

HOLY FAMILY CATHOLIC PRIMARY SCHOOL

WELLBEING NEWSLETTER

AUTUMN 1



Dear Parents and Carers,

This is the first of our half termly wellbeing newsletters designed to promote all things wellbeing! Let me introduce myself, I am Miss Hoyle and I teach Year 5 here at Holy Family. This year I am taking responsibility for Mental Health and Wellbeing at Holy Family alongside Mrs Hancock, who will be joining me in this role once she is back from her maternity leave.

The wellbeing newsletter will be a place where different services, activities and ideas are shared with you, our families, that all encourage positive mental health and wellbeing. If you have any questions please do not hesitate to contact me ☺

The Power of Sleep

After a busy first half term back at school I am sure everyone in our school community are feeling tired. Over the half term, it is really important that everyone gets enough rest for their wellbeing.

The odd late night is always a treat; however, sleep allows our bodies to mentally and physically recover from the day. Sleep also helps with our concentration, energy and functioning for the day ahead.

Bed time can be enjoyable for some but not for others. Ensure you give enough wind down time, away from screens to allow the brain to become relaxed and not overstimulated. Enjoy a bubble bath and a story before bed.

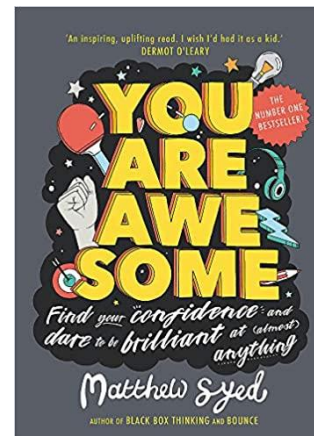
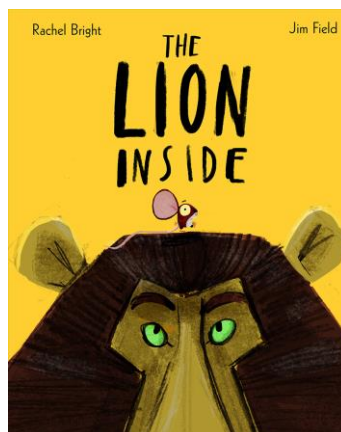
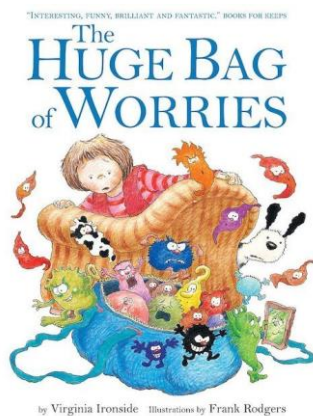
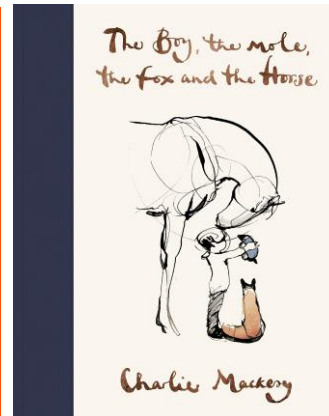
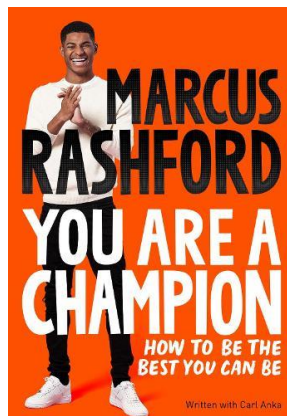
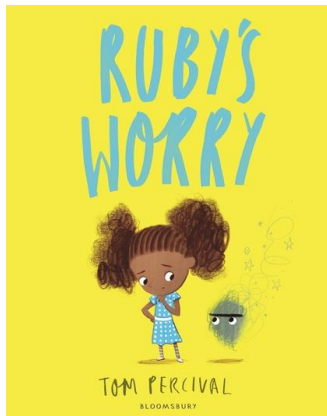
We know sleep isn't easy for everyone so if you need any further advice or help with sleep contact your GP or follow the link below;

<https://www.nhs.uk/every-mind-matters/mental-health-issues/sleep/>

Who doesn't love a good book?

Not only are books good for our vocabulary and English skills, they are a great way of teaching and helping us with our wellbeing. In each newsletter we will share some texts with you that can help promote mental health and wellbeing for all the family.

Below are this half term's picks:



Physical activity

Physical activity is so important in helping our wellbeing. We should never underestimate the power of moving our bodies to help our minds. Getting out over the half term will give all of us in the school community a chance to get our bodies moving and minds feeling good.

We thought we would share some places you could visit over half term for walks, cycle rides and to enjoy the fresh air (let's hope the weather allows it!)



We are so fortunate to live near so many brilliant National Trust sites. Many of these have Half term activities going on but they also offer beautiful grounds for long walks.



Simply cycling can be found on Facebook and offer a 45 minute fun cycling session for everyone for £3 per person. They run sessions locally at Wythenshawe Park and Longford Park. It is advised you book in advance as they are still running on limited spaces.



Local Parks and walks. We have so many fantastic local parks and places to visit for a walk in Trafford. Worthington, Walton, Walkden Gardens, Victoria Park, Longford Park, Sale Water Park (and these are just a few). All of which offer a chance to get outdoors and be active whilst enjoying the fresh air. Families can enjoy Autumn walks collecting leaves, conkers and spotting local wildlife in what is such a beautiful time of year. Some even hold their own events over half term.

Why not visit your local leisure centre to get active. Swimming is great exercise and can be lots of fun for the whole family. You can book online with the link below to use Trafford leisure centres facilities

<https://traffordleisure.co.uk/swimming-timetable/>



What have we been doing in school to promote wellbeing?

This half term each class will have covered different issues relating to mental health and wellbeing. This is not always done in an obvious way, but can be through books selected in class, circle time or as part of the curriculum.

We also celebrated World Mental Health Day and came to School in Yellow (or a bright colour) to participate in 'Young Minds Hello Yellow Day' on October 8th which was lovely to do as a school community.



As part of us celebrating Black History Month, we have covered the theme of 'Proud to Be' which has allowed us to feel proud of who we are and our differences.

Next half term we will continue to promote Wellbeing for all our school community, and if there is anything you want to discuss please do contact us.

We wanted to give you details of places you can gain support with mental health and wellbeing for you or your family should you need it.

Mind <https://www.mind.org.uk/need-urgent-help/using-this-tool>

Place2be <https://www.place2be.org.uk/our-services/>

Young minds <https://www.youngminds.org.uk/>

Anna Freud <https://www.annafreud.org/parents-and-carers/>

NHS <https://www.nhs.uk/mental-health/>

