



NANSTALLON SCHOOL

AD VITAM PARAMUS

14 October 2022

Dear Parent,

### **Newsletter – focus on 'wellbeing'**

In our daily lives of family and work making time for wellbeing can be a challenge. As a school we have slowly developed systems and approaches that puts pupil wellbeing at the centre of all we do for and with our children.

Kate Evan-Hughes, Service Director for Education and Community Health visited our school to see in action how we prioritise wellbeing to support all children to play, learn and socialise. Kate herself is an advocate of wellbeing and knows that children's development must be holistic if we want young people in Cornwall to thrive and have positive futures.

Research tells us:

- 20% of mental health innately comes from within a child
- 20% is determined by the school experience
- 60% is determined by the lived experience of the child

School is part of a much bigger sum and we must all play our parts together to create a positive present and future for our children.

As a school we are working very hard to develop a language of compassion to connect with the children and each other.

Our behaviour for learning approach:

- Is based on positive relationships;
- Is built on the [7 QI skills](#);
- Promotes curiosity, playfulness, sociability, calculated risk;
- Avoids blame and shame;
- Is restorative;

Our recently filmed [prospectus video](#) is testament to the joy and independence children have at our school.

### **PUPIL VOICE**

This year our school improvement focus is Collaborative Decision Making. At the heart of this is Article 12 of The United Nations Convention of the Rights of the Child, 'Every child has the right to express their views, feelings and wishes in all matters affecting them, and to have their views considered and taken seriously'.

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In practice this means:

- Every class is a parliament that discusses and decides things that affect them including conduct, activities, curriculum learning, classroom jobs and responsibilities, events...
- Each parliament has 2 different ambassadors every week; they welcome visitors and jointly lead assembly;
- Every pupil is an ambassador;
- Our assemblies are led by children;

Children met with Sarah the school chef only yesterday to make decisions about the new winter menu.

## **LIFE SKILLS**

This year we have tweaked our Life Skills curriculum offer so that it has become focused on self-care and wellbeing.

Our children are learning about:

- Healthy eating and cookery
- Yoga, meditation and mindfulness
- [Emotional literacy](#)
- Thinking Skills – ‘philosophy for children’
- First Aid

As music and forest school were part of the life skills sessions last year, we have ensured that the joy and stimulation from participating in these learning activities is part of our core curriculum provision.

## **MENTAL HEALTH SUPPORT PRACTITIONER**

Each week Jenine Truscott, our assigned NHS MHSP, visits school to support children. Last year she focused mainly on 1:1 support. This year Jenine is working with small groups of children across the school focusing on aspects like self-esteem, friendship, anger management, anxiety and transition.

### **Parent Café**

Jenine is going to offer a parent support session on ‘Sleep’ on Thursday 1 December at 9:15am. Many families experience issues with sleep so please put the date in your diary and come along to meet Jenine. Sarah will provide some tasty morning refreshments.

### **Parent Support**

Jenine also runs a FREE family support 6 week course (online or face to face). This is available to all our families. She will cover many areas including family rules, natural and logical consequences, play to name but a few. Each course would be bespoke to family needs. Please get in touch with me if you would like to know more.

I can highly recommend the podcast series, ‘[FEEL BETTER, LIVE MORE](#)’. There are stories from leading health experts and interesting personalities who offer easy health life-hacks, expert advice and debunk common health myths giving you the tools to revolutionise how you eat, sleep, move and relax. It is hosted by [Dr Rangan Chatterjee](#) - one of the most influential GPs in the country with nearly 20 years experience, star of BBC 1’s *Doctor In the House*, and author of 4 internationally best-selling books. These can be found on [Apple](#), [Spotify](#), [Amazon](#) and [YouTube](#).

## MENTAL HEALTH TRAINING

We have prioritised wellbeing and mental health as part of staff professional development.

- Mrs Winch has just qualified as our senior Mental Health Lead;
- All staff have completed Mental Health Champion Training;
- Mrs Westlake and Miss Smallcombe have just achieved the Communication and Strategy Teaching Assistant Award;

## THEATRE VISIT

To enrich the children's experience of Christmas this year, we are taking the whole school to Hall for Cornwall in Truro to see:



This will be a brilliant experience for the children. The PTA with your support through fundraising are paying for the transport.

## SEESAW

If you aren't connected to your child's Seesaw, I strongly recommend that you do. Checking in each week is like a news reel of your child's learning. Messages and announcements from teachers and Miss Fraser can be accessed on Seesaw. The classes will be posting their HARVEST videos on there.

## DATES

Friday 21 October	Halloween Disco 5:30-7:30pm
Tuesday 1 November	PTA AGM – all welcome
Thursday 10 November	Parent, Child and Teacher meetings (Y1 to Y6)
Thursday 8 December	Treasure Island at HALL for CORNWALL
Wednesday 14 December	Children's Christmas Dinner

*Further Christmas Events TBC*

Yours faithfully,

A handwritten signature in black ink on a light grey background.

Ben Stephenson  
Headteacher