

We were very fortunate during parents evening, to be joined by Koala North West and Cheshire Young Carers.

Both services provide exceptional support for children and their families. To find out more, you can access their websites by clicking on the links below:

[Home - Koala North West \(koalanw.co.uk\)](http://koalanw.co.uk)

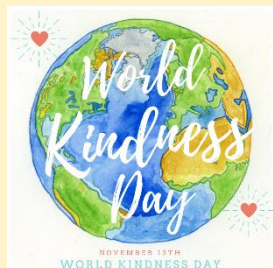
[Cheshire Young Carers | Chester | Supporting children who care for others](#)

Please feel free to contact Miss Hennessy if you would like any further information regarding these services.



November 2023

Wellbeing Newsletter



*In a world
where you can
be anything,*

Be kind.

13th November 2023

World Kindness Day is a yearly event created to celebrate kindness and all of its wonderful benefits. This special day is a fantastic opportunity to promote kindness in all forms, such as acceptance, diversity and love!

The link below will take you to a World Kindness Day Pack is filled with fun activities to help children focus on kindness to both themselves and others.

[World-Kindness-Day-Pack-2023.pdf \(schoolofkindness.org\)](#)



Make a Mind Jar!



A Mind Jar shows children how their mind gets stirred up and that calmness can bring it back to feeling clear again.

You will need:

- Empty a jar with a lid and no labels
- Some hot water (be careful and ask a grown up to help you)
- 2 tbsp of glitter glue



How to make it:



1. Pour the hot water into the jar and add the glitter glue.

2. Put the lid on and shake up the jar



Next time you are feeling upset or angry, give the jar a good shake. Then sit still and wait for the glitter to settle.

This will help you calm your mind.

SELF KINDNESS TIPS

When we think about being kind, we often think about helping others. But being kind to ourselves is just as important. When we're kind to ourselves, it helps us to feel happier, and when we're happier, we're more likely to be kind to others. So by being kind to yourself, it's actually helping everyone!

Some ways to be kind to yourself (these are just a few ideas...see if you can come up with some as well).

*Have a
good night's
sleep*

*Spend some
time doing
something you
enjoy*

*Look after yourself
by eating some healthy
food and doing some
exercise to stay fit and
strong*

*Make a list of
five things you love
about yourself*



Friendship Friday

Friendship Friday takes place on the Friday of Anti-Bullying Week each year and is an opportunity to celebrate friendship and promote positive relationships. It is a chance for everyone - in school, at home or in the community to reach out to others. This year it will take place on **Friday 17th November**. The link below will take you to a fun friendship pack, which you can use at home.

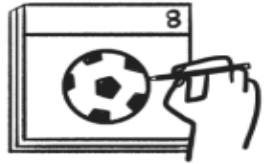
[kidscape-friendship-pack.pdf](#)



New Ways November

New Ways November 2023

MONDAY



TUESDAY



WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

6 Try out a new way of being physically active

7 Be creative. Cook, draw, write, paint, make or inspire

8 Plan a new activity or idea you want to try out this week

9 When you feel you can't do something, add the word "yet"

10 Be curious. Learn about a new topic or an inspiring idea

11 Choose a different route and see what you notice on the way

12 Find out something new about someone you care about

13 Do something playful outdoors - walk, run, explore, relax

14 Find a new way to help or support a cause you care about

15 Build on new ideas by thinking "Yes, and what if..."

16 Look at life through someone else's eyes and see their perspective

17 Try a new way to practice self-care and be kind to yourself

18 Connect with someone from a different generation

19 Broaden your perspective: read a different paper, magazine or site

20 Make a meal using a recipe or ingredient you've not tried before

21 Learn a new skill from a friend or share one of yours with them

22 Find a new way to tell someone you appreciate them

23 Set aside a regular time to pursue an activity you love

24 Share with a friend something helpful you learned recently

25 Use one of your strengths in a new or creative way

26 Try out a different radio station or new TV show

27 Join a friend doing their hobby and find out why they love it

28 Discover your artistic side. Design a friendly greeting card

29 Enjoy new music today. Play, sing, dance or listen

30 Look for new reasons to be hopeful, even in tough times



ACTION FOR HAPPINESS

Happier · Kinder · Together