



# Rye Community Primary School



## **Mental Health and Wellbeing** **Newsletter Issue 3** **Spring Term 1 2022**

*Welcome everyone to our termly Newsletter. We are so very happy to have this opportunity to talk about Mental Health and Wellbeing with you all. Mental Health affects everyone, young and old and each term we will aim to provide you with some tips, strategies and useful resources.*

### Focus on Children's Mental Health Week

Children's Mental Health Week is taking place on **7-13 February 2022**. This year's theme is '**Growing Together**.' We will be encouraging children (and adults) to consider how they have grown and how they can help others to grow.

Mrs McDonald and myself will be leading a whole school assembly on Monday 7<sup>th</sup> February to introduce the theme to the children and are looking forward to a week full of ideas, enthusiasm, fun activities and growth!

We are passionate about helping the children to recognise the importance of their mental health and providing them with the necessary skills to verbalise their thoughts and feelings.

### **WHAT IS 'GROWING TOGETHER' AND WHY IS IT IMPORTANT?**

Human beings change and grow– we do it all the time and in many different ways. Physical growth is easy to see as we grow from babies to children, teenagers to adults. But growing emotionally is also an important part of our development.

Things that upset us when we were younger may no longer overwhelm us as we grow and learn to cope with life's ups and downs. Challenges and set-backs can help us to grow and adapt. Trying new things can help us to move beyond our comfort zone into a new realm of possibility and potential. However, emotional growth is often a gradual process that happens over time, and sometimes we might feel a bit 'stuck'. At these times we are reminded of how much we need others in our lives to help us to keep growing.

We need our parents and carers, our teachers, our friends and others to support us to grow, especially when things get tough. We often need others to help us to believe in ourselves, to keep going, and to try doing things a bit differently. Even when we have experienced really difficult challenges in our lives, with the right support, we can continue to grow and flourish.

## Try it out!

### Mindful Eats

This is a great activity to bring attention to how mindlessly we sometimes eat! We often “switch off” when eating because it is such a familiar action. Mindful eating can combat over-eating, it helps bring our attention to the flavours and tastes of different foods and helps us to realise what effects different foods have on how our bodies feel. You need something small to eat for this activity. Begin this practice with three deep breaths. Take small nibbles or bites of the food.

Bring awareness to the sensations of eating. – What is the taste like? Is it sweet or savoury? – What does the food feel like on your tongue? – Do you need to crunch it between your teeth, or can you slowly dissolve it in your mouth? – Try taking a slightly smaller or slightly larger bite. – How does this change the way eating this food feels? – Notice which muscles in your mouth, neck and body move as you swallow the food. – Pause between each bite and notice any changing sensations in your mouth or body.



### Breathing Colours

This activity uses visualising colours as a means to increase focus and awareness. Think of a relaxing colour. It can be any colour you like, as long as it is one that makes you feel relaxed. Now think of a colour that represents stress, sadness or anger. Whichever of those emotions is most relevant for you at the time. Imagine breathing in the relaxing colour and visualise it filling your lungs. Then imagine breathing out the stress, sadness or anger colour. Imagine you are surrounded by the relaxing colour. No longer is the air clear, it is the relaxing colour. You can still make out shapes, but your world is now a different colour. Imagine that as you breathe in, you breathe in this colour too. See the colour filling up your lungs. Imagine as you breathe out, that your breath is the colour of stress. See the stress colour mix into the relaxing colour around you. Watch the stress colour slowly disappear. Breathe in your relaxing colour. Breathe out the stress colour.

## Useful Website links

[Parents and Carers - Children's Mental Health Week \(childrensmentalhealthweek.org.uk\)](https://childrensmentalhealthweek.org.uk)

[Social-Emotional Activities for Children | Understood - For learning and thinking differences](#)

## We are here for you!

If you would like advice for a specific issue e.g. bereavement or anxiety, please feel free to email me:

[a.birkby@ryeprimary.co.uk](mailto:a.birkby@ryeprimary.co.uk)

or leave a message for me with the office and I will get back to you.

