



ACADEMIC EXCELLENCE



SOCIAL INTELLIGENCE



ETHICAL LIVES

Health and Wellbeing Newsletter 1

Spring 1 2024

Welcome to our first 'Health and Wellbeing Newsletter'. These newsletters will be filled with useful ideas, tips and links to help support positive mental health and wellbeing for your children and you.

This half term we have focussed on many of the UNICEF 'Rights of The Child' articles during assemblies and within our curriculum!

Here are some of the articles we have discussed:

Article 14: Freedom of thought and religion

Article 19: The right to be protected from violence, abuse and neglect

Article 30: The right to use our own language, culture and religion

Why not ask your child about these?

Here is a useful, child friendly, link to the Rights: [convention-rights-child-text-child-friendly-version.pdf \(unicef.org\)](https://www.unicef.org/child-rights-convention/files/child-rights-convention-text-child-friendly-version.pdf)

unicef 
for every child

Bullying Advice

Bullying is intentional behaviour that hurts someone else. It includes name calling, hitting, pushing, spreading rumours, threatening or undermining someone.

It can happen anywhere – at school, at home or online. It's usually repeated over a long period of time and can hurt a child both physically and emotionally.

It can be difficult to distinguish between what is bullying and what is a falling out between friends. This is a useful website that can support understanding and discussion:

[Helping Children Deal with Bullying & Cyberbullying | NSPCC](https://www.nspcc.org.uk/keeping-children-safe/keeping-children-safe-articles/helping-children-deal-with-bullying-cyberbullying/)

[Our definition of bullying \(anti-bullyingalliance.org.uk\)](https://www.anti-bullyingalliance.org.uk/our-definition-of-bullying/)

Your child will have been part of a NSPCC Speak Out Stay Safe

Assembly this half term, which covered all areas of abuse, including bullying.

We will be holding a parent workshop in the near future about

Bullying– watch this space.



Conversation Starters

Talking to your child about how they are feeling can be tough, especially if you're worried that they are having a hard time.

Sometimes it can be hard for them to open up. Here are some conversation starters that can get the discussion started:

What was the best bit of your day?

What was the worst bit of your day?

What did you do today that made you proud?

How are you feeling?

What would you like to talk about?

Do you want to talk about what's happening for you?



Need support?

Visit the-waitingroom.org to find out where you can access help on the following issues:

Communities	Criminal Justice
Directories	Disability Support
Education and Employment	Faith Communities
General	Help Lines
Housing and Homelessness	Later Life
Leisure	Mens Health
Mental Health	Refugee Asylum Seeker
Sexual Health	Sexuality
Suicide Prevention	Supporting Families
Therapeutic Support	Virtual Support
Welfare Advice	Womens Health

Get outdoors to improve your wellbeing!

This half term, why not:

- Build a den. Take along some old blankets or tarpaulins, some string and some pegs.
- Take part in a scavenger hunt. Choose a theme such as signs of spring, colours or textures.
- Be inspired to create some woodland art using only what you find around you.

Some local places to visit (that are also free):

- Cannon Hill Park (B13 8RD)
- Moseley Bog Nature Reserve (B13 9JX)
- Shire Country Park (B13 0BG)



Friendly February 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1 Send a message to let someone know you're thinking of them	2 Ask a friend how they have been feeling recently	3 Do an act of kindness to make life easier for someone	4 Invite a friend over for a 'tea break' (in person or virtual)
5 Make time to have a friendly chat with a neighbour	6 Get back in touch with an old friend you've not seen for a while	7 Show an active interest by asking questions when talking to others	8 Share what you're feeling with someone you really trust	9 Thank someone and tell them how they made a difference for you	10 Look for good in others, particularly when you feel frustrated with them	11 Send an encouraging note to someone who needs a boost
12 Focus on being kind rather than being right	13 Smile at the people you see and brighten their day	14 Tell a loved one or friend why they are special to you	15 Support a local business with a positive online review or friendly message	16 Check in on someone who may be struggling and offer to help	17 Appreciate the good qualities of someone in your life	18 Respond kindly to everyone you talk to today, including yourself
19 Share something you find inspiring, helpful or amusing	20 Make a plan to connect with others and do something fun	21 Really listen to what people say, without judging them	22 Give sincere compliments to people you talk to today	23 Be gentle with someone who you feel inclined to criticise	24 Tell a loved one about the strengths that you see in them	25 Thank three people you feel grateful to and tell them why
26 Make uninterrupted time for your loved ones	27 Call a friend to catch up and really listen to them	28 Give positive comments to as many people as possible today	29 Acknowledge someone's problem or pain rather than trying to fix it			

ACTION FOR HAPPINESS **Happier · Kinder · Together**