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Hayes Meadow Primary School Health & Wellbeing Newsletter – Autumn/Winter 2022

Wellbeing News



Current Topics >>>

Welcome to the first edition of The Hayes Meadow Wellbeing News!

Mental Health awareness and understanding is a priority for everyone at school. We would like to share some of our activities, news and advice with you through our new termly newsletter.

Should you want to contact school regarding anything covered in this edition, please email Mrs Laird at n.laird@hayesmeadow.staffs.sch.uk



Raising Awareness within the whole school

Meet our Health and Wellbeing Ambassadors, World Mental Health Day and Anti-Bullying Week 2022

At the start of this term, the children were given the opportunity to apply for the role of Health and Wellbeing Ambassador.

We received some amazing applications which made it a truly difficult task to decide.

Our Ambassadors look out for other children in school, lend a listening ear and ensure staff know if a child is struggling with their feelings. They help Mrs Laird with awareness days and share some wonderful and inspirational ideas for school.

On Monday 10th October we all took part in World Mental Health Day. The children looked at how kindness can impact on those around us.



World Mental Health Day 10th October

Anti-Bullying Week "Reach Out" 14th November



The Ambassadors set everyone a challenge for the day:

1. Say something kind
2. Do something kind
3. Make someone laugh

Anti-Bullying Week kicked off to an amazing start with Odd Socks Day. We would like to thank all our families for supporting the children with this – we received some wonderful photos!

Throughout the week the children developed their understanding of the topic through discussions, assemblies and creative art.

Our ambassadors created a wreath recording all the ways they had noticed pupils "reaching out" to others.

Tips for talking to your child about Mental Health

1. *Make conversations about mental health a normal part of life. Anywhere is a good place to talk; in the car, walking the dog or cooking together. Model everyday talk about feelings such as by talking about a TV characters feelings.*
2. *Give your full attention. Focus on the child. Keep eye contact and ignore distractions.*
3. *Check your body language. Keep it open and relaxed, remember to come down to the child's level.*
4. *Take it seriously. Don't down play what your child is saying to you as "just silly" and resist the urge to tell them that everything will be fine.*
5. *Ask open questions such as "How did your day go today?" to help extend the conversation.*
6. *Stay with the feelings that arrive. It can be an automatic reaction to steer away from difficult emotions.*
7. *Offer empathy rather than a solution.*
8. *Remember that we are all different. Respect and value the child's feelings even if they are different to yours.*

WEBSITE LINKS TO MENTAL HEALTH AND WELLBEING SUPPORT:

Please visit the school website for tips, links and resources to help support positive wellbeing in children and adults

www.hayeemeadowprimaryschool.co.uk



Key Dates:

Children's Mental Health Week
6th – 12th February 2023

Nutrition and Hydration Week
20 March 2023

National Walking Month and On your Feet Britain
26th April 2023

Men's Mental Health Awareness Month
1st – 30th June

Mental Health >>> 5 Ways to Wellbeing

Your Wellbeing is Important

We often spend so many hours caring for our children that we neglect our own Mental Health and Wellbeing. It is now more important than ever to make sure we care for ourselves during these difficult times.

Here are our 5 steps to ensuring good mental wellbeing.

1. **Keep Learning** – keep yourself and your brain challenged. *Learning new things improves your wellbeing and self-esteem.*
2. **Be Active** – *Physical exercise is great for your physical health but also benefits your mental health tremendously.*
3. **Give to others** – *Be kind and try to understand how others may be feeling. Research has shown that completing 1 act of kindness a day, over a 6 week period, can increase your wellbeing.*
4. **Connect** – *There is a fundamental human need for connection which includes being close to and valued by others. Communicate with loved ones and talk.*
5. **Take notice** – *Mindfulness can help us all slow down and refocus on what is important.*

The YoungMinds Wellbeing Calendar 2022



Looking after your wellbeing as you count down to the winter break.

28 - MONDAY
Festive sing-a-long
 Get the month off to a great start by singing along to your favourite festive tunes.



29 - TUESDAY
Affirmation station
 Spread some winter joy to your classmates by writing positive affirmation cards, then having your teacher collect them and pass them around. For example: 'I am loved', 'Anything is possible'.



30 - WEDNESDAY
Mindful walk
 Take a wintery walk outside in silence. What do you hear? What do you see? What do you feel?




1 - THURSDAY
Random act of kindness
 Do something nice for someone else today. Doesn't it feel great?



2 - FRIDAY
Mindful colouring
 Enjoy some quiet colouring in and let your creative juices flow.




5 - MONDAY
Winter wishes for the world
 What do you think would make the world a better place for everyone in 2023?




7 - WEDNESDAY
Ready, set, go!
 Play a game together as a class or in small groups - play it safe with a classic or try creating your own.




8 - THURSDAY
What makes you, you
 Draw a picture of yourself and, around it, write positive comments and things you like about yourself. Are you kind? Are you smart? Do you have a great talent?



9 - FRIDAY
 Name five things you can see, four things you can touch, three things you can hear, two things you can smell and one thing you can taste (or one thing you love about yourself).



12 - MONDAY
Stretch it out
 Have a much-needed stretch and wind down with a yoga session. There are loads of free videos online!




13 - TUESDAY
Things in Common
 Discuss in small groups things that you have in common - except that you go to the same school! Preferably with people you don't usually hang out with.

14 - WEDNESDAY
Snowman says...
 Just like the classic game of 'Simon says' but with a wintery twist.



15 - THURSDAY
Worry dolls
 Get out your craft box and create your own worry doll. Your doll is a great listener for any worries you might have, but don't forget you can also talk to an adult about them too.



16 - FRIDAY
Dance-a-thon
 End the term with a good ol' dance-a-thon to your favourite songs - you deserve it!





Active Advent



Your Christmas mission this December is to have tonnes of fun being super active EVERY DAY for

10 days!

Cross off each bauble for every active day



Grab your active blast cards and start with a quick 3-minute burst of fun!



Try one of our emotional wellbeing activities tomorrow



Get in the mood for Maths with our Maths warm up activity!



Don't forget to use your breathing techniques if you need to refocus your mind.



Have you completed your active blast today?



Hohoho
you've completed your Christmas Mission!



Have you made your happiness jar yet?



Share your Active Advent journey

f & t @imovesactive

@imoves_com

#activeadvent #imoves

