

# St Peter's CE Primary Academy

## Wellbeing Newsletter

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

Welcome to our first Mental Health and Wellbeing newsletter. 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.

### Introducing the Wellbeing Team



#### Breathing exercises to help children with anxiety

Deep breathing is one of the best ways to lower stress in the body. This is because when you breathe deeply, it sends a message to your brain to calm down and relax. The brain then sends this message to your body. Breathing exercises are a good way to relax, reduce tension, and relieve stress.

#### Bumble Bee Breathing

Breathe in through the nose. Exhale slowly and in a controlled manner while making a deep, steady humming sound like that of the bumble bee.

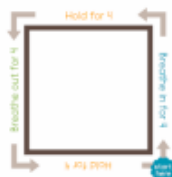
The humming sound should be smooth, even and continuous for the duration of the breath out.



#### Drawing

First draw a square, star and a triangle on a piece of paper.

**SQUARE** - follow the sides of the square, breathing in for 4 counts on one side and out on the next side for 4 counts again. Continue round the square.



**STAR** - use your finger to follow the sides of the star. Breathe in. Hold your breath on the tip and breathe out on the other side. Continue until you have been all the way around the star.



**TRIANGLE** - take a deep breath for 3 counts on side one. Hold your breath for 3 counts on the next side and finally out for 3 counts on the final side. Do these for a few minutes at a time.



#### Playing with bubbles

Playing with 'bubbles' is a great way to help regulate deep breathing. It is also something that can be done together with the rest of the family. Take a big, tummy pushing out breath before gently and slowly blowing to make the bubbles - making sure the tummy is contracting.

Below are two mindful breathing exercises that you can also do with your child.

Five Finger Breathing –

<https://www.youtube.com/watch?v=HQVZgpyVQ78>

Rainbow Breathing –

<https://www.youtube.com/watch?v=O29e4rRMrv4>

Other ideas...

### Place an emphasis on resilience and strength

Focus on your child's skills, in terms of their daily life. Help them see they have many strengths to help them cope if feeling anxious or upset.

### Looking after your feelings

If your child is feeling anxious, try getting them to think about good things that make them happy.

Yoga is a fantastic, fun exercise that improves posture, flexibility, strength and balance. It can also help children to relax and encourage positive thinking. Why not try it out? Grab a mat, blanket or towel; find some loose clothing to wear and click on one of the following links.

For younger children:

<https://www.youtube.com/watch?v=0ImHIWzP49M>

<https://www.youtube.com/watch?v=R-BS87NTV5I>

For older children:

[https://www.youtube.com/watch?v=sM5MGLMNN\\_E](https://www.youtube.com/watch?v=sM5MGLMNN_E)



### Things to say to your anxious child:

- 1) I am here for you. You are safe.
- 2) Do you want to do some running or dancing to get rid of that nervous energy?
- 3) Tell me about it.
- 4) What would you like to say to your worry? What might your worry say back?
- 5) Let us think of some endings for what could happen.

### Expressing Feelings

#### Why is it important to express feelings?

Expressing our different feelings helps us to recognise and manage them. It helps us recognise when we might need help with our feelings. Expressing feelings can help stop feelings from taking over our minds and bodies.

Writing – diaries, poems, stories...

Talking to others

Acting, dancing & singing

Music

### Places to go for help and support

<https://www.nhs.uk/every-mind-matters/>



<https://www.youngminds.org.uk/>



<https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/>

# NSPCC

### Wellbeing Team

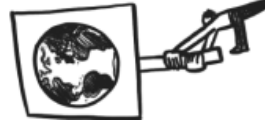
**Left to right** Mrs Owen, Mrs Badham, Mrs Shouls, Mrs Scott, Mrs Perrett (Senior Mental Health Lead), Miss Cavendish, Mrs Grimmer, Mrs Ryan, Mrs England and Miss Cavendish.

### This month's Action for Happiness Calendar – see attached



Come together with friends, family or colleagues this year and hold a 'tea and talk' event – a chance to talk about mental health, how we need to look after it and how important it is to get help if we are struggling.

# Optimistic October 2023



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1

Write down three things you can look forward to this month

2

Find something to be optimistic about (even if it's a difficult time)

3

Take a small step towards a goal that really matters to you

4

Start your day with the most important thing on your to-do list

5

Be a realistic optimist. See life as it is, but focus on what's good

6

Remind yourself that things can change for the better

7

Look for the good in the people around you today

8

Make some progress on a project or task you have been avoiding

9

Share an important goal with someone you trust

10

Take time to reflect on what you have accomplished recently

11

Avoid blaming yourself or others. Find a helpful way forward

12

Look out for positive news and reasons to be cheerful today

13

Ask for help to overcome an obstacle you are facing

14

Do something constructive to improve a difficult situation

15

Thank yourself for achieving the things you often take for granted

16

Put down your to-do list and do something fun or uplifting

17

Take a small step towards a positive change you want to see in society

18

Set hopeful but realistic goals for the days ahead

19

Identify one of your positive qualities that will be helpful in the future

20

Find joy in tackling a task you've put off for some time

21

Let go of the expectations of others and focus on what matters to you

22

Share a hopeful quote, picture or video with a friend or colleague

23

Recognise that you have a choice about what to prioritise

24

Write down three specific things that have gone well recently

25

You can't do everything! What are your three priorities right now?

26

Find a new perspective on a problem you face

27

Be kind to yourself today. Remember, progress takes time

28

Ask yourself, will this still matter a year from now?

29

Plan a fun or exciting activity to look forward to

30

Identify three things that give you hope for the future

31

Set a goal that brings a sense of purpose for the coming month



ACTION FOR HAPPINESS

Happier • Kinder • Together