

# BC Wellbeing News

#3  @BCCCWellbeing

February 2023

## Reasons to be cheerful in February

**1** The days are getting longer. Most of us are no longer travelling to school/work everyday in the dark. Exposure to natural light helps our bodies produce Vitamin D, improves our circadian rhythms and sleep patterns, helps us to focus, enables us to get more done, and even makes us happier.

**2** The parks and our gardens are brightening up with snowdrops, crocuses and other spring flowers. Stopping to appreciate the beauty of nature, even in the busy city, is proven to improve feelings of wellness and reduce stress.

**3** Young people have a week's break coming up without the additional family burden and expense of Christmas or Easter.

## Time to Talk Day

We marked Time to Talk Day in school by encouraging students and staff to talk about how they were feeling with someone they could trust and share tips for managing tough times. Our students had some great suggestions!

Play with LEGO- you can create something and then start again  
Year 7 student

Self-care- Have a nice bath and put on clean PJs!  
Year 7 student

Get plenty of sleep.  
Year 12 student

If all else fails have a good cry. Sometimes you've just got to let it all out!  
Year 10 student

Try mindfulness activities- yoga, meditation or the Calm app  
Year 7 student

Take some exercise! That always makes me feel better.  
Year 12 student



## The WhatsApp Location Feature

If your children are out and about this holiday, you may find it useful to know that the WhatsApp Live Location feature allows you to share real-time locations.

This feature is end-to-end encrypted, which means no one can see your live location other than the person you are sharing with.

### How to share your live location

1. Enable location permissions for WhatsApp in your phone's **Settings > Apps & notifications > Advanced > App permissions > Location** > turn on **WhatsApp**. Alternatively, if you recently opened WhatsApp, you can go to your phone's **Settings > Apps & notifications > WhatsApp > Permissions > turn on Location**.
2. Open an individual or group chat.
  1. Tap **Attach > Location > Share live location**.
  2. Select the length of time you'd like to share your live location. Your live location will stop being shared after the selected amount of time.



# Some free activities for Half Term

## Balsall Heath City Farm

Why not pay our local city farm a visit?

Balsall Heath City Farm is FREE to visit and has over 50 animals, ranging from guinea pigs to donkeys. Book your slot online.

<https://www.stpaulstrust.org.uk/city-farm/visit-and-donate/>



## Lego Friends Hangout in the Bullring

An opportunity to design your dream bedroom. Again free of charge, but you must book a slot using the link below.

<https://www.eventbrite.com/e/lego-friends-hangouts-birmingham-bullring-experience-tickets-522431786537>



## Get your hands on a Blue Peter badge!

Here's a challenge for the half term- did you know you can apply for Blue Peter badge for a variety of achievements? You could soon be sporting a Silver badge (for acts of kindness), and Green badge (for active support of the environment), a music or a sport badge.

Have a look at the link below and think about what you could be doing. Don't forget to let the well-being team know when your badge arrives! <https://www.bbc.co.uk/cbbc/joinin/about-blue-peter-badges>



## Mindful Mosaics

As part of the Year 7 Personal Development Day, students explored the use of mindfulness techniques to promote wellbeing. They created positive and uplifting statements as part of a reflection task, which will be used to create a mindful mosaic.



# A Valentine's Message with a Difference!

Finally- this newsletter was compiled on Tuesday- Valentine's Day- not everyone's favourite day for many reasons, despite what the card and chocolate manufacturers would have us believe.

We thought we would share with you a really important message that we shared with staff on Valentine's Day.

You got to love yourself...  
... because you matter!

Give yourself a loving self talk.  
**Forgive yourself for your mistakes.**  
Let go of grudges.  
Challenge yourself  
Celebrate your small wins.  
Value your feelings.  
Ask for help.



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