

St Peter's CE Primary Academy

Wellbeing Newsletter

Supporting the Emotional Wellbeing & Mental Health of our
School Community – December 2023

At St Peter's, we are committed to supporting children, staff and parents in their wellbeing and mental health. We know that wellbeing, physical and mental health are all vital to successful learning. If you have any worries or concerns about your child's emotional behaviour or wellbeing, then please let school know. There will be things we can do to help further and support.

Find out more about one of our Wellbeing team



My name is Mrs Grimmer. I have worked at St Peter's for 18 years, I started in the classroom and within a year I moved into the office. I live on a farm in Shackerstone. We have sheep, and grow crops and potatoes. I like outdoor and indoor swimming, walking and going on holiday! I have 2 children, aged 27 and 24, neither of which live at home, but live not too far away. I love Christmas!



Wellbeing Wednesdays are going really well and the children are really enjoying them. So far, they have learnt about how our brain works when we feel angry or stressed, practised some different breathing techniques, taken part in some guided meditations and discussed coping tools. Our Wellbeing Champions are doing a great job at running our Happy Lunchtime sessions.

Walk to School Wednesdays

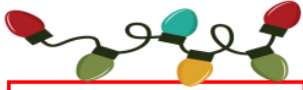







Physical activity is great for our mental health and it is also good for the environment. We would like to encourage families to walk to school on a Wednesday. If you have to drive, perhaps you could park further away than usual and walk the last part. You could even park at the Country Park and enjoy the scenery before school. We will give each child who walks on a Wednesday one house point. Hinckley and Bosworth council have kindly given the children reflectors.

Buddy Stop

We have relaunched our Buddy Stop on the playground where children can go if they are feeling lonely and would like someone to play with. All of our children know to look out for anyone standing at the Buddy Stop but we also have our Student Ambassadors from our school council looking out too.



Happy Christmas! A mixture of ideas for adults and children

Take a look at Christmas lights in the neighbourhood	
Read stories together by the Christmas tree	Plan a red and green day (i.e. wear red and green all day or eat only red and green foods)
Make a holiday greeting video and send it to friends and family	Have a Christmas movie marathon
Game night with hot cocoa and candy canes	Make Christmas tree ornaments
Make Christmas cookies	
	Have a cookie decorating party
Make a Christmas song playlist and have a family dance party	Have a silly, Christmas-themed family photo
Decorate a Gingerbread house	
	Design Christmas cards
Write a letter to Santa	
	Make paper snowflakes
	String popcorn garland and put on Christmas tree

Tree Pose – Vrikasana

Improves balance; strengthens thighs, calves, and ankles; stretches legs and chest; develops concentration.

- 1 Begin in mountain pose.
- 2 Lift your right foot, turning your knee out; place your foot below your left knee.
- 3 Press your hands together.
- 4 Raise arms overhead, and look up to your hands if possible.
- 5 Return hands to your chest, and lower your right leg.
- 6 Repeat with left leg.



Breathe Like Santa

Breathing exercises can really help children (and adults) feel calm and happy. This breathing exercise has a fun, festive twist that you will all enjoy!

Take a deep breath in, hold it for a moment and then slowly let it out with a slow "Ho ho ho". It may feel silly at first but it definitely helps release stress and worry at this busy time.



Guided Meditation to do together

<https://www.youtube.com/watch?v=rTIPcOCIA4w>



Places to go for help and support

Free online courses for all parents, carers, grandparents and teens

<https://inourplace.co.uk/leicestershire/>

We know Christmas time isn't always easy

<https://www.mind.org.uk/information-support/tips-for-everyday-living/christmas-and-mental-health/christmas-and-mental-health/>

December Kindness 2023

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



4 Support a charity, cause or campaign you really care about

5 Give a gift to someone who is homeless or feeling lonely

6 Leave a positive message for someone else to find

7 Give kind comments to as many people as possible today

8 Do something helpful for a friend or family member

9 Notice when you're hard on yourself or others and be kind instead

10 Listen wholeheartedly to others without judging them

11 Buy an extra item and donate it to a local food bank

12 Be generous. Feed someone with food, love or kindness today

13 See how many different people you can smile at today

14 Share a happy memory or inspiring thought with a loved one

15 Say hello to your neighbour and brighten up their day

16 Look for something positive to say to everyone you speak to

17 Give thanks. List the kind things others have done for you

18 Ask for help and let someone else discover the joy of giving

19 Contact someone who may be alone or feeling isolated

20 Help others by giving away something that you don't need

21 Appreciate kindness and thank people who do things for you

22 Congratulate someone for an achievement that may go unnoticed

23 Choose to give or receive the gift of forgiveness

24 Bring joy to others. Share something which made you laugh

25 Treat everyone with kindness today, including yourself!

26 Get outside. Pick up litter or do something kind for nature

27 Call a relative who is far away to say hello and have a chat

28 Be kind to the planet. Eat less meat and use less energy

29 Turn off digital devices and really listen to people

30 Let someone know how much you appreciate them and why

31 Plan some new acts of kindness to do in 2024



ACTION FOR HAPPINESS

Happier • Kinder • Together