

WELLBEING BULLETIN – ISSUE 1









Honesty • Excellence • Aspiration

MISS SHAW MRS ROBINSON

We would like to introduce ourselves, we are Miss Shaw and Mrs Robinson and we sit in an area within the academy called "The Hub".

The intention of the hub and our roles, is to provide drop in sessions, groupwork and 1:1 Emotional Health and Wellbeing support, for our students, on a referral basis. Another aspect of our role, is to support the Emotional Health and Wellbeing of our parents/carers and staff by offering helpful resources around services and self-care. This is the first Wellbeing Bulletin of this academic year and going forward we will be sharing a bulletin fortnightly via twitter and MyEd for your reference.

In each bulletin we will publicise support within school, share our fortnightly <u>Parent</u> <u>Wellbeing Coffee Morning</u> events and signpost you as parents/carers to key services that will support both your son/daughters and your own Emotional Health and Wellbeing.

In this week's bulletin, you will find the following information:

- WELLBEING PARENT/CARER COFFEE MORNING THURSDAY 22nd SEPTEMBER
- MANAGING BACK TO SCHOOL ANXIETY
- GET YOUR DAILY D.O.S.E OF HAPPINESS
- SELFCARE SEPTEMBER WELLBEING CALENDER



WELLBEING PARENTS/CARERS COFFEE MORNING



Come and join us at our weekly parents or carers Wellbeing Coffee Morning

VENUE: COMMUNITY HUB (SITUATED OUTSIDE OF MAIN SCHOOL GATES)

What is the purpose of the Wellbeing Coffee Morning?

Do you feel like your child struggles with their emotional wellbeing and mental health? Or do you or members of your family home need help, support and guidance? Please come along and speak to Miss Shaw and Mrs Robinson and we can explain the services we have on offer within the academy, along with signposting you to external services that will support your child's or your own mental health.

THURSDAY 22ND SEPTEMBER 2022

TIMES: 10.15AM - 11.15AM

TEA, COFFEE AND REFRESHMENTS PROVIDED

LITTLE ONES WELCOME!



BACK TO SCHOOL



Tips for dealing with back to school anxiety:

Be prepared – organise your bag, uniform and books each night so that its not a big rush in the morning.

Get a good night's sleep - Getting plenty of sleep is great for clearing the mind, improving memory and ridding the body of toxins, to make you feel re-energised. It also aids concentration and helps to ease stress.

Breakfast – try to start the day with a healthy breakfast which will feed your mind and boost your energy levels throughout the day.

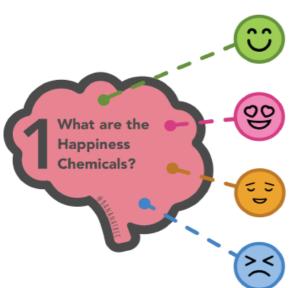
Check your timetable – check your timetable in the morning or night before to prepare yourself for lessons the next day and get any equipment prepared e.g. P.E kit

Think ahead - If you're really dreading going back, try and write a list of the things you are looking forward to. This could be seeing a friend, being in a certain class or an event you may have coming up in your school. Stick it somewhere you can see easily on your first day to remind yourself of the good things you have to look forward to

Talk to someone - If school is really getting you down, remember you're not alone. As difficult as it may seem, talking to a friend, parent or someone you can trust can really help.

GET YOUR DAILY D.O.S.E.

How to get your daily DOSE of happiness chemicals



- · Enables motivation, learning and pleasure
- · Gives you determination to accomplish goals, desires and needs

- Gives feeling of trust, motivates you to build and sustain relationships
- · Known as "Cuddle or Love Hormone", plays a role in bonding

- · Feeling significant or important among peers
- · Calm form of accepting yourself with the people around you

- Releases a brief euphoria to mask physical pain
- · Response to pain and stress to alleviate anxiety and depression

How Deficiency Affects You

- procrastination
- · low self-esteem
- · lack of motivation
- · low energy or fatigue
- · inability to focus
- feeling anxious
- feeling hopeless
- mood swings
- feeling lonely
- stressed
- lack of motivation
- low energy or fatigue
- · disconnect of
- relationships feeling anxious
- insomnia

- · low self-esteem
- · overly sensitive
- anxiety/panic attacks
- mood swings
- · feeling hopeless
- · social phobia
- obssession/compulsion

- depression
- mood swings
- aches and pains
- insomnia
- impulsive behaviour









How to Increase Happiness Levels

- meditate
- · daily to do list
- long term goals
- · food rich in L-Tyrosine
- exercise regulary
- create something: writing, music or art
- · physical touch
- socializing
- massage
- acupuncture
- listening to music
- cold shower

- exercise
- cold showers
- sunlight
- massage
- laughter/crying
- creating music/art
- eat dark chocolate
- eat spicy foods
- exercise/stretching massage
- meditate

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SELF-CARE SEPTEMBER CALENDAR

September 2022 Self-Care

MONDAY



WEDNESDAY

THURSDAY

FRIDAY

Notice the

things you do

well, however

small

Aim to be good

enough, rather

than perfect

Leave positive

messages for

yourself to see

SATURDAY

SUNDAY

Plan a fun'

or relaxing

activity and

make time for it

Make time to

do something

you really enjoy

Ask a trusted

friend to tell you

what strenaths

they see in you

do nothing

11



Forgive yourself when things go wrong. Everyone makes mistakes

Get active outside and give your mind and body a natural boost

19 **Notice what** you are feeling. without any judgement

Find a new way to use one of your strengths or talents

Focus on the basics: eat well. exercise and ao to bed on time

13 Be as kind to yourself as you would to a loved one

> **Enjoy photos** from a time with happy memories

27 Free up time by cancelling any unnecessary plans

Give vourself permission to say 'no'

If you're busy, allow yourself to pause and take a break

21 Don't compare how vou feel inside to how others appear outside

Choose to see your mistakes as steps to help you learn

Find time for self-care. It's not selfish, it's essential

Be willing to share how you feel and ask for help when needed

15 Find a caring, calming phrase to use when vou feel low

Take your time. Make space to just breathe and be still

29 Write down three things you appreciate about yourself

regularly 23 Let go of

other people's expectations of you

Remind vourself that you are enough, just as you are

Let go of self-criticism and speak to

yourself kindly

When you find things hard, remember it's ok not to be ok

No plans day. Make time to slow down and be kind to yourself

Accept yourself and remember that you are worthy of love

25 Avoid saying 'I should' and make time to













WELLBEING THE E-ACT WAY

Eat well

Activity everyday

Connect with others

Treat others as you wish to be treated

