



September 2023

Wellbeing Newsletter

Welcome back

We hope that you all had a lovely, relaxing summer and are feeling ready for the year ahead.

We would like to introduce our new wellbeing newsletter which will be sent out once a month. On here you can find a variety of resources that can help with wellbeing support for you and your children. Coming back to school can be very exciting, however it can also surface a level of anxiety and this is perfectly normal. Please speak to any of our wonderful staff team about any worries or concerns that you or your child may have, and we will try and support in any way we can.



Mind full or Mindful?

Often, it may be difficult to focus on the present moment. In this tenuous time, anxious thoughts can distract us from what is currently going on in our lives. We may stress over the past or future.

When these thoughts overcome us, it's difficult to remain focused on the "now" and easy to become overwhelmed. Mindfulness is an essential practice which helps us maintain a level head and is important in our decision making.



How to make a wellbeing box

We know that when children feel listened to and know where to go for help and support it can make it easier if they feel worried or unsafe. Creating a wellbeing box can be a good way to start conversations with your child about what might help when things feel tough.

What you'll need: A box. You could decorate the box how you like. Fill your box with reminders of things that make them feel safe and happy.

Talk about why you're making a wellbeing box. Ask your child to think about what helps them, who they can talk to if they need support and what kind of things make them feel better. You could make a wellbeing box to and share what you're going to put in yours and why. For more information visit [Make a wellbeing box | NSPCC](#)



This year, we are excited to launch the My Happy Mind programme here at St Mary's. Our focus this term will be 'Meet Your Brain.'

In order to support your child's learning, the My Happy Mind app is available for you to download free of charge and accessing the resources couldn't be easier. Just go to <https://myhappymind.org/parent-resources> and enter your name and email address. You will then be prompted for an authentication code, which is **111357**.

Keep an eye out for QR codes popping up in your child's classroom window which can also be scanned as a portal to the My Happy Mind app.



Self-Care September

Take time for what makes you

Self-Care September 2023

MONDAY



TUESDAY



WEDNESDAY



THURSDAY



FRIDAY

SATURDAY

SUNDAY

4 Plan a fun or relaxing activity and make time for it

5 Forgive yourself when things go wrong. Everyone makes mistakes

6 Focus on the basics: eat well, exercise and go to bed on time

7 Give yourself permission to say 'no'

1 Find time for self-care. It's not selfish, it's essential

2 Notice the things you do well, however small

3 Let go of self-criticism and speak to yourself kindly

11 Make time to do something you really enjoy

12 Get active outside and give your mind and body a natural boost

13 Be as kind to yourself as you would to a loved one

14 If you're busy, allow yourself to pause and take a break

15 Find a caring, calming phrase to use when you feel low

16 Leave positive messages for yourself to see regularly

17 No plans day. Make time to slow down and be kind to yourself

18 Ask a trusted friend to tell you what strengths they see in you

19 Notice what you are feeling, without any judgement

20 Enjoy photos from a time with happy memories

21 Don't compare how you feel inside to how others appear outside

22 Take your time. Make space to just breathe and be still

23 Let go of other people's expectations of you

24 Accept yourself and remember that you are worthy of love

25 Avoid saying 'I should' and make time to do nothing

26 Find a new way to use one of your strengths or talents

27 Free up time by cancelling any unnecessary plans

28 Choose to see your mistakes as steps to help you learn

29 Write down three things you appreciate about yourself

30 Remind yourself that you are enough, just as you are



ACTION FOR HAPPINESS

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**BOSOM
BUDDIES**



Health and Wellbeing Event



Including talks from

- Energy Project Plus
- Inspiring your future
- Koala North West
- Puddle ducks
- Platform for life and many more ...

18 Services supporting you from pregnancy, to baby and beyond will be on hand to tell more about what they do.



**Wednesday 20th September
10am -2pm**



**Mercure Chester Abbots
Well Hotel,
Whitchurch Road,
Chester
CH3 5QL**