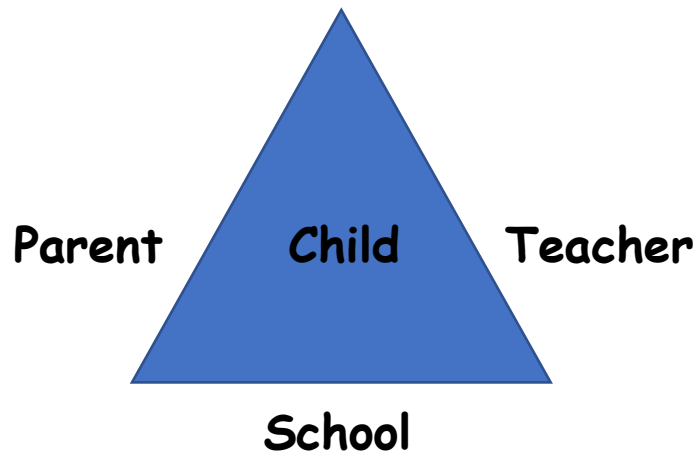


Valued Parental Input



In St Joseph's we prize the relationships we have with parents. We believe that positive relationships between home and school enable our children to grow and learn in a stable consistent environment.

Parents and staff are encouraged to be aware of their own emotional wellbeing.



'When we take care of ourselves we are better placed to support the children we care for.'

The Importance of Self Care



During the course of the year; parents, staff and children are asked to complete a wellbeing questionnaire. The results of which, inform our planning for wellbeing in school.

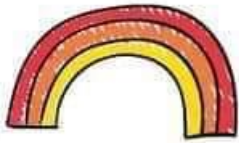
There are many supports available to our parents, including parent courses, coffee mornings, direct and regular contact with teaching staff.

We are also very lucky to have Ms Agnew, our parent worker. She is happy to support parents in whatever way she can.

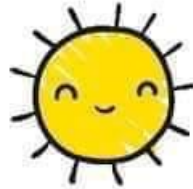
Contact Ms Agnew via the school phone number **02894462437** or email elaineparentworker@gmail.com

Our Approach to Self Care, will Model Good Practice for the children.

Self-Care & Mental Health for Kids



Share your own feelings to encourage self-awareness.



Set aside time for low-stress or solo activities.



Find social groups that help them feel like they belong.



Focus on articulating feelings.

"I am angry."
"I am sad."

Encourage journaling and diaries.



Practice self-care for yourself to set the standard.



Encourage your child to focus on the moment.

Establish a self-care routine.



Recognize toxic stress events.

Blessing Manifesting

Cultivate interests and hobbies.