

William Harding School Wellbeing Newsletter

Spring 1
2022



WILLIAM HARDING SCHOOL
Aim high... Work hard... Be kind...



HEALTHY HABITS FOR GOOD MENTAL HEALTH

This half term the FLO team prepared a virtual assembly for the school based on Mental Health and Wellbeing. As part of this we covered healthy habits that help with wellbeing. We thought it would be good to share these healthy habits in our Spring newsletter too! We've covered the 5 Ways to Wellbeing in a previous edition but they are the foundation of good mental health and good to look at again. Embracing the 5 Ways to Wellbeing has

been shown to substantially improve your physical and mental health. We also showed the children other good habits that help with wellbeing and some also link in to the 5 Ways of Wellbeing.



EAT HEALTHILY

It's important to remember to eat healthily. Eating healthily provides fuel for the body which improves energy levels and boosts brain function.

The NHS recommends...

Eating 5 portions of fruit or vegetables a day.

Basing meals on high fibre foods such as potatoes, bread, rice or pasta.

Include some dairy or dairy alternative in your diet.

Eat beans, pulses, fish, eggs or meat for protein

Choose unsaturated oils and spreads and eat them in moderation.

Drink plenty of fluids (6-8 glasses a day)

CONNECT

With the people around you. With family, friends, colleagues and neighbours. At home, work, school or in your local community. Think of these as the cornerstones of your life and invest time in developing them. Building these connections will support and enrich you every day.

Go for a walk or run. Step outside. Cycle. Play a game. Garden. Dance. Exercising makes you feel good. Most importantly, discover a physical activity you enjoy and that suits your level of mobility and fitness.

BE ACTIVE

TAKE NOTICE

Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savour the moment, whether you are walking to work, eating lunch or talking to friends. Be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you.

Try something new. Rediscover an old interest. Sign up for that course. Take on a different responsibility at work. Fix a bike. Learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy achieving. Learning new things will make you more confident as well as being fun.

KEEP LEARNING

GIVE

Do something nice for a friend, or a stranger. Thank someone. Smile. Volunteer your time. Join a community group. Look out, as well as in. Seeing yourself, and your happiness, linked to the wider community can be incredibly rewarding and creates connections with the people around you.

Our School Values are: Inclusion, Perseverance, Honesty, Respect, Responsibility and Collaboration.

Wellbeing

HEALTHY HABITS FOR GOOD MENTAL HEALTH

Sleep Routines

Good bedtime and sleep routines are vital for children's brain and body function. Routines give children a sense of structure, security and independence. Research shows that children who follow bedtime routines are more likely to go to sleep earlier, take less time falling asleep and wake up less during the night.

A good routine consists of turning off phones, laptops and tablets an hour before bed as they emit a blue light that is proven to stimulate the brain making it harder to fall asleep.



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It is beneficial for children to have a bath, brush their teeth and go to the toilet at the same time each day as part of their routine. It also helps to settle children down a bit earlier than you want them to sleep to allow them time to relax. This time can be used talking quietly about their day, reading a story or listening to some calming music.

Lots of information and sample bedtimes can be found at thesleepcharity.org.uk



Mindfulness

Being mindful is important for children, it helps them focus on the present. It teaches children to self-soothe, it also raises their self-awareness and self-esteem.

Mindfulness can be practiced in many ways and is individual to each person.

- Breathing exercises
- Music relaxation
- Mindful colouring
- 5 Senses Bookmark
- STOP Acronym

Resources can be found at the end of the newsletter.

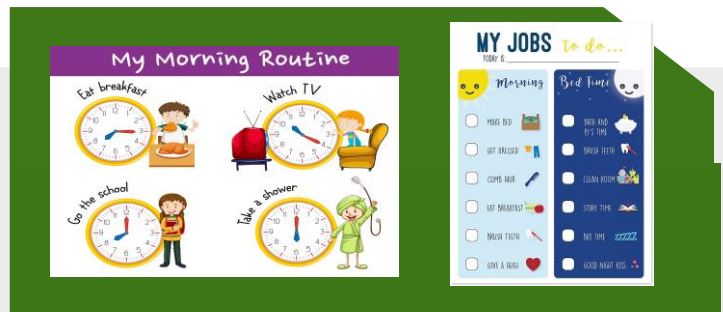
Physical Exercise

Physical exercise is an important part of our lifestyle, not only for our physical wellbeing but also for our mental wellbeing. Even short bursts of exercise can increase our mental alertness and mood as well as our energy levels. Participation in regular physical activity can increase our self-esteem and reduce our stress and anxiety levels. Going for a quick walk, doing a Joe Wicks workout, finding a 'wake and shake' YouTube video or having a dance party in the living room all contribute to exercise.



Routines

Children thrive on routines and they help with self-regulation, confidence and independence. Routines don't have to be minute by minute schedules but having a set time to do homework, tidy up and eat dinner establishes expectations and creates a calmer household because children know what to expect and this reduces their stress and anxiety. Completing activities together such as chores or eating dinner also allows time for families to bond and talk about their day.



Wellbeing

If you feel anxious, angry, sad or worried then take one minute to focus on your senses.

5 things you can see

4 things you can hear

3 things you can feel

2 things you can smell

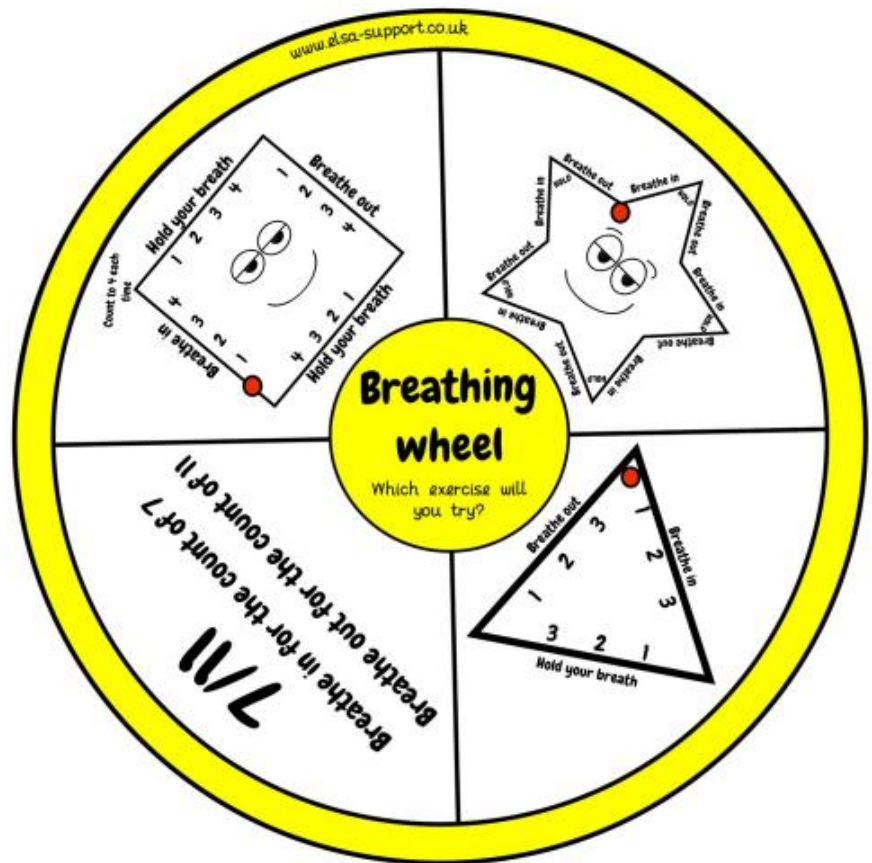
1 thing you can taste

Take a Mindful Minute

elsa support



BCPK
Best Coloring Pages for Kids
and Adults too!



Mindful S.T.O.P.

STOP "The goal of this exercise isn't to change how you feel but to come out of automatic pilot and notice things just as they are."

S Stop for just a moment. Don't react. Give yourself the gift of brief reflection.

T Breathe in and out. Track your breath. Sense the chest rising and falling.

O Observe the sensations in the body. Observe the thoughts going through your mind. Appreciate that thoughts are not facts and get a sense of where you are in this moment.

P Proceed mindfully with kindness in a way that feels right to you and is consistent with your values.

- CLAYTONMICALLEF.COM -
- Explore Your Inner World -

