

# STANLEY PARK JUNIOR SCHOOL

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6<sup>th</sup> October 2021



A "Sense of Pride"

Dear Parent/Carer,

## WELL-BEING JOURNAL & RESOURCES

At the start of this term, your child completed a Well-being Journal as part of their learning in PSHE. As a school, we continue to focus on supporting our pupils to build good well-being and resilience not only to under-pin their approach to learning at school, but also to provide them with the skills to transfer to situations in the real-world.

We hope that you and your child found the Well-being Journal a useful resource, as well as a helpful talking-point at home. At school, we will continue to use the information gained from each child's journal to help us to get to know them better and to build stronger working relationships with them.

If you and your child found the journal particularly helpful or you would like to continue to focus on well-being at home, then the following resources may be of use to you:

\***Weekly Journal** - print this resource and use for a week to encourage your child to reflect on their experiences in a positive manner. This can be completed independently by your child or you could do it with them (or perhaps even complete one of your own at the same time!).

\***How was your Day Poster** - Print this resource and use as a reference for a more relaxed discussion with your child/family.

Both the above resources may be helpful tools to encourage your child to share their thoughts on their day and encourage positivity, as well as allowing them time to seek advice or support for challenges they may be facing.

\***Strategies Poster** - Print this resource as a reference tool at times when your child is finding something challenging. You might like to ask your child to pick out strategies they find helpful or you could identify those that you feel are suitable to use in your home environment. You could even get your child to create their own 'strategies poster' which they draw/create and personalise with the things that help them the most when they are facing a challenge.

We hope these resources may be of some use to you and your child. If you are would like to use these resources, but are not able to print them at home, please call into the school office for a pack.

Thank you again for your support.

Mrs J Gray

PSHCE/Health & Well-being Coordinator

Headteacher: Amanda J Lamy BA (Hons)

Deputy Headteacher: Julia Burridge BA (Hons)