Tip from School Counsellor Lia - Filling Our Buckets

Starting next week, we will be celebrating Children’s Mental Health Week. Last year, we focused on the theme of kindness and keeping our “buckets” full and I thought a reminder might be helpful. I had read the wonderful book ‘Have You Filled Your Bucket?’ to all children in Assembly (also available on YouTube: https://youtu.be/ASR6-2m_qHk). We followed with a discussion on how caring, sharing, giving and helping fills other people’s buckets, and consequently also our own. A FULL bucket means that we are feeling HAPPY and OPEN to connect with others in a positive way. An EMPTY bucket means that we are feeling SAD, ANGRY, WORRIED, which means we may ‘flip our lids’ and may have negative thoughts about ourselves and others.

How can parents help?

This is a great way for children to let you know how they are feeling. When they don’t have the words for their emotions, they will act them out (withdraw, cry, hit, throw, shout, etc). Asking them if their bucket feels full or empty is a simple way to give them words for their experience. It also helps them develop a better understanding of their inner world. You can also ask them to draw their buckets to show you how they feel. Perhaps you can make a list of things that help to fill their buckets when they feel empty, and hang it on the fridge- asking for help, a hug, drawing, listening to quiet music, going for a walk, a glass of water, etc. To take it one step further, you can help your child develop empathy skills by asking them how full another person’s bucket might be. Remember to then suggest feeling words such as ‘sad’ or ‘scared’. And remember, as always- it is important for you to make sure your bucket is full, which will help to keep your child’s bucket full too. So- what fills your bucket?

Sometimes we could all do with someone to talk to. If you would like to meet Lia for a confidential and non-judgemental chat about you, your child or any other worries, she is available on Mondays 9-10am. To book an appointment, you can call/text Lia on 07469 701 260 or email her at younl206.307@lgflmail.net.

MATHS WEEK AT WEST ACTON – Parents and Carers please join us:

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Reception Stay and Learn Tuesday, Wednesday and Thursday morning

NSPCC Number Day Dress Up Friday 7th February 2020
Whole School PANTS day Thursday 6th February

We will be having a whole school lesson focused on the NSPCC’s Underwear Rule in as part of our PSHE lessons.

During these discussions, we will aim to teach our pupils the following important safety skills without giving explicit information or telling scary stories. We will be teaching our pupils the NSPCC’s Underwear Rule, using the ‘PANTS’ acrostic, which is like a green cross code for staying safe from sexual abuse.

PANTS stands for:
- Privates are private
- Always remember your body belongs to you
- No means no
- Talk about secrets that upset you
- Speak up, someone can help

The lessons will introduce a range of ideas, all delivered in a way that’s fully age-appropriate. These include:
- “appropriate” and “inappropriate” touching
- your child’s right to say no to things that make them feel upset or uncomfortable
- naming parts of the body
- who your child can turn to if they ever feel upset or worried.

If you would like to know more about the NSPCC’s campaign and see how you can help keep your children safe in partnership with your child’s school, more information can be found at www.nspcc.org.uk/underwearrule.

If you have any questions or concerns, please don’t hesitate to get in touch.