



SAMARÈS SCHOOL
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Head Teacher: Mrs Jenny Posner

Monday 20th May 2024

Dear Parents,

At Samarès School we are committed to working with parents and the wider community to support every child in our school. The safeguarding and welfare of all children at Samarès School is of paramount importance and it is vital that school and parents work together. Each month, we send a short update around a specific welfare issue with resources to support you as parents. For this month, our theme is **supporting mental health through physical activity**.

Regular movement can boost self esteem, improve sleep, contribute to the development of social skills and reduce feelings of anxiety. The NHS recommend that children are active for 60 minutes daily, with 30 minutes of that activity needs to occur outside of school.

Tips for getting children moving:

- Everyday movement counts – engage children in physical activities that are accessible in daily life, or that centre around normal routines.
- Make it fun! – Children are more likely to take part if they do something they enjoy.
- Be the role model – while it's not always easy, young people are more likely to take up physical activity if they see adults around them enjoying exercise.
- Moving together – encouraging physical activity that is social is not only motivating, but also is proven to build self-esteem
- Get into nature – heading outdoors is a great way for children to take a break from technology and connect with their environment – perhaps you could do something this half term to explore Jersey!

The following website link has some other ideas and supports for parents - <https://www.place2be.org.uk/about-us/news-and-blogs/2024/may/5-ways-to-get-children-moving-for-their-mental-health/>

If you have any concerns or questions regarding any welfare or safeguarding issues, please do not hesitate to get in touch with us.

Safeguarding Team at Samarès School –

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Many thanks,

Mr Lumley
Deputy Headteacher