



Wellbeing at Whitefield

Autumn 1 Newsletter

What's Going on in School?

World Mental Health Day, 10th October

Children will be having an assembly on Monday 11th October to raise awareness of mental health and to talk about what we can do to improve our wellbeing. In the assembly we will also be talking about the Wellbeing Ambassadors (see below) and asking children to design a 'Wellbeing at Whitefield' logo for us to use. In class, the children will complete a wellbeing questionnaire to help us to understand how they feel about wellbeing in school. Children's Mental Health week is the 7th to the 13th February 2022, we are in the process of planning activities for this week and will send you more details closer to the time.

Wellbeing Ambassadors

We are looking for children in Years 5 and 6 to become Whitefield Wellbeing Ambassadors. The role will involve chatting to younger children about their thoughts on wellbeing in school and giving ideas about how they think we can improve wellbeing for our pupils. It's an exciting opportunity for children to make a real difference in school.

Wellbeing Team

There is a new staff wellbeing team who will work with the Ambassadors to make sure that their ideas and the ideas they get from younger children are put into practice. The team is led by Mrs Adams with Mrs Williams, Mrs Huxtable and Mrs Caslake all being involved too. We'd love to hear any ideas parents have, please email the school office or phone up and someone from the team will get back to you.

Website

We have added some information about Wellbeing in school to our website. Go to the parents section of the website and find 'wellbeing'. There is lots of information there with links to external support on mental health and information about the support available in school.



Wellbeing at Whitefield

October is 'Optimistic October.' Have a look on the calendar below for daily ideas on optimism.! Have a look at the 'Action for Happiness' website for more ideas and information. www.actionforhappiness.org



Optimistic October 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						
4 Start your day with the most important thing on your to-do list	5 Be a realistic optimist. See life as it is, but focus on what's good	6 Remind yourself that things can change for the better	7 Look for the good in people around you today	8 Make some progress on a project or task you have been avoiding	9 Share an important goal with someone you trust	10 Take time to reflect on what you have accomplished this week
11 Avoid blaming yourself or others. Find a helpful way forward	12 Look out for positive news and reasons to be cheerful today	13 Ask for help to overcome an obstacle you are facing	14 Do something constructive to improve a difficult situation	15 Thank yourself for achieving the things you often take for granted	16 Put down your to-do list and do something fun or uplifting	17 Take a small step towards a positive change you want to see in society
18 Set hopeful but realistic goals for the week ahead	19 Identify one of your positive qualities that will be helpful in the future	20 Find joy in tackling a task you've put off for some time	21 Let go of the expectations of others and focus on what matters to you	22 Share a hopeful quote, picture or video with a friend or colleague	23 Recognise that you have a choice about what to prioritise	24 Write down three specific things that have gone well recently
25 You can't do everything! What are your three priorities this week?	26 Find a new perspective on a problem you face	27 Be kind to yourself today. Remember, progress takes time	28 Ask yourself, will this still matter a year from now?	29 Plan a fun or exciting activity to look forward to	30 Identify three things that give you hope for the future	31 Set a goal that brings a sense of purpose for the coming month

ACTION FOR HAPPINESS Happier · Kinder · Together

Stress Sock

Fill an old sock with something soft. You could use bubble wrap, foam packaging, a washing up or shower sponge, rolled up socks or scrunched up wrapping paper.

Tie a knot in the top of the sock or use a hair bobble or elastic band to keep the contents in.

Squeeze and release the sock in a rhythm that feels right for you .

Positive Affirmations, I Am...

Some people can find it hard to say positive things about themselves. Practice each day by standing in front of a mirror and saying one positive thing about yourself. Start with 'I am...'

...Kind, funny, sporty, creative, a good friend, unique, thoughtful, caring, helpful, etc.