



### Welcome

To the first edition of our Wales Primary School Wellbeing Newsletter.

Here at Wales we are committed to supporting children, staff and parents in their mental health and wellbeing. We recognise that physical and mental health are all vital to both happiness and successful learning.

The aim of our newsletters are to inform you of the work going on within school to support our whole school mental health ethos as well as providing tips and resources to support mental health and wellbeing across our whole school community.

### What is wellbeing?

Feelings of wellbeing are fundamental to the overall health of an individual, enabling them to successfully overcome difficulties and achieve what they want out of life. Past experiences, attitudes and outlook can all impact wellbeing as can physical or emotional trauma following specific incidents. To promote wellbeing within school we use the five ways to wellbeing framework.

Our Five Ways to Wellbeing framework include:

1. **Connect** - What better time to get in touch with family and friends and find out how they are managing and coping with this new reality and its uncertain duration?
2. **Be active** - Get some exercise - walking, running, yoga, anything - whatever makes you happy - it is a great way to structure the day that seems so different now.
3. **Take notice** - Pay attention to whatever is taking place in the moment and watch how your mind relates to difficulty.
4. **Keep learning** - You can learn something new about viruses, vaccines or simply about yourself and how you respond in a crisis.
5. **Give** - Offering help and support to others even simply a listening ear can be therapeutic during these difficult times



### School Website and SEMH

Just in case you haven't already seen it, we have an SEMH section on our school website. We are constantly adding to this so please do keep checking in to see what's new.

Already available in the SEMH section are:

- An in depth explanation of what mental health and wellbeing is
- Parent information leaflets on a range of different mental health topics
- Information leaflets to support adult mental health
- Mental wellbeing support during the Corona Virus
- Wellbeing activities to try at home

The website also provides details of how to get in touch with schools Mental Health and Wellbeing Support.

### National Awareness days

**1-31 January:** National Mentoring Month

**4 January:** World Braille Day

**11 January:** Paget's Awareness Day (a disease of the bones)

**14 January:** STIQ Day

**18-24 January:** Cervical Cancer Prevention Week



### How to look after yourself while learning from home.

- 1) Form a routine: just because you don't have to get up to go to school doesn't mean you should lounge about in your pyjamas all day (even though we all like too!!). Make sure you still go to bed at a reasonable time to get enough sleep and try to still get up at the same time every day even if it's 10am rather than 7am. Set specific time aside to do your school work. We don't expect you to do as much work as you would at school but setting yourself time aside to do your work, preferably in the morning while your mind is still fresh, is a good idea. Maybe you could work 9am till lunch and then go out for a walk in the afternoon with your family.
- 2) Continue to exercise: there are lots of different ways we can get our exercise at home. We can go for a walk (we are very fortunate here to live surrounded by fields and countryside), you can play out in your garden, you can follow Joe Wicks on YouTube, have a little dance round your living room or find an online yoga tutorial. Whatever you do, make sure it's enjoyable as you're more likely to want to do it again.
- 3) Your friends and teachers are still there. We know it's hard when you can't come into school and see your friends but there are other ways to keep in touch. You can text each other or use face time, and if you join in with the whole class zoom meetings you get to see all your friends in one place! Your teacher also wants to keep in touch so remember to send in any of your wonderful home learning and email your teacher if you want to ask a question or even if you just want to say hi; your teachers would love to hear from you.
- 4) Remember we are all in this together; people all over the world are having to change how they are living and working. Some adults are now working from home and lots of children all over the world are having to do their learning at home. In a time of change, it's understandable for you to be worried or concerned about what's happening. If you do have any worries, it's important to talk about these with a trusted adult or you can email your class teacher or Mrs Gull at [ggull@walesprimary.co.uk](mailto:ggull@walesprimary.co.uk)

For more information about looking after yourself during lockdown why not take a look at this website and where you can get support: <https://youngminds.org.uk/blog/looking-after-your-mental-health-while-studying-from-home/>

### Wellbeing Activity

**Go outside and notice five things that are beautiful.**

**Think about why you find the things beautiful and how it makes you feel.**

**Share your thoughts and feelings with somebody in your family.**

### **Let us know how we did**

The next wellbeing Newsletter will be coming out in February but we'd really appreciate your feedback. Let us know if you think these newsletters will be helpful or if you've got any suggestions of what you would like to see in future newsletters please email school and let us know by emailing [school@walesprimary.co.uk](mailto:school@walesprimary.co.uk)

### Useful websites for mental health and wellbeing

[www.nhs.uk](http://www.nhs.uk)

[www.anxietyuk.org.uk](http://www.anxietyuk.org.uk)

[www.youngminds.org.uk](http://www.youngminds.org.uk)

[www.nspcc.org.uk](http://www.nspcc.org.uk)

[www.cruse.org.uk](http://www.cruse.org.uk) (bereavement)