



Wellbeing Newsletter

Issue 4 October 2022

Welcome to the 4th edition of our newsletter. At this time of year the days are getting shorter, the weather is getting colder and for some people this can have a negative effect on their mental health. This newsletter is full of ideas and information to help you stay as mentally and physically well as possible throughout Autumn and into winter.



It can be harder to get outside at this time of year, as we often get home from school or work in the dark. Why not try a few of these indoor self-care ideas?

- Send a letter to someone telling them what you appreciate about them
- Play a board game
- Put on your favourite songs and dance around your bedroom
- Have a pyjama day and watch your favourite movies
- Write a story, song or poem
- Get creative - paint a picture or create a model from items from your recycling bin
- Bake a pie or make a soup
- Make hot chocolate with cream and marshmallows
- Learn a new skill - or teach skill to someone else



If you can get outside there is still plenty of fun to be had. Why not put on your wellies and splash in the puddles or kick the leaves? Or go for a nature walk and make a picture from the things you find.

October 10th is World Mental Health day. As a school, mental health and wellbeing are important to us every day. But this special day gives us a chance to share our thoughts and ideas about how we look after our mental health. Look out for our wellbeing tree in the entrance hall!



It's Good To 'Talk'

Mrs Walsh is our school cook. We asked her about eating healthily at this time of year.

1. What is your favourite meal for keeping warm at this time of year?

A nice Sunday roast—chicken would be my favourite.

2. What is the best way to make sure we eat healthily when the weather gets colder?

Avoid comfort eating—a good soup made with plenty of vegetables is a healthier choice.

3. What's your favourite winter treat food or drink?

A lovely hot chocolate

What about you? What's your favourite winter treat?



Follow these links for yoga resources and channels:

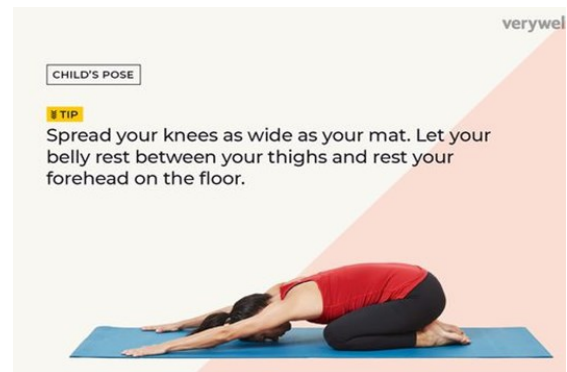
<https://www.youtube.com/channel/UCFKE7WVJfvaHW5q283SxchA> (or search Yoga with Adriene)

<https://www.verywellfit.com/essential-yoga-poses-for-beginners-3566747>

<https://www.youtube.com/c/CosmicKidsYoga> (or search Cosmic Kids)



Yoga is a great choice of indoor exercise. Child's pose is a yoga pose that relaxes your mind and body. When you feel the need to relax, try spending a few minutes in this position, making sure you remember to breath deeply.



Go on a leaf hunt. How many different shapes and colours can you find?

CHALLENGE
yourself



October 10th World Mental Health Day
October 11th National Coming Out Day
November 7th-11th International Stress Awareness Week
November 13th World Kindness Day
November 14th-18th Anti-bullying Week
November 25th-December 10th 16 days of activism against gender-based violence

"Positive vibes only" isn't a thing. Humans have a wide range of emotions and that's OK. Molly BAHR, LMHC