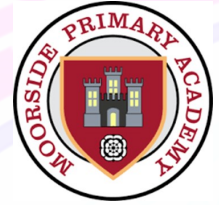


Moorside Well-being Newsletter



What is happening this month at Moorside?

November 2023

Welcome to the Moorside Well-being Newsletter where you will find all that is going on this month regarding mental health and well-being here at Moorside.

Each month will have a theme relating to mental health and well-being. Look out for any advice or tips about this theme on dojo, X (formerly Twitter) and around the school throughout the month. Attached to the theme of the month will be a self-care challenge that we invite you to take part in.

Remember that it's okay to not be okay. If you need help or support, we are here for you.

The only people you need in your life are the people who need you in theirs

Self-Care for November

Make time for family and friends

Healthy relationships can make life more enjoyable. Sharing things with trusted friends and family will go a long way. They can keep us grounded and help us put things into perspective when we are struggling to do so ourselves.

- Don't be afraid of getting in touch with those who you have not contacted for a while. Make the first move and suggest meeting up and make a plan
- Having an exercise partner can be a good way to catch up and get some exercise
- Take opportunities to make new connections and get to know people who live near you

Theme of the month

November's theme is:

Friendships and relationships



Friendships and relationships have a huge impact on our mental health and happiness. Good relationships relieve stress, provide comfort and joy and prevent loneliness and isolation. Developing close friendships can also have a powerful impact on your physical health. It can increase your sense of belonging and purpose. Boost your happiness and reduce your stress.

Face to face communication, rather than digital, reduces the occurrence of anxiety and depression as it creates a strong emotional support to help you through life's challenges.

If you ever feel stressed about maintaining all your relationships, it's often easy to find more time by cutting into your self-care routine. So if the friend-dates and date-dates are piling up, and you're feeling burnt out, give yourself permission to say "no" to an invitation. Remember that you can't be a good friend or a good partner if you never let yourself recharge.

Having close friendships is vital to getting through life with support systems. However, everything in life has a season. Some relationships may not move with you as you grow. There can be several reasons, and it's okay to let it go regardless. It's not an easy realization, but sometimes, recognizing that a friendship has run its course can be a healthy and necessary step toward personal growth and well-being.

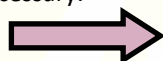
Soup breathing

1. Imagine you are holding a bowl of hot soup in your hands.
2. Slowly breathe in through your nose to smell the delicious soup.
3. Slowly breathe out through your mouth to cool down the hot soup.
4. Repeat as many times as necessary.

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Kindness corner

Our kindness shout out goes to Bobby Yuille. When a member of staff was walking down the corridor Bobby kindly stood aside and allowed them to pass him. He was very polite and his thoughtful attitude was very much appreciated.



Every month we send out suggestions to support and inspire our whole school community to feel the best that they can.

This month's Action for Happiness Calendar:

New Ways November

Find this along with November's Affirmation and Acts of Kindness suggestions on Class Dojo School Story.

New Ways November 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1. Try out a new way of being physically active	2. Be creative. Cook, draw, write, paint, make or inspire	3. Plan a new activity or idea you want to try out this week	4. When you feel you can't do something, add the word "yet"	5. Be curious. Learn about a new topic or an inspiring idea	6. Choose a different route and see what you notice on the way	7. Find out something new about someone you care about
8. Do something playful outdoors - walk, run, explore, relax	9. Find a new way to help or support a cause you care about	10. Build on new ideas by thinking "Yes" and what if...?	11. Look at life through someone else's eyes and see their perspective	12. Try a new way to practice self-care and be kind to yourself	13. Connect with someone from a different generation	14. Broaden your perspective: read a different paper, magazine or site
15. Make a meal using a recipe or ingredient you've not tried before	16. Learn a new skill from a friend or share one of yours with them	17. Find a new way to tell someone you appreciate them	18. Set aside a regular time to pursue an activity you love	19. Share with a friend something helpful you learned recently	20. Use one of your strengths in a new or creative way	21. Try out a different radio station or new TV show
22. Join a friend doing their hobby and find out why they love it	23. Discover your artistic side. Design a friendly greeting card	24. Enjoy new music today. Play, sing, dance or listen	25. Look for new reasons to be hopeful, even in tough times			

ACTION FOR HAPPINESS Happier · Kinder · Together

DID YOU KNOW?
Being connected to nature and feeling happy are related.



How to Show AFFECTION to your FRIENDS

TELL THEM HOW MUCH THEY MEAN TO YOU. WHEN THEY REACH OUT, TELL THEM HOW HAPPY YOU ARE TO HEAR FROM THEM. BE EXCITED AT THEIR GOOD NEWS. COMPLIMENT THEM. PRAISE THEIR HARD WORK. GREET THEM WARMLY. LET THEM KNOW WHEN THEY SHARE SOMETHING MEANINGFUL WITH YOU. SMILE AT THEM GENUINELY. REMIND THEM YOU ARE GRATEFUL TO KNOW THEM. TELL OTHER PEOPLE HOW GREAT YOU THINK THEY ARE. TELL THEM THEY'LL SUCCEED IN REACHING THEIR DREAMS

- MARISA FRANCO



What's happening!

13th –17th November —Anti-bullying week

13th November—Odd socks day for Anti-bullying week to symbolise we are all different.

17th November—Children in Need. Come to school wearing pyjama's/lounge wear

Qwell is free digital mental wellbeing support for adults across the UK. Adults accessing Qwell can do so without the waiting lists or thresholds often associated with traditional services. They can join online peer support communities, access self-help materials or engage in drop-in or booked one-to-one online chat sessions with our experienced counsellors.

[Home - Qwell](#)

