



Welcome

to the June edition of our wellbeing newsletter.

We are now halfway through the year (how scary is that?!) and we are all starting to enjoy the warmer weather; with the warmer weather comes the opportunity to get outdoors more. In this month's issue, we are going to look at how being physically healthy can aid and improve our mental health and wellbeing.

Quick ideas for being more physically active

We all know the drill - it's hard enough at the best of times to fit everything you need to do into very hectic and busy days without trying to fit physical exercise in as well; however, research has shown that even just doing 10 minutes of exercise per day can improve not only your physical health but your mental health. Below are 7 easy ideas for how we can try to be more physically active:

- 1) Grab your rain coat and dog lead and take the pooch out for a quick walk around the block
- 2) Take your children (or partner) out for a walk as well; this exercise is also a great way to get our children away from screens for awhile
- 3) Try a free app on your phone or tablet that provides quick exercise routines. I like Daily Yoga or Fit On
- 4) Cleaning - I know right! But cleaning burns calories; it's a fact!
- 5) Trampoline or skipping rope - does your child have either of these? If so, you could have a go yourself, have a giggle and keep fit and active at the same time.
- 6) Ditch the car. Spare yourself the parking stress and log some more active time by parking farther away (or even leaving the car at home) and walking or biking to your destination.
- 7) Take the stairs. The lift may go up — but it doesn't make your heart rate climb. Take the stairs when you can, even if just for a floor or two. And don't ride the escalator – climb it. Those can be active steps, too!



Wellbeing Hero's

We have some exciting news to share this month - we have recently appointed our first ever 'wellbeing heroes'.

There are two wellbeing heroes from each class whose role it will be to help promote wellbeing across the whole school. As part of their role, they will monitor their class worry box ensuring any worries get passed onto their class teacher; they will be available to chat to on the school yard at break times and they will help to promote the five ways to wellbeing throughout school. In addition to this, the two Year 6 wellbeing heroes will help to plan and deliver wellbeing assemblies, wellbeing lunch time activities and they will be the pupil voice on our Wales Wellbeing Working Group that is coming to school soon - more on that later!!

National Awareness days

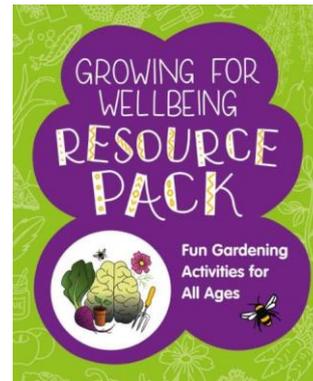
June 5th- World Environment Day

June 5th-6th – The Big Lunch 2021

June 7th – Tourette's Awareness Day

June 7th-9th – National Growing For Wellbeing Day

June 7th-13th- Child Safety Week



National growing for wellbeing week is a celebration of the magic that growing your own produce can do for your wellbeing, both physically and mentally.

Gardening improves mental health and enables better physical health by providing an opportunity to connect with nature, learn new skills, escape our thoughts, safely relieve frustrations, acquire new skills, gain control, make mistakes, play and enjoy the great outdoors.

After all, it's not what you grow, it's how YOU grow.

You don't even need a massive outdoor space to take part; maybe you could grow some lettuce in a small tub or pot. Other things that grow well in small pots are Radishes, baby carrots, spring onions and peas.

A free resource pack is also available on the national growing for wellbeing week website

<https://lifeatno27.com/national-growing-for-wellbeing-week/#:~:text=The%20next%20Growing%20for%20Wellbeing,mental%20ill%20health%20each%20year.>

Wellbeing Activity

Letters to yourself

Write three letters to yourself in one week, one month and then a year.

In your letter, you could write what goals you would like to have achieved by the time you read your letter again; this could be things like going on holiday, reading a new book, taking up more exercise or starting to garden.

When you read your letter again, you can reflect on your progress

Useful websites for mental health and wellbeing

www.nhs.uk

www.anxietyuk.org.uk

www.youngminds.org.uk

www.nspcc.org.uk

www.cruse.org.uk (bereavement)