

vellbeing 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 thing we can improve wellbeing for our pupils. Its an exciting opportunity for children to make a real difference in school.

Wellbeing Team

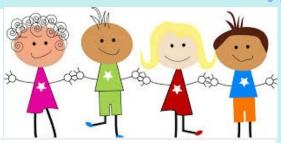
There is a new staff wellbeing team who will work with the Ambassadors to make sure that their ideas and the ideas they get from younger children are put into practise. The team is led by Mrs Adams with Mrs Williams, Mrs Huxtable and Mrs Caslake all being involved too. We'd love to hear any ideas parents 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.



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



SUNDAY MONDAY **TUESDAY** WEDNESDAY **THURSDAY** FRIDAY SATURDAY Write down Take a small step towards a goal that really Optimistic October matters to you Start your day with the most important progress on a project or task the good in people around important goal with someone you have been avoiding thing on your to-do list you today what's good Avoid Look out Take a small Thank Put down your to-do list and Ask for help blaming yourself or others. Find a helpful way step towards a positive change you want to see for positive yourself for achieving the things you often news and reasons to be do something fun or uplifting cheerful today forward take for granted in society Write down Identify one Let go of the Recognise Find joy in tackling a task expectations of others and of your positive qualities that will be helpful in the future that you have a choice about three specific things that have you've put off for some time recently prioritise Set a goal Ask yourself, will this still yourself today. Remember, a sense of activity to look matter a year from now? progress takes time purpose for th **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.