

# Special Edition Wellbeing Newsletter

October, 2022

Wellbeing is an integral part of life at Stillness Juniors. It has really been put at the forefront of the pupils and teachers' agenda in school. There have been a variety of ways in which this has taken place. From having assemblies, to the children having the role of Wellbeing Champion in each class and having a range of activities to celebrate wellbeing at Stillness, wellbeing is truly embedded into school life. In this edition of the newsletter we will be exploring how we have started off the school year focusing on this.

## Wellbeing Champions

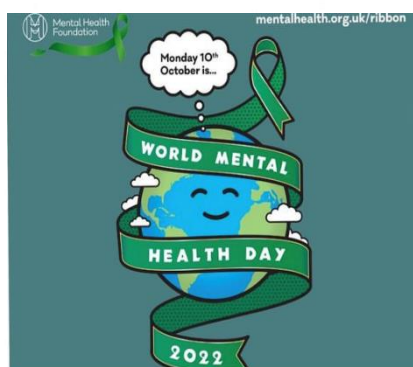
At Stillness we have been working hard to promote wellbeing in the classroom and throughout the school community. This is achieved through some of the children being Wellbeing Champions. In this role the children lead their class in sessions at the beginning of the day where pupils can take part in a variety of different practices: some that are more reflective and others that encourage the children to move their bodies in a mindful way. This helps the children to become more focused and ready to start their day. It also gives the Wellbeing Champions a fantastic opportunity to learn methods in order to promote mindfulness in their classes.

## Useful Wellbeing Links:

- [www.mind.org.uk/information-support/tips-for-everyday-living/wellbeing/wellbeing/](http://www.mind.org.uk/information-support/tips-for-everyday-living/wellbeing/wellbeing/)
- [www.nhs.uk/every-mind-matters/mental-wellbeing-tips/top-tips-to-improve-your-mental-wellbeing/](http://www.nhs.uk/every-mind-matters/mental-wellbeing-tips/top-tips-to-improve-your-mental-wellbeing/)

## World Mental Health Day

On the 10<sup>th</sup> October, we celebrated World Mental Health Day. The children took part in an assembly learning about the theme of this year's mental health day which is 'make mental health and wellbeing for all a global priority'. We thought about the different ways in which mental health can affect anyone and ways that we can all improve our own mental health. In class the children will be able to access a range of activities focusing on this year's theme such as through mindful colouring and music.



## Looking After Your Mental Health and Wellbeing

It goes without saying that we all need to take care of our mental health and wellbeing. The NHS has put together five steps to achieve this which include:

- Connecting with other people
- Being physically active
- Learning a new skill
- Giving to others
- Paying attention to the present moment (mindfulness)