

# Orchard Primary School Well-being Newsletter

## Supporting the Emotional Well-being and Mental Health of Our School Community

Autumn Term 2022 - B

This term's newsletter provides ideas on how to address some different aspects of mental health and well-being.

As always, if you have any worries or concerns about your child's emotional behaviour or well-being, then please let school know. There will be things we can do to help further and support you.

### My Happy Place!

Sometimes we may feel sad, worried, angry or lonely and it is important to know that it is ok to feel all of these emotions at times. We just need to develop ways to manage these more tricky feelings.

A useful strategy is to have a 'happy place' that you can escape to—this can be a real place or a place pictured in your mind.

Ask yourself:

Where is your happy place?

When you think of your happy place, who is with you?

What do you have with you in your happy place?

What is it about your happy place that cheers you up?

Then visit your happy place or close your eyes and imagine you are there. Keep this happy place with you and remember it when things are tricky. Don't forget—your happy place can change at any time. It's up to you!

### Being Outside = Improved Mental Health

With the days getting colder, it's very easy to want to spend less time outdoors, but there are many benefits of fresh air and nature. Here are 7 reasons why being outside is good for your mental health and wellbeing:

Reduces stress levels: going for a walk is one of the best ways of reducing stress levels.

Feel better about yourself: getting outdoors and exercising improves self-esteem and body image.

Improve your concentration and focus: looking at nature improves our ability to restore concentration.

Improve mood: did you know that regular exercise can be as effective as antidepressants.

Sleep better: going for a walk in the early evening can help you relax and improve the quality of your sleep.

Worry less: the effect of exercise of worry and feeling anxious is rapid and effective.

The sunshine vitamin: being outside increases your levels of Vitamin D. Low levels of Vitamin D have been associated with low mood and worry.

Great reasons to jump off the sofa, wrap up warm and get going. Enjoy!



### Think About It



Sometimes you might worry about things. They might be big things or small things. It can make you feel anxious and scared.

Next time you are worried, question your thoughts. Write down what you think WILL happen. Then step back and think about whether this is true. What MIGHT actually happen, write that down. Then come back later and write down what actually happened.

Quite often our worries are just that—thoughts that don't come true. Use the sheet attached to try out this activity and then read them all from time to time to reassure yourself.

*“Worrying is like walking around with an umbrella waiting for it to rain.”*

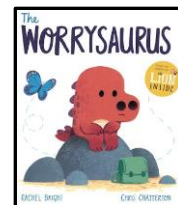
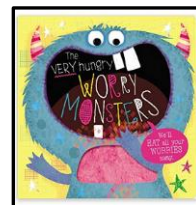
*Wiz Khalifa*

### Books to support talking about mental health with children & young people

*The Huge Bag of Worries* by Virginia Ironside



A reassuring picture book that encourages children to open up about their feelings. The perfect book to soothe worries during stressful times. Available through Amazon.



## Positive Thinking

Good news! Did you know that science suggests that positive thinking is a learnable skill?

Three Good Things Exercise Research suggests that thinking of, and listing, three good things each day can contribute to increased happiness in the short term and longer term.

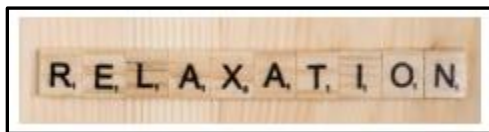
Even better, this exercise is simple to do. Just spend a few minutes each evening reflecting on the day until you think of three good things. Spread the positive vibes, and think about sharing your three things with those that you love!

## Relaxation Activity: Stress Balls

This exercise releases muscle tension and massages your hands. Make your own stress ball(s) by filling balloons with dry lentils or rice.



Take the ball(s) in one or both hands and squeeze and release. Experiment with squeezing the ball. Find a way that is right for you, adjusting the speed, pressure and timing of your squeezes to whatever way you like.



## Relaxation Activity: The Shoulder Shrug

Ask your child to sit or stand in a comfortable position. Ask them to breathe in and lift their shoulders towards their ears. Hold this position. Then they are going to breathe out with a big sigh and release their shoulders. Repeat three times.

## Feeling Positive Poster

Attached to this newsletter is a beautiful positive thinking poster. It is full of gentle affirmations that will remind children about the importance of a growth mindset, self-worth and kindness towards others. Put it on the fridge and share it daily!

## Places to go for help and support



This website from the NHS offers help you look after your child's mental health and wellbeing as well as the rest of the family.

<https://www.nhs.uk/oneyou/every-mind-matters/>

The NSPCC are offering support and advice if you feel your child is struggling with their mental health and anxiety. More information and advice can be found on their website:

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

**NSPCC**

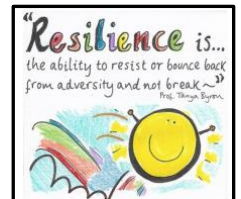
Young Minds

<https://youngminds.org.uk/>

**YOUNG MINDS**  
fighting for young people's mental health

## Encourage Resilience in Your Child

The key way to survive and thrive is not striving to be happy all the time - which is unrealistic. It is about learning to cope with pain and misery, to bounce back from difficulties and to accept yourself for who you are.



## What Are Your Best Qualities?

Each one of us is very different. Each of us is a very special and unique person with many positive qualities. It is important to recognize and celebrate these positive qualities.

Create your own circle of celebration and, if you find it hard to recognize your positive qualities, ask someone to help you.





# FEELING POSITIVE



I am a  
good friend.



We are  
all unique  
and special.



I am loved for  
just being me.



Embrace new  
challenges.



I am grateful for  
all I have.

Reach for  
the stars!



Learn something  
new every day.



I am beautiful  
inside and out.



I am worthy of  
being loved.



There is  
only one me!

Today is going to  
be a great day.



Everything  
will be OK.



I am proud  
of myself.



I stand up for  
what I believe in.

