

Wellbeing Newsletter



SPRINGFIELD WELLBEING NEWSLETTER!

“Welcome to the **new** Springfield wellbeing newsletter! The purpose of this half-term wellbeing newsletter is to share information about emotional wellbeing with all parents and carers of children at Springfield Primary School. We hope you enjoy the newsletter and find the information particularly helpful during these difficult times” **Dr Natalie Bailey, Counselling Psychologist/CAMHS Worker in Schools.**



Thinking about Mental Health

Mental health can be thought of as 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 do to help us stay healthy. Also, there are things that can be put in place if someone is not feeling so good, is struggling or unwell.

Parents Wellbeing

In order to be able look after others, it is important to take care of ourselves first. In this 1st Edition of our wellbeing newsletter we hope to provide you with some ideas for developing your well-being tool kit!

Remember the 5 ways to Wellbeing:



Are you covering your BACES?

Try to develop a routine using these principles:

BODY: Exercise/keep active, eat healthily, get enough sleep, plan rest times.

ACHIEVE: Celebrate your achievements, give yourself praise, notice the positives, set yourself realistic goals, and acknowledge the small things.

CONNECT: Get involved with your community, connect through hobbies/activities, find time for family and friends, schedule video chats, do nice things for others.

ENJOY: Find time for things you enjoy! Feeling stuck? What did you enjoy as a child? Give those things a try!

STEP BACK: Find time for relaxation, mindfulness, yoga. Pause and take a breath

Ideas for covering your BACES

HIIT Workout, YouTube Yoga, go for a daily walk, cycle or run.

For free yoga check out:
www.yogawithadriene.com

Get creative – try drawing, creative writing, writing a letter, learning a new language, a new skill, cooking a new recipe.

Connecting with others using video calls, phone calls – making a virtual quiz

Taking 5 minutes out for yourself when feeling overwhelmed and stressed

Try some calm breathing techniques

Having a bath at the end of the night to wind down

Remembering to balance screen activity with time off screen

TOP TIP

Wellbeing toolboxes aren't just for kids! Creating these as a family is a great way to connect, have fun and to encourage taking care of each other (family members can suggest ideas for each other).

Now that we're taking care of ourselves, it's time to think about how to support our children to cover their BACES too.

A fun way to do this is to create a well being box - these boxes can be a great way to manage tricky feelings and help children feel more relaxed.

These boxes go by many names e.g. self-soothe box, comfort box, happy box – your child can choose the name. Your child should take the lead on making the box, but you can support them using some of the ideas below



BODY: Tennis ball, skipping ropes, draw a picture of exercise or yoga to remind you! Eat your fruit and veg, but it's OK to add a nice chocolatey snack too!

ACHIEVE: Puzzles, games, school work, an instrument, crafts to complete, books to read, build with Lego, create with playdoh Parents - remember to look out for positives and give lots of praise!

CONNECT: Speak to friends online, on the phone or via video call. Schedule in special time and play! Add pictures of friends or special time tokens to the box.

ENJOY: What do they enjoy? Dancing – add music, baking – add a recipe, holidays – add photos.

STEP BACK: Encourage children to engage in mindfulness and relaxation, this is a great family