



Welcome



February 2022

# Wellbeing Newsletter



## Children's Mental Health Week 2022

Special points of interest:

- CMHW
- Active 30 Durham
- Football League Year3/4
- Book recommendation
- Acts of Kindness



Good Luck to our school Football Team who start their matches on the 9th March at King James Academy.

ART in Team Donaldson



Team Donaldson have created some very impressive cityscapes after looking at Monet's painting and trying to copy some of his techniques. We are so proud of you, well done!

Art can help us boost confidence and make us feel more resilient and engaged.



During CMHW we saw some fantastic costumes to DRESS TO EXPRESS– Batman, Rock Stars and Disney Characters. Every team took part in wellbeing activities and answered the question What is mental Health? It was great to hear feedback from each team on ways to make our own mental health a priority and ways to keep our minds healthy– keeping active, sharing a smile, mindfulness colouring and helping others. Every child designed their own positive affirmation cards to encourage positivity and make us all smile!

" My card had a lovely rainbow and said always be kind," Oliver Year 3

"It was so sparkly and had a nice message on it," Andrew Year 4



The Active 30 Durham Campaign aims to help schools in County Durham to support every pupil to participate in 30 minutes of moderate to vigorous intensity activity every day at school– as recommended by the Chief Medical Officer. *Keep your eyes peeled on Class Dojo* to see some examples of ways we are keeping active.

*"Physical activity has a huge potential to enhance our wellbeing. Even a short burst of 10 minutes' brisk walking increases our mental alertness, energy and positive mood."*

<https://www.mentalhealth.org.uk/using-exercise>

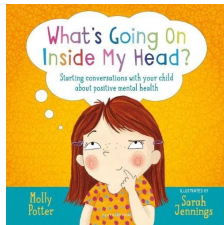


# Wellbeing

## Book Recommendation

In school, we have many wellbeing books which promote a positive mindset. If you would like your child to bring one home, just let us know!

This book has been designed to help open up conversations about mental wellbeing. It explores the ways that we can keep our minds healthy, exploring topics such as positive self-image, emotional intelligence, relationships and mindfulness. It could prove a great foundation for some positive habits.



### Trace and Breathe

Trace along the rainbow with your finger as you breathe in and out

### 5-4-3-2-1 Mindfulness

List...

- 5 things you can see
- 4 things you can touch
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste

### CHILDREN Sleep Tips!

- Bedtime Routine** with activities & habits the same every night
- Consistent Bedtime** that allows the needed amount of sleep – during weekend too
- Daily Exercise** to burn energy & increase body temperature
- Set the Scene** with a calm atmosphere in a room that's cool & dark
- Small Snack** before bed that is light & healthy - so not hungry
- TURN OFF DEVICES** at least an hour before bedtime

If you think your child's sleep should be evaluated talk to your medical professional!

According to the National Sleep Foundation <https://sleepfoundation.org/articles/sleep-strategies-kids>



How many Acts of Kindness can you complete this month?



### Acts of Kindness March Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

### ORGANISATIONS OFFERING FREE SUPPORT

- shout** here for you 24/7  
Free crisis messenger, 24/7 support for all ages  
[www.giveusshout.org.uk](http://www.giveusshout.org.uk) | Text SHOUT to 85258
- kooth**  
Online counselling support for ages 11-25  
[www.kooth.com](http://www.kooth.com)
- stem4**  
supporting teenage mental health  
Free service & apps supporting mental health for ages 11-19  
[www.stem4.org.uk](http://www.stem4.org.uk)
- NHS**  
NHS talking therapies supports with common mental health problems like stress, anxiety and depression  
[www.nhs.uk](http://www.nhs.uk)
- ChildLine** 0800 1111  
Free and confidential helpline for young people under the age of 19  
[www.childline.org.uk](http://www.childline.org.uk) | 0800 1111  
Everyday, 9am-3pm
- Whatever you're facing** 116 123  
Free 24/7 call service for all ages to talk about your issues  
[www.samaritans.org](http://www.samaritans.org) | 116 123
- mind** for better mental health  
Free advice and support to anyone experiencing a mental health problem  
[www.mind.org.uk](http://www.mind.org.uk) | 0300 123 3393
- Believe in children** Barnardo's  
Provides support for vulnerable young people and their families  
[www.barnardos.org.uk](http://www.barnardos.org.uk) | 0208 550 8822
- Anna Freud National Centre for Children and Families**  
Provide support for infants, children, young people and their families from conception to 25  
[www.annafreud.org](http://www.annafreud.org) | 0207 794 2313
- THE MIX**  
Provides support for anyone under the age of 25  
[www.themix.org.uk](http://www.themix.org.uk) | 0808 808 4994
- PAPYRUS** PREVENTION OF YOUNG SUICIDE  
Provide confidential support and advice to young people under the age of 25 struggling with thoughts of suicide  
[www.papyrus-uk.org](http://www.papyrus-uk.org) | 0800 068 4141  
Everyday, 9am-midnight
- citizens advice**  
Online free advice from Citizens Advice to help you find a way forward  
[www.citizensadvice.org.uk](http://www.citizensadvice.org.uk) | 0800 144 8948  
Mon-Fri, 10am-4pm
- myh** muslim YOUTH helpline  
Free and confidential counselling service for young Muslims, available nationally via the telephone, email, live chat  
[www.myh.org.uk](http://www.myh.org.uk) | 0808 808 2008
- YOUNGMINDS**  
Provides advice & support to young people affected by mental health  
[www.youngminds.org.uk](http://www.youngminds.org.uk) | 0808 802 5544  
Mon-Fri, 9:30am-4pm
- Beat**  
Provides support 365 days a year to people who have or are worried they have an eating disorder  
[www.beateatingdisorders.org.uk](http://www.beateatingdisorders.org.uk) | 0808 801 0877
- CAMPAIGN AGAINST LIVING MISERABLY CALM**  
Confidential support to people experiencing difficulties  
[www.thecalzone.net](http://www.thecalzone.net)  
0800 58 58 58  
Everyday, 5pm-midnight

# ASK FOR HELP.