



Well-being Newsletter - Spring 1

Happy New Year!

We hope you have had a restful Christmas and new year break and have had some time to spend with loved ones. We know that Christmas can be a difficult time for some families and that difficulty can often continue into January.

Did you know that **National Parent Mental Health Day** will take place on 30th January 2025.

This year, the national theme is **#ScreenSmartParenting**, Stem4 is providing resources and training to help families foster healthy digital habits and support youth mental health.

The theme of **#ScreenSmartParenting** was chosen to address the growing concerns among parents and carers about the impact of digital technology on their families' wellbeing.

More information can be found at stem4.org.uk

Healthy Living Week

We kick started coming back to school in the New Year and Spring Term with 'Healthy Living Week'. Research shows that keeping physically healthy and active impacts greatly on Mental Health and well-being.

Move more every day: Being active reduces stress, increases energy levels and can make us more alert and help us sleep better.

Try a relaxation technique: Relaxing and focusing on the present can help improve your child's mental health and lighten negative feelings. Why not try some yoga with your child during the day?

You might like to try:

Go Noodle, Cosmic Yoga, Little Sports or Joe Wicks!

Children's Mental Health Week - 3-9th

February

This year the theme is

'Know Yourself, Grow Yourself'

In school we will be taking part of a range of activities aimed at promoting positive mental health.

Here are a few ideas of how you might like to support at home:

TIPS FOR FAMILIES

1 Encourage journaling
Just like Riley, encourage your older children and young people to express their emotions and thoughts through journaling. It can be less confronting than speaking out loud and is a helpful way to process what is going on.

2 Make space for reflection
When children and young people reflect on their different emotions, it can help them better understand themselves and what they need. Go for a walk, drive, or try some mindful colouring or baking together.

3 Be visual
Use imagery, such as emojis or flashcards to help children and young people recognise and label their feelings.

4 Practice mindfulness
Try mindful activities, and quiet family time, to enjoy being in the present moment. This can help children and young people be aware of their thoughts and emotions and learn a useful new coping technique.

5 Communicate
Feedback is crucial for helping us see our blind spots and gain greater insight. Children and young people are no different. Creating safe and supportive ways to share your own experience with your child can help them understand themselves and their impact on the world around them.

Place2Be's CHILDREN'S MENTAL HEALTH WEEK

You may find further information and advice to help you support the brilliant young people in your lives - from FAQs to downloadable packs <https://here4you.co.uk/>

9 POSITIVE MENTAL HEALTH HABITS TO TRY AND MAINTAIN EACH WEEK

CONNECTEDNESS
Try and find time with the people you care about. It's important to have a support network.

VALUES
Reflect on your values. Think about the things that are important to you.

ACHIEVEMENT
Celebrate your achievements. Set small goals and reward yourself when you reach them.

SELF CARE
Find activities that you enjoy and do them regularly. It's important to take care of yourself.

TALK
Talk to your friends, family, or a professional about how you are feeling and what you might be thinking.

STAYING PRESENT
Use your senses to focus on the present moment. This can help you feel more grounded.

COPING SKILLS
Learn and practice coping skills that can help you manage stress and anxiety.

RELAXATION
Schedule time into your week where you can relax and recharge.

PHYSICAL ACTIVITY
Where possible try to get some fresh air and exercise. This can help with mood and reduce stress and anxiety.