

William Harding School Wellbeing Newsletter



Spring 1 2021

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



WELCOME

Welcome to our new William Harding School Wellbeing Newsletter.

At William Harding we are committed to promoting the health and wellbeing of our students. We understand that when children are happy and healthy and have good mental health it reflects in the success of their learning.

Children with good mental health are able to express and manage their emotions. It enables them to cope with changes and setbacks and helps them to thrive.

We appreciate that in these uncertain and difficult times our school community may need additional support with their mental wellbeing.

In our newsletter we aim to provide families with articles, information, activities as well as hints and tips for good mental wellbeing for the whole family.



What is mental health?

Mental health can be thought of as being on a scale that can move up or down, a bit like a thermometer.

We can move along the scale at any time, between being healthy or unwell.

There are things we can put in place to help us feel better and move out of the struggling or unwell areas.



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15

WELLBEING WEDNESDAY

We encourage you to join us in Wellbeing Wednesday. Take some time (even 15 minutes has been proven to help) to step away from it all. Here are some activities to do.

Ask everyone in the house to write down or tell you their favourite joke, share them and enjoy the giggles. Create a book of them and add to them overtime.

Draw some stars on a piece of paper, colour them in and then cut them out. Now award them to members in your house, 'I'm giving you a star because...'

Write an A-Z of things you make you laugh or things that you like and make you happy. A is for Advent Calendars...

Draw a picture of someone you admire and write down why.

Let's Talk

mental health & wellbeing



Checkout the Calm app. Calm is the number one rated app for help with sleep and meditation, lots of people using the app experience better sleep, lower stress and less anxiety.

INHALE
COURAGE
EXHALE
FEAR

There are lots of different breathing techniques for when times get a bit stressful. Breathing exercises can help you relax because they help your body feel like it does when you're calm. Deep breathing is one of the best ways to lower stress as it sends a message to your brain to calm down and relax. Try practicing this star breathing technique.



Connect: Spend time with family and friends. Enjoy doing things together and talking to each other

Be active: It keeps you physically healthy, and makes you feel good

Keep learning: Try something new. Try a new hobby, or learn about something just because it interests you.

Take notice: Take a break to see how you feel. Relax and look around you or listen to music, take a few deep breaths.

Give: Do something for a friend or relation/adult, as well as making them feel good, it can make you feel good too!

There's the Five ways to wellbeing toolkit to download below and even more about the Five Ways to wellbeing [here](#)

Useful links



5 Daily Affirmations:
I am beautiful
I am kind
I am loved
I am enough
I can do anything!

We would love to hear your feedback on our newsletter or a topic you would like covered in the next Newsletter. Please email office@williamharding.school for the attention of the FLO Team with your comments or suggestions.

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