



Northwick Park Primary & Nursery
Academy

Wellbeing

Update

October 2025

What is emotional wellbeing and mental health?

'Emotional wellbeing describes your **mental state** - how you are feeling and how well you can cope with day-to-day life. Emotional wellbeing is essential for us to function and be happy.'

'Mental health is defined as a state of well-being in which every individual realises his or her own potential'
Mind, 2018

With good mental health your child will ...

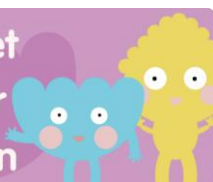
- * build up resilience and be able to cope with the challenges of daily life in a respectful manner
- * be able to express and talk about a range of emotions
- * have ambitions to achieve and succeed
- * build and maintain good relationships with others
- * feel included and engaged with the world around them

What is happening at Northwick Park?



Northwick Park is now a myHappyMind school. We are implementing the programme to all children from Nursery to Year 6. The programme is designed to help children understand how their brain works and supports them in developing positive skills and habits to be their very best selves. It is delivered in school by class teachers through a series of interactive lessons.

Meet Your Brain



Our first unit is called Meet Your Brain. Children will learn all about their brain and how it works. We will teach children scientific names for the different parts of their brain. Ask your KS 2 children if they know what their **amygdala** does?

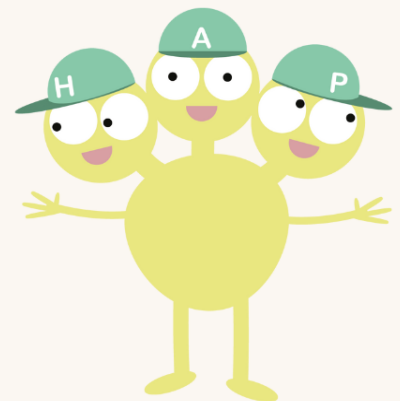
Team H-A-P

The children learn about three key parts of their brain; Hippocampus, Amygdala and Prefrontal Cortex. We call them Team H-A-P for short and they each have a special role:

Hippocampus - is like a scrapbook storing our memories and things that we learn.

Amygdala - is there to react to keep us safe when there is danger. It cannot assess danger though, it can only react if it senses it by Fighting, Flighting or Freezing!

Prefrontal Cortex - helps us to make decisions, understand different perspectives, solve problems, analyse and make choices.



To further embed this learning, myHappyMind has developed a Parent App. These resources can be accessed online, on a computer, tablet or phone. The Parent App will support you as a parent in understanding what your child is learning, activities for you to do together at home and also has a Kids Zone featuring myHappyMind games plus much more! Please see the letter you received last week or collect a QR card from the school office.

Ask your child about Happy Breathing!

Happiness heroes

Our Wellbeing Warriors have now become Happiness Heroes. These KS2 children have had their first training sessions and will soon be outside on the playground on their allocated days to provide their peers with support.



Website

The wellbeing section on our website is continually updated with relevant information and links. You can also find a section on myHappyMind.

Our new wellbeing strategy has been added to the website. This details our plans for wellbeing across the school community over the next two years.

We held a joint services coffee afternoon on Wednesday 24th September and had representatives from the school, the Mental Health Support Team, Essex Child and Family services and Adult Community Learning. Thank you to the parents/carers that attended.

If you feel that you need some support from the MHST then please ask the office for a referral form. MHST offer 1:1 parent support sessions to help you deal with your child's emotions.

The first ACL course that we are holding at the school is on Wednesday 5th November and is about Zones of Regulation. These courses are free to attend. **Please see the flyer sent home or pop into the office to scan a QR code.**

The other courses running this year are Understanding ASD in children, Talking so your children will listen, Setting Boundaries and Understanding ADHD in children.

Did you know we are an Emotion Coaching School?

All staff are trained in Emotion Coaching. We chose Emotion Coaching as it helps children to

- regulate their emotional state
- control their emotions
- self soothe when upset
- pay attention
- become more emotionally aware
- develop resilience
- have fewer behavioural incidences
- understand emotions

Emotion Coaching is a parenting strategy. It can be used at home!



At Northwick Park Primary and Nursery Academy we offer positive encouragement and rewards. We like to give out kindness raffle tickets and we have weekly stars and half termly stars.

In KS1 we give out lots of stickers and children may earn a place on the sunshine in their class!

In KS2 children earn Golden Time every day for making the right choices. This year, in KS2 we have introduced positive punch cards. Pupils can earn different rewards for gaining punches in their card. This includes certificates, extra play and afternoon tea.



You should have received a letter home about SuperKind. Northwick Park Primary and Nursery Academy is taking part in the Social Impact Schools Award to formally recognise and celebrate the amazing social actions that our school and your children take over the school year. Social action is a key part of school life and we know that by getting involved in things like volunteering, campaigning and fundraising, children are growing themselves whilst also benefitting the world around them. To achieve the award, we need to log at least one social action per child over the school year although we know that we can do far more than that!

At school we will be organising a series of different activities but do encourage your children to think of ways they can take social action whilst at home. As a school we want to not only log their social actions but celebrate their achievements so please let us know through year group emails what they have been doing.