

# Wellbeing Newsletter

Welcome to our Spring #2 Edition—Issue 2

Evidence suggests there are 5 steps you can take to improve your mental health and wellbeing. Trying different activities for each step can help you and your children feel more positive and able to get the most out of life.



## Nip in the Bud

For more advice and ideas to support your children, please visit Nip in the Bud. They have lots of great videos to watch and information sheets/booklets for parents and carers to read! <https://nipinthebud.org/>



## Feeling of the Week!

This week, we have decided to focus on being **resilient**. We know it's tough at the moment and it can be really difficult for people to have the **resilience** to keep going! It is important for our children to **build resilience**. Resilience is the power to keep trying even when things are challenging, to see the light at the end of the tunnel and strive for it or to believe in themselves and push themselves to problem solve and take risks.

*Quote: "Resilience is the ability to bounce back and not break. Keep going, keep trying, keep believing."*

For more advice, go to: <https://www.familylives.org.uk/advice/your-family/wellbeing/building-resilience-in-children-and-teens/>

## Sleep

Children will be experiencing a range of emotions which will no doubt be having a huge impact on their ability to sleep. During times like this, it is extremely important to develop a strong bedtime routine.

*"Sleep is an essential part of life— but more important, sleep is a gift."*

### Here are some sleep tips:

1. Encourage relaxing activities such as reading, colouring or listening to music.
2. Take all electronic devices away.
3. Run a warm bath.
4. Avoid allowing to watch television/Ipads close to bedtime.
5. Discourage sugary snacks or drinks in the evenings.



**"Hope is being able to see that there is light despite all of the darkness."**

-Desmond Tutu

### Photo Competition Extended:

Send me (Miss B) a picture capturing hope or being hopeful by **Friday 26th March** and a **winner** will be announced in the newsletter on **Thursday 1st April**. All photographs will be collated into a montage!



Moshi has a range of mindfulness songs and videos that you can use to support your young children, particularly if they are feeling worried or scared. There is also a sleep section, which also includes white noise for babies.

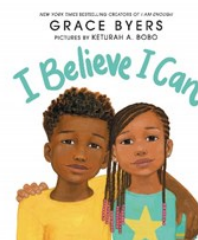
## Story Time: I Believe I can!

In line with our school vision of **Belonging, Believing, Becoming**, it is important for our children to believe in themselves.

They can do it!

*"I know I can do anything, if only I believe I can."*

<https://www.youtube.com/watch?v=p5Dsarw3ivw>



5 Ways to Wellbeing	Spring #2 - Issue 2
<b>Connect</b>	♥ <b>Connecting is crucial!</b> Find time to connect with family, plan a family Zoom event for the Easter break or even something in line with the restrictions!
<b>Be Active</b>	♥ The weather is looking like it will improve this weekend: try to take a walk and take a family selfie underneath the <b>BLUE SKIES!</b> Why not try this uplifting Just Dance video: <a href="https://www.youtube.com/watch?v=nomBuD73qK4">https://www.youtube.com/watch?v=nomBuD73qK4</a>
<b>Take Notice</b>	♥ Take Notice of something <b>positive</b> that has happened each day! Take Notice of something <b>positive</b> that has happened in your child's day. Celebrate it!
<b>Keep Learning</b>	♥ Keep Learning over the next two weeks by looking into ways you can help the environment. Is there something else you can do to protect the nature around us?
<b>Give</b>	♥ Give this week by ringing somebody you haven't spoken to and <b>giving</b> them your time. Listen to what they've done this week or listen to a problem they might have. Can you help them?

If you would like, share with me (Miss Bartlett) what you have done! I would love to know. It might feature in the Newsletter!