



WELLBEING

shout
85258 here for
you 24/7

newsletter



Dear Parents and Carers,

We would like to start by wishing you a happy new year. We hope you had a fantastic break with your families and friends and we are all so excited to welcome you back to school in 2023.

As we begin a new year, many of us think about making new years resolutions. Most of the time these are things that will help us to make improvements to our day-to-day lives, such as: eating breakfast, exercising more, or going to bed earlier.

During our first Gospel assembly of the year we discussed with the children some of the small changes they could make to improve their health and wellbeing this year—take a look at the following page for some more suggestions!

Mrs Claydon, Miss Gilligan, Mrs. Whittet, Mr. Birbeck and Mrs. Walsh

Anna Freud Support for Parents and Carers: <https://www.annafreud.org/parents-and-carers/>

Yoga Bugs

I am pleased to inform you we have bought into the YogaBugs Virtual Programme for our school, and this includes access to YogaBugs videos and mindfulness techniques for you and your children.

On the YogaBugs Parent Portal you will have access to Yoga and Mindfulness videos, chair yoga for you to try, along with helpful mindfulness activities and visualisations that you can use for you whole family.

To register and log into your portal, please see the newsletter that has been emailed to you.

Bounce Back Topics



For the next half term your children will be covering Unit 5 ~ Looking on the Bright Side and Unit 6 ~ Emotions.

Unit 5 aims to teach children about the importance of thinking optimistically as well as how their "self-talk" can affect their day-to-day choices and actions.

Unit 6 focuses on our emotions, naming them, recognising them and ensuring they do not overwhelm us!

Why not talk to your children about these at home, we have some great suggestions for supporting your children at home on our website.

<https://stursulascatholicprimary.co.uk/mental-health-wellbeing/bounce-back-curriculum>

Young Minds Parent Hub:
<https://www.youngminds.org.uk/parent/>

New Years Resolutions

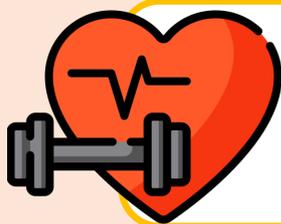
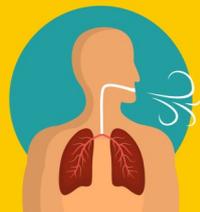


Relaxation

Discover a new hobby or something you enjoy and take time out of each day to do it. This could be: listening to music, going for a walk, going for a run, journaling, colouring or even reading a book. Anything that helps you to unwind.

Breathing Techniques

Take a couple of minutes to concentrate on how you breathe. When we are relaxed we take slower and calmer breaths. Calming the physical feeling of anxiety— with deep breaths— can help to relieve an anxious mind.



Keep Exercising

Getting active can help you to manage your emotions. Doing something physical releases chemical endorphins into our bodies which make us feel good. It is just as important to look after our physical health as it is to look after our mental health. Wellbeing is intertwined.

Self Care

Be kind to yourself, take the time to do things that help you relax or feel good. This could be having lunch with a friend, watching a film or having a bubble bath. It is important that you are good to yourself and listen to your bodies.



Getting Enough Sleep

Sleep is such an important factor to our wellbeing. This New Year try to ensure you are getting enough sleep. Think about your sleep routine. Do you put electrical devices away before bed? Do you create a calm atmosphere? KS1 children need on average 10-13 hours of sleep, KS2 need 9-11 hours, and adults need around 7-9 hours a night.

Staying Hydrated

Drinking water is incredibly important. Water helps to: keep bones and teeth healthy; helps blood circulate; improves your mood, memory and attention span. It is recommended that children drink around 4-6 cups of water a day, and adults should be drinking 6-8 cups.



Useful APPS



SMILING MIND is a collection of hundreds of meditations for a wide variety of ages and situations. There are grounding body scans, breathing meditations, and sensory exercises such as listening to music or tasting foods. There are complete programs for kids in different age groups.



BREATHE THINK DO specifically for meditation, but it's great for introducing young kids to the concept of calming down through breathing. The app teaches kids the "Breathe, Think, Do" method.



STOP BREATHE THINK With an emphasis on fun activities and meditations, this app is designed to help kids with focus, quiet, peaceful sleep, and processing emotions. Your little one will learn mindful breathing and the importance of checking in with herself. They'll also win stickers for completing "missions."



Dreamy Kid Meditation App Just for Kids includes child-friendly guided visualisations, affirmations, and meditations. Children can listen to selections for promoting relaxation, falling asleep more easily, focusing for school etc.

CAMHS parent drop-ins

CAMHS are still offering FREE parent drop-in consultations.

These sessions are a great opportunity for you to speak to a CAMHS professional about any concerns you may have, regarding your children. These include coping, emotional and sleep concerns. The school nurse can also join these sessions - you can request this when you contact the school to make a booking.

Please contact the school office to book a slot.

If you have any queries or questions, please contact the School Office.

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