Letting go of negative thoughts
7. Increasing self-awareness and ability to reflect
8. Highlighting negative thought patterns and triggers
9. Tracking progress in thoughts, especially effective alongside therapy
10. Helps with communication



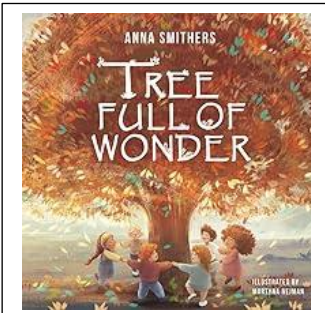
Well-being Journals

Did you know that there are psychological benefits to writing things down? Both mood and stress have been proven to be reduced by writing things down. Whether it's journaling, creative writing or even just making notes, the physical act of writing can boost motivation and help communication.

A huge amount of research has been done into the benefits of journaling, from recognising negative thought patterns to releasing pent-up stress. Nowadays psychologists use writing in various therapies including Cognitive Behavioural Therapy to help people recognise their moods and elevate the weight of negative emotions.

This could be a great way to support children at the beginning of a new year to share their thoughts and feelings about a new class. It could be a lovely task to do as a family at the end of the week to aid conversations at home.

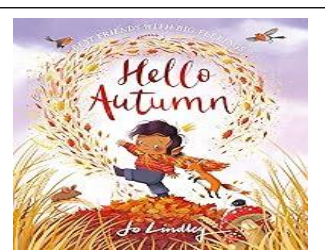
Autumnal Picture Books



An educational, rhyming book about the magic of trees.






Laugh out loud with this picture book about changing seasons.






A magical book about friendships, feelings, and seasons.

Autumn/Winter Weekly Wellbeing Journal

Week Commencing: _____

Monday Today, I'm Feeling:  Daily Gratitude:	Tuesday Today, I'm Feeling:  Daily Gratitude:	Wednesday Today, I'm Feeling:  Daily Gratitude:
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Thursday Today, I'm Feeling:  Daily Gratitude:	Friday Today, I'm Feeling:  Daily Gratitude:	Saturday Today, I'm Feeling:  Daily Gratitude:
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Sunday

Today, I'm Feeling:

 Daily Gratitude:

Daily Random Act of Kindness:
 Monday Tuesday Wednesday Thursday Friday Saturday Sunday

Reflections of the Week:

