

HOLY FAMILY CATHOLIC PRIMARY SCHOOL

WELLBEING NEWSLETTER

AUTUMN 2



Dear Parents and Carers,

It is crazy to think we have completed our first term back this school year. There is so much excitement at this time of year, all of Autumn's wonders, and then into the festive season, it can sometimes feel such a busy time.

I personally love Christmas, the build up to it is my favourite, with all the traditions I have with my family and friends, but it is also a time where I reflect on those I've lost and miss. This mix of emotions can make Christmas time a hard one, as well as being a wonderful one. Ensure over the Christmas break to take care of yourselves and your wellbeing. We know how much we all want to make it a special time for the children but ensure you look after yourselves too. We as staff check in with our wellbeing as we say 'happy staff make happy children', and it's the same for parents. So I hope you all enjoy the Christmas break and have moments for yourselves as well as for the children (and I know that's sometimes easier said than done!)

This newsletter I thought I'd cover a few more ideas to help with your children's wellbeing at home. Also a reminder that in January we will be holding a 'Winter Wellbeing' evening for you parents where we will discuss 'How to help your child manage their emotions'. A letter was sent out last week all about it, but just to let you know about it again, our play therapist Laura Bethel will be there too. It'll be an informal evening talking over strategies and ideas to help at home. If you'd be interested to attend then email the school office and we will allocate up to 30 spaces for parents.

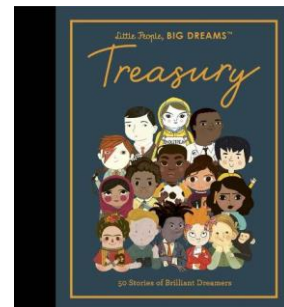
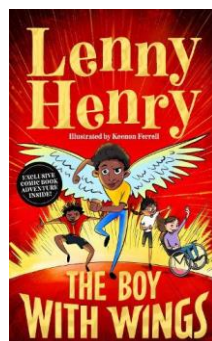
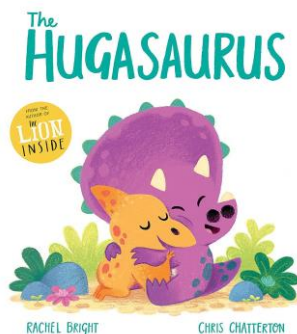
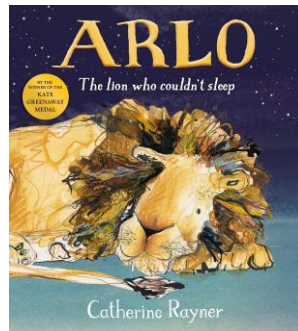
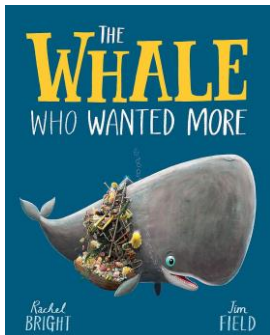
As always, if you have any questions or would like to discuss anything please do not hesitate to get in touch with me, I am always happy to help. I will also take this opportunity to wish you all a very Merry Christmas and here is to a year full of health, happiness and love in 2022.

Take care

Miss Hoyle ☺

Books

Here are the recommended reads for Autumn 2 that can address wellbeing with children. The power books have is amazing and can inspire children to speak up and share their thoughts and feelings.



Connect

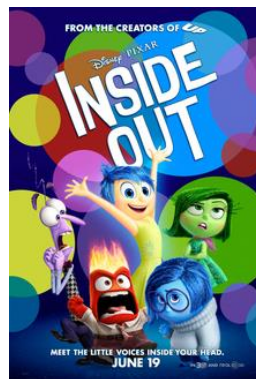
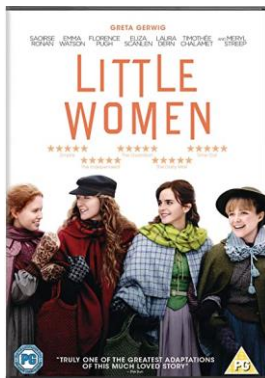
The Christmas break is a great time to connect with people. Connecting with others allows us to share experiences, talk and not feel alone. Whether it be family, friends or neighbours, model to your children the importance of reaching out to others, checking in with people and sharing how you feel. This is a skill the children will take forward in life and will allow them to build healthy and honest relationships as well as understanding that they too can share how they feel with those around them.



Films

Over the Christmas break sometimes a great film afternoon can't be beaten. Cosy blankets, popcorn and twinkly tree lights make it a great family time for all. This family time does our children the world of good, not only is it enjoyable but it shows your child you are present and in the moment with them. Turn off the phones and tablets and enjoy quality time together.

Here are some fab Christmas/family films for over the Christmas break.



Don't underestimate the power of laughter!

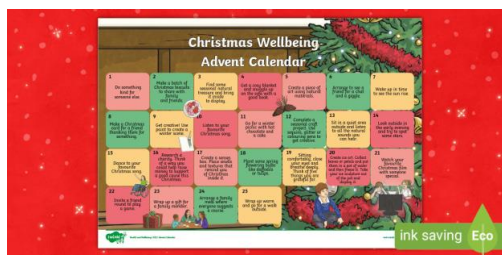
Laughing helps us feel good, it boosts our immune system and helps us put things into perspective. Laughing with others helps build and strengthen relationships as laughter is contagious- we always laugh more with others!

Enjoy those Christmas cracker jokes, funny videos or a silly joke book with the children over the Christmas holiday, and if anyone really fancies it there is always laughter yoga which can be found on YouTube!



What have we done in school?

Wellbeing is embedded in our day to day life at school and in our School Values, however this week we are taking Friday afternoon as our wellbeing afternoon for all the children. During this afternoon the children will check in on how they feel, explore emotions and share with others. We will also be sending each child home with a wellbeing advent calendar to give you ideas for little activities at home you can do over the break to help with well-being. EYFS/KS1 will have one version and KS2 will have another. These are just small things that can have a great impact and help boost wellbeing.



One last thing...

Last Newsletter we spoke about the importance of sleep and exercise. This is still so important over the Christmas break. We know there'll be lots of late nights with events going on, but try to ensure there are normal bedtime nights too so that your children don't become overtired. Get out when the weather is ok too for a walk or to the swimming baths, just to keep their bodies moving and helping them keep healthy in mind and body.



Here are details of places you can gain support, should you need it, with mental health and wellbeing for you or your family.

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/>

