February Eco Newsletter

Education Nature Park

As you know, this January, we joined the Education Nature Park.

All classes are completing surveys about the biodiversity in our school Grounds, with the vision of improving our biodiversity. We shall keep you updated about this as the year progresses.

Children's Mental Health Week

The Education Nature Park sent school this poster about Children's Mental health which has some fantastic ideas.

1 Help children recognise and express their emotions

It's important that children feel comfortable talking about their emotions at school. Encourage children to label and share how they are doing with daily check-ins, poster-boards, conversations, and through lessons. Once children and young people start feeling more connected with their emotions, they will feel more comfortable opening up.

2 Reflect on emotions, especially after challenging situations

This really helps to create safe spaces for children and young people who are experiencing difficult emotions and thoughts. It can give them the chance to share what is going on inside of them and develop healthy ways to navigate life.

3 Setting goals

Setting goals for our future helps us get to know ourselves and each other. It helps us focus on our hopes, dreams, and what we believe we can achieve. During this process, it is key to keep the student at the centre and understand what matters most to them.

4 Active listening

Active listening involves fully focussing on what a child is saying, and showing you understand by responding thoughtfully. Often, this is all we need to do. School staff will often have competing priorities, and the pressure to have solutions to the problems students share can be overwhelming. At Place2Be, children and young people tell us that what helps them most is knowing someone is truly listening.

5 Working with others

After students have taken part in group activities, encourage them to reflect and share what they have learned about themselves. This can be a great way to connect with others, get feedback and get to know ourselves better, exploring our strengths and areas for development.

6 Creativity

Embracing and developing creativity in learning environments is a fantastic way to help your school community grow. Whether through art, writing, playing an instrument, or computer coding, creativity helps children express who they are and the emotions inside of them.