



WELLBEING

shout
85258 here for
you 24/7

newsletter



Dear Parents and Carers

Happy half term!

As this week is Children's Mental Health Week and also Safer Internet Day the children have been completing a variety of activities to learn a little bit more about connecting with others.

Over the last two weeks children have explored their connections with their peers, family and teachers, and reflected on the connections they also make online.

At the end of last week the whole school community raised awareness for children's mental health and wellbeing by participating in Dress to Express! Staff and children came to school dressed in their own clothes considering how they wanted to express themselves, or their mood that day! It was fantastic to see everyone's outfits and hear about their choices!

We hope you have a wonderful half term break with your loved ones!

Thank you for your continued support,

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 click on the link below and register your details:

www.yogabugsvirtual.com

You will need to select parents and click to register as a new user. Complete the details requested and select school for the eCode type.

The eCode you need to enter is: st-ursulas-2393

Please note your access codes cannot be shared with anyone else, the school has signed a confidentiality agreement.

Bounce Back Topics



For the next half term your children will be covering Unit 6 ~ Emotions and Unit 7 ~ Relationships

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

Unit 7 considers the importance of maintaining strong relationships with our peers recognising that relationships are important to feeling happy and helping us to cope better with life's occasional hard times.

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/

Children's Mental Health Week



Useful APPS



MINDSHIFT aims to help young adults cope with anxiety, by acting as a portable coach that guides users through challenging situations. The app teaches users how to relax and helps them identify active steps to directly face and take charge of their anxiety.



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.



MINDFUL POWERS is one the best mindfulness app aimed at children aged between 7 and 10. The technique of mindfulness has been very positively received by many of those who have taken the time to learn and practice it. Guided stories lead children towards calmness and focus while a timer option helps them to apply what they have learned to real life.



CHILDREN'S BEDTIME MEDITATIONS Anxiety, fear, and stress can lead to sleeplessness. Tiredness can amplify negative emotions. A vicious circle can form. If your child is a night-time worrier kept from sleep by an unquiet mind, consider Children's Bedtime Meditations for Sleep & Calm.

You Are What You Eat

Did you know?

Your diet consists of more than simply what you eat. It also refers to what you watch, listen to, engage with and who you spend time with. Essentially, your 'diet' is anything you let past your boundaries that can have an impact on you physically, emotionally or mentally. In a world that is designed to distract us, teenagers can focus on average for 65 seconds, whilst office workers can give focused attention for just three minutes. So, what can we do to protect our energy and attention?

1. Track moods.

Sometimes, in the busyness of day-to-day life, it can be easy to miss the impact things have on our mood. Whether it's emails pinging and interrupting your train of thought, a quick scroll through social media, or the WhatsApp group chat, be mindful of how you feel during and after engaging in a distracting activity. Score your mood out of five afterwards. Over time, is it consistently bringing you down? Being aware of this is the first step in making a change.

2. Engage senses.

One of the problems with distraction culture is that it keeps you 'in your head'. This is a recipe for anxiety. If you notice your mood dipping or signs of anxiety it can help to spend just two minutes sitting, with your eyes open, and focus in turn on some of your senses. Sight - what can you see? What does the texture look like? The colours and shades? Sounds - what's the furthest sound you can hear? What's the closest? And touch - feel your feet on the floor and the seat you're sitting in. Feel your stomach rise and fall as you breathe in and out.

3. Hit Mute

There are practical things you can do to avoid distractions too - and this is important because the sense of 'flow' that comes from being absorbed in activity is important to wellbeing. So, mute group chats, use your phone settings to stop notifications popping up on your phone from email or social media and set a time limit for usage on the apps you find most distracting. You can also set downtime on most phones, which means apps will be temporarily silenced during a certain period.

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

✉ office@stursulasprimaryschool.co.uk
☎ 01708 345200