



Wellbeing Newsletter Autumn 1 - 2021

Welcome to the first edition of our Wellbeing newsletter for this academic school year. It is so lovely to see the school back and running as a school should (my first experience of the true Barrow Hedges, as I joined during the pandemic and life in bubbles). All the children have come to school and have settled into their new environments, teachers, assemblies, etc. We are all so proud of the children and how they adapt to these changes, however there are still times when those worries can return. Please remember that we are here to support you however we can.

Please continue to look at the activities in this newsletter, including the breathing techniques on the second page, which can help when feeling a little anxious. Looking after ourselves and each other is extremely important and I would like to remind everyone that World Mental Health Day is on Sunday, 10 October 2021. To help raise awareness of this we will be participating in #HelloYellow on the 8th of October, please see the letter for further information.

Mrs Rondeau – Assistant Headteacher (Inclusion Leader)

Five Ways to Wellbeing

Think about the ‘Five Ways to Wellbeing’ approach which is about how positive actions can contribute to and boost feelings of wellbeing. Each of these actions or ways can have a beneficial impact on your wellbeing.

More ideas/activities will be added in the next newsletter.

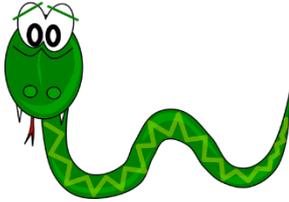
Connect	Be active	Take Notice	Keep Learning	Give
<p>Smiling – Can make you feel happier</p> <p>Can boost your mood</p> <p>Can help you make friends</p> <p>Can make you feel and look more confident</p> <p>Can help reduce stress</p> <p>Can increase fun</p> <p style="text-align: center;"><i>A smile looks good on you!</i></p> <p>Smile Challenge – how many people can you smile at, and they smile back?</p>	<p>Circuit challenge</p> <p>In 3 minutes how many times can you complete this circuit:</p> <p>10 x star jumps, 10 x burpees 10 x press ups 10 x squats</p> <p>Can you create your own circuit for 2-minutes? What will you include?</p>	<p>Be aware of the world around you and what you’re feeling. When going outside, take a few moments to notice the feelings of fresh air, sunshine, rain on your face.</p> <p>Take some time each day to talk about how everyone is feeling and to connect with one another.</p>	<p>Try out something new, this can sometimes feel a bit scary at first but it can also be lots of fun – remember the breathing techniques below if you feel a little scared or anxious.</p> <p>Here are some new things to try: start a new hobby, learn a new game, listen to and learn a song by a musician you’ve not heard before.</p>	<p>Revisit the ‘many ways of being kind’ challenge</p> <p>Remember to make a list of all the ways you could be kind or help other people. Some things will be quick and easy; others will be harder or take longer.</p> <p>How many ideas can you think of right now? Keep thinking and add to your list – can you get to 100 different ways of being kind, giving or helping people?</p>



Mindfulness

SNAKE BREATH

Breathe in, pause briefly, then breathe out slowly while you make a hissing sound for as long as you can.



WHALE BREATH

Take a deep breathe in, hold it while you count to 5 with your fingers then tilt head up to blow it out of blowhole. You can also put your hands up on top of head to create the blow hole to "blow" out.



BUNNY BREATH

Sitting version - make "bunny" hands in front of chest and take 3 quick sniffs like a bunny. Then blow out.



BUMBLEBEE BREATH

Breathe in and pretend you are smelling a flower. As you breathe out, make humming bee sound. Try different ways of making the sound - longer or shorter, high or low sounds.



Remember: Your feelings are perfectly normal but understanding how we are feeling can make things seem less scary.