



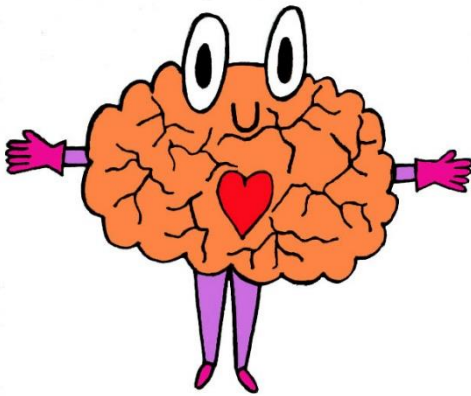
## Wellbeing Newsletter Spring 1 - 2023

Welcome to our Spring 1 edition of the Wellbeing Newsletter! As the school year progresses, we still want to keep up consistent reminders about the importance of wellbeing for our children. This is especially important as it is Children's Mental Health Week this week – 6<sup>th</sup>-12<sup>th</sup> February 2023 – with the theme being 'Let's Connect'. Excitingly, we have introduced a new school mascot for mental health and wellbeing, Mindy Mindfulness. This mascot has been designed by two children in UKS2 and will be appearing in more places over the coming months so do keep an eye out!

Please continue to look at the activities and links in this newsletter, including the five ways of wellbeing and mindfulness techniques. Additionally, there are several helpful links if you are interested in finding more resources to support you. Once again, the half term break is nearly with us and we hope you have a fantastic week.

Miss Swinfield – Mental Health Lead

### Wellbeing Mascot



Thank you to Bea and Evelyn in Year 6 for helping to create the design for our new wellbeing mascot, Mindy Mindfulness.

In a similar capacity to Barney the Owl and Midnight Marvel, Mindy will be appearing in various locations around the school in order to help support children's understanding of mental health and wellbeing so do keep an eye out!

### Five Ways to Wellbeing

Think about the 'Five Ways to Wellbeing' approach which is about how simple positive actions can contribute to and boost feelings of wellbeing. Each of these actions or ways can have a beneficial impact on your child/ren's wellbeing. More ideas/activities will be added in the next newsletter.

Connect	Be active	Take Notice	Keep Learning	Give
<p style="text-align: center;"><b>Friend Connect</b></p> <p>Take some time each day to talk to your friends at school or outside of school.</p> <p>Ask them how they are feeling. What was the best part of their day? What did they find tricky? How can you help them?</p>	<p style="text-align: center;"><b>Try a new activity</b></p> <p>What physical activities do you do outside of school?</p> <p>What physical activities have you tried recently in school?</p> <p>Try practising some of these things at home.</p>	<p style="text-align: center;"><b>5 Minute Meditations</b></p> <p>Help centre yourself with five things you can see, four things you can hear, three things you can touch, two things you can smell and one thing you can taste. Use this to clear your mind before meditation.</p>	<p style="text-align: center;"><b>Share your learning with a family member</b></p> <p>Take the time to share three things about your day with someone else: the most exciting thing; the trickiest part; something you want to keep working on.</p> <p>Ask them to share in return.</p>	<p style="text-align: center;"><b>Random Acts of Kindness</b></p> <p>Actions that help us connect with each other have a huge impact.</p> <p>Here are some ways you could be kind: leave a kind note for a friend, smile at everyone you see.</p>



## Mindfulness



### HEARTBEAT EXERCISE

Ask your child to stand up and either jump up and down or do jumping jacks for one minute.

At the end of that minute, have them place their hand on their heart and pay attention to how their **heartbeat** and their **breathing** feels.

A line drawing of a child with their eyes closed and hands on their heart. A heartbeat line runs across the child's chest, with two red hearts floating above it.

Big Life Journal



## Useful Links

<https://www.annafreud.org/> - Mindfulness and Wellbeing Resources

<https://www.youngminds.org.uk/> - Children's Wellbeing Support

<https://www.mentalhealth.org.uk/> - Resources for parents