

St Peter's CE Primary Academy

Wellbeing Newsletter

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



Mrs Perrett is our Deputy Head Teacher, our Senior Mental Health Lead and also a Year 5/6 teacher. She originally comes from Wales and loves holiday times when she can return home and go to the seaside. Mrs Perrett has two children and a dog called Max who she loves walking – especially on the beach.



We have introduced Wellbeing Wednesdays at St Peter's. We spend 5-10 minutes spending time to really think about our own mental health and trying out some different strategies to help calm us down and feel good about ourselves.

On a Wednesday lunchtime, we are able to try out some mindfulness activities with our Wellbeing Champions.

Year 6 Wellbeing Champions



Places to go for help and support

<https://ssslearning.co.uk/index.cfm/education/parentsandguardians/child-mental-health-10-tips-for-parents>

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Struggling with mental health and need help?

If you or someone you know is struggling, or you want to talk about mental health, please reach out. You're not alone and support is available.

Mental health support:

- **Childline** - Call 0800 1111 (24/7)
- **The Mix** - Call 0808 808 4994 or text THEMIX to 85258 (24/7)
- **Papyrus** - Contact HOPELINE247 - Call 0800 068 4141 or text 0786 003 9967 (24/7)
- **SHOUT** - Text SHOUT to 85258 (crisis 24/7)
- **NHS Central Access Point** - Call 0808 800 3302 (24/7) for urgent but not life threatening situations
- **Samaritans** - Call 116 123 (24/7)
- **LGBT Foundation** - Call 0345 3 30 30 30 for advice, support and information for LGBTQ+ individuals
- **Beat Eating Disorders** - support for anyone with or anyone supporting someone with an eating disorder **Beat Services in England** - Beat (beateatingdisorders.org.uk)
- **Local GP** - Find a GP - NHS www.nhs.uk/service-search/find-a-gp

Hinckley & Bosworth
Borough Council

Hinckley & Bosworth Council

Year 6 spent an afternoon finding out '5 ways to wellbeing'.

- ❖ **Connect** – having friendships and people to talk to is part of being happy.
- ❖ **Take notice** – take in the environment around you and focusing on the moment now.
- ❖ **Give** – by helping others you are also helping yourself. This process helps to improve your own mood, increasing your feelings of happiness and improving your mental wellbeing overall.
- ❖ **Be active** – physical activity has a positive impact on our health, lifestyle and our mental wellbeing.
- ❖ **Keep learning** – learning can help to develop our knowledge and skills and can help you to feel better about yourself.



Positive Thinking: Good news!

Did you know that science suggests that positive thinking is a learnable skill?

Three Good Things Exercise
Research suggests that thinking of, and listing, three good things each day can contribute to increased happiness in the short term and longer term. Even better, this exercise is simple to do. Just spend a few minutes each evening reflecting on the day until you think of three good things.

Spread the positive vibes, and think about sharing your three things with those that you love!

1 2 3

New Ways November 2023

MONDAY



6 Try out a new way of being physically active

13 Do something playful outdoors - walk, run, explore, relax

20 Make a meal using a recipe or ingredient you've not tried before

27 Join a friend doing their hobby and find out why they love it

TUESDAY



7 Be creative. Cook, draw, write, paint, make or inspire

14 Find a new way to help or support a cause you care about

21 Learn a new skill from a friend or share one of yours with them

28 Discover your artistic side. Design a friendly greeting card

WEDNESDAY

1 Make a list of new things you want to do this month

8 Plan a new activity or idea you want to try out this week

15 Build on new ideas by thinking "Yes, and what if..."

22 Find a new way to tell someone you appreciate them

29 Enjoy new music today. Play, sing, dance or listen

THURSDAY

2 Respond to a difficult situation in a different way

9 When you feel you can't do something, add the word "yet"

16 Look at life through someone else's eyes and see their perspective

23 Set aside a regular time to pursue an activity you love

30 Look for new reasons to be hopeful, even in tough times

FRIDAY

3 Get outside and observe the changes in nature around you

10 Be curious. Learn about a new topic or an inspiring idea

17 Try a new way to practice self-care and be kind to yourself

24 Share with a friend something helpful you learned recently



SATURDAY

4 Sign up to join a new course, activity or online community

11 Choose a different route and see what you notice on the way

18 Connect with someone from a different generation

25 Use one of your strengths in a new or creative way



SUNDAY

5 Change your normal routine today and notice how you feel

12 Find out something new about someone you care about

19 Broaden your perspective: read a different paper, magazine or site

26 Try out a different radio station or new TV show



ACTION FOR HAPPINESS

Happier · Kinder · Together