



STANLEY CROOK PRIMARY SCHOOL
JUNE 2022

WELLBEING NEWSLETTER



TAKE CARE OF YOURSELF

We love to be outside!!

Being Outside = Improved Mental Health—with longer, warmer and sunnier days it is a great time to step outside and enjoy the many benefits of fresh air and nature.

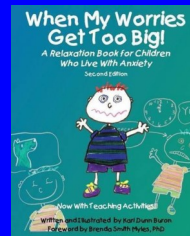
Here are 7 reasons why being outside is good for your mental health and wellbeing: Reduces stress levels: going for a walk is one of the best ways of reducing stress levels. Feel better about yourself: getting outdoors and exercising improves self-esteem and body image. Improve your concentration and 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.

WE ARE SO EXCITED FOR SPORTS DAY- 8TH JULY!



Book Recommendation



'When My Worries Get TOO Big' is a great children's book about mental health. It provides them with useful relaxation techniques and strategies to help alleviate anxiety and worry.

We have lots of Wellbeing books in school if you would like to borrow any, please let us know!

"Person Of The Day" Team Dah have started an exciting project all about kindness and making each other feel good.



Everyday they choose a 'person of the day' to write positive messages/affirmations too. They enjoy reading all the lovely things their friends think about you.

We hope this will help us to feel positive, confident & ready for all the new challenges that the summer term can bring. Evie really enjoyed receiving her poster of positive affirmations.

"Ahh what a lovely idea" Parent

Adam Bushnell visits Stanley Crook Primary School



We thoroughly enjoyed the workshops with Adam Bushnell. Each Team participated in discussions and completed short activities about mental health and wellbeing. Thinking of ways we can keep our minds healthy is sooooo important. We loved 'Jet the tortoise' he was so cute!



WELLBEING



Zippy's Friends

Over the past few weeks Team Cowell have talked about the word 'resilience' and ways we can show resilience during difficult situations. They enjoyed playing resilience games on the field.

Ask them what they enjoyed the most!



FORD CASTLE

Wow! Ford Castle was amazing! We got to do so many exciting and at times scary activities that really made our hearts beat fast.

Everyone showed amazing determination to complete some frightening challenges by working together as a team and showing support for our friends to help overcome personal fears.

"I really liked the Trapeze activity" Max Year 5



WE LOVED FORD CASTLE!!!!!!!



Spark Resilience

Helping to build resilience and confidence is one of the most important gifts we can give. We all understand how life can bring you many challenges throughout and how important it is on how we manage this. **Resilience is being able to manage stress, challenges, trauma or adversity that life brings and bounce back from it.** When we are resilient, we are going to be more confident, curious and adaptable to the world around us.

"The blindfold challenge was hard at times"
Loretta Year 6

"We talk about times when things are tricky for us"
Pearl Year 6

Moor House Adventure Centre



This month, Years 3 & 4 travelled to an exciting adventure at Moor House Adventure Centre.

"The cave bus was fantastic, I loved it!"

Nell Year 3

Feedback from Team Cowell and Team Williams was great, with some of our friends really overcoming their fears and being extra brave!!

Well done!!!



IT'S OKAY TO ASK FOR HELP.



Yoga for Kids: Benefits and Best Practices



Year 6 Yoga

Year 6 have enjoyed participating in a Yoga session every Monday

- Yoga helps children manage their anxiety
- Yoga improves children's emotional regulation
- Yoga boosts children's self-esteem
- Yoga increases children's body awareness and mindfulness
- Yoga enhances children's concentration and memory

NEVER ALONE



- www.nspcc.org.uk (child abuse)
- www.refuge.org.uk (women's shelter)
- www.mind.org.uk (mental health)
- www.victimsupport.org (rape help)
- www.ncdv.org.uk (domestic violence)
- www.cruse.org.uk (bereavement support)
- www.childline.org.uk (children's wellbeing)
- www.wearehourglass.org (elder abuse)
- www.samaritans.org.uk (crisis aid & suicide)
- www.womensaid.org.uk (domestic abuse)
- www.mensadvice.org.uk (men's domestic abuse)