

Our Well-Being Newsletter

Newsletter for pupils, parents & staff
Issue 33 – January 2024

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Welcome to our January Well-Being Newsletter!

May 2024 bring you good physical and mental health.

2023 has been and gone. With the New Year, unrealistic resolutions may come to mind, leaving us feeling overwhelmed and disappointed if we cannot achieve them. However, self-improvement is a good thing, with benefits for our mental and physical health. The key is to find small, achievable and realistic goals to work towards, irrespective of what others are doing, and to remember to ask for support if we need it.

One must try to resist to strive for an entirely new self in 2024. Instead, approaching personal growth, habit changes and goals, with a kinder self-talk that cares for our mental well-being, is more likely to work in the long term. Being kind to ourselves regularly, is one of the best things one can do all year round.

A recipe for a Happy New Year

- Take twelve whole months, clean them thoroughly of all bitterness, hate, and jealousy. Make them just as fresh and clean as possible.
- Now cut each month into twenty-eight, thirty, thirty-one different parts, but don't make up the whole batch at once. Prepare it one day at a time out of these ingredients.
- Mix well into each day, one part of faith, one part of patience, one part of courage, and one part of work.
 - Add to each day one part of hope, faithfulness, generosity, and kindness. Blend with one part prayer, one part meditation, and one good deed.
- Season the whole with a dash of your faith's spirit, a sprinkle of fun, a pinch of play, and a cupful of good humour.
- Pour all of this into a vessel of love. Cook thoroughly over radiant joy, garnish with a smile, and serve with quietness, unselfishness, and cheerfulness.



How to achieve realistic goals in 2024

Three good habits for a good year:

1. Take a deep breath, pause and think about what ways you would like to nourish your body and mind this year.
2. Use mindfulness as a tool to help you pay attention to the present moment. You can try techniques like meditation, breathing and yoga. Mindfulness has been shown to have positive effects on the mind, the body and behaviour, as well as a person's relationships with others.
3. Take time for yourself: this year, when you start to feel overwhelmed or stressed, pause, be your friend and ask yourself: is this level of stress causing me a problem? Can I identify the causes? What small changes can I make to my lifestyle? Could I ... eat healthier, exercise, take time out, be mindful, get some rest and sleep, and most of all be kinder to myself?



Supporting my child's mental health



Regularly ask your child how they are doing, to help them get used to talking about their feelings, and know there is always someone there to listen. You can get tips on Young Minds website:

<https://www.youngminds.org.uk/parent/how-to-talk-to-your-child-about-mental-health/>.



Stay involved in their life: show an interest in their life and what is important to them. It not only helps them value who they are but also makes it easier for you to spot problems and support them. Encourage their interests: support and encourage your child to explore their interests. Being active or creative, learning new things and being part of a team helps connect us and boost our mental well-being.



Take what they say seriously: listening to and valuing what they say makes them feel valued. Consider how to help them work through their emotions in constructive ways. The Anna Freud's Centre's Guide on ways to support children and young people has more on this:

<https://www.annafreud.org/schools-and-colleges/resources/7-ways-to-support-children-and-young-people-who-are-worried/>.



Support them through difficulties: pay attention to how your child is feeling and behaving and try to help them work through difficulties. Their behaviour may be challenging but try to make them understand what they are feeling and why. Learn more from the Maudsley Charity on difficult behaviour:

<https://maudsleycharity.org/familiesunderpressure/>.



Build positive routines: try to have structure around regular routines, especially around eating and exercise. A good night's sleep is also important, so have a fixed time for going to bed and getting up. The sleep charity has relaxation sleep tips for children:

<https://thesleepcharity.org.uk/information-support/children/relaxation-tips/>

Staff Corner

Free resources for mental health support (copy and paste the links below):

Managing and reducing stress – a guide by the Mental Health Foundation:

<https://www.mentalhealth.org.uk/sites/default/files/2023-03/How%20to%20manage%20and%20reduce%20stress.pdf>



<https://www.educationsupport.org.uk/>

A free book on sleep for Teachers:

https://pursuitwellbeing.com/free-e-book/?utm_source=SSAT+Member+Communications&utm_campaign=765318d8f8-24%2F01%2F21+Sunday+Supplement&utm_medium=email&utm_term=0_a19cf44831-765318d8f8-39711401

<https://www.mind.org.uk/information-support/tips-for-everyday-living/relaxation/relaxation-tips/>

Headspace:

<https://www.headspace.com/educators>

Chaplain's Corner



Dear Lord,

We reach out to you in our moments of need and of weakness,

Please show us your love so that we might know this is never unchanging,

Teach us that human love and kindness begins and grows when inspired by your own love.

Let your gentle peace be with us always and allow us to help bring the peace of this to others in their time of need.

We ask this through Christ our Lord,

Amen.

UK helplines for emotional support

Samaritans: Call 116 123 open 24/7

Crisis Text Line: Text SHOUT to 85258 open 24/7

CALM: Call 0800 58 58 58 open 5pm - midnight



Cost of living crisis - Useful links

<https://www.bbc.co.uk/news/resources/idt-ade5a65c-753a-43c8-b58d-de98196801ff>

<https://www.stepchange.org/debt-info/government-help-with-gas-electric-bills.aspx>

<https://www.gov.uk/guidance/cost-of-living-payment>

<https://www.stepchange.org/debt-info/emergency-funding.aspx>

<https://www.london.gov.uk/programmes-strategies/communities-and-social-justice/help-cost-living/help-crisis>

https://england.shelter.org.uk/housing_advice/benefits/emergency_grants_loans_and_money_help

<https://www.trusselltrust.org/get-help/find-a-foodbank/>

BBC Food Family's £1 recipe meal plan:

https://www.bbc.co.uk/food/articles/budget_family_meal_plan_for_four#xtor=CS8-1000-%5BEditorialPromo_Box%5D-%5BNewsEditorial_Promo%5D-%5BNewsEditorial_Promo%5D-%5BPS_FOOD~N~~P_budget_meal_plannerFP%5D





Help and Guidance

**Services available
all year round:**



here for
you 24/7

Shout 85258 is the UK's free,
confidential, 24/7 text support



**Free online support for
young people**



**Free emotional support for
young people**



Free advice and support



Free online counselling support
For over 25s



Bereavement Support for children
<https://rainbows.gb.org/>

