

Wellbeing Newsletter

March 2023

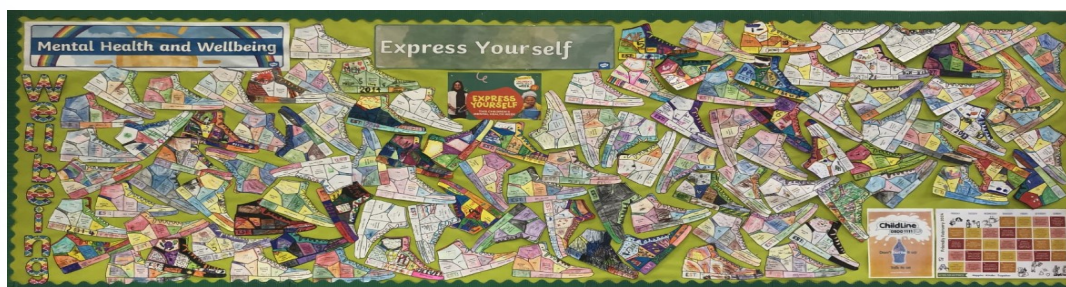
Welcome to our Springtime
Wellbeing Newsletter!

During this term we have celebrated Children's Mental Health week. The theme for 2024 was Your Voice Matters—Express Yourself.

In assembly we listened to a story about a young person who spoke up and used their voice to make a difference to something that mattered to them. We thought of ways we had done this at Raglan: reducing single use plastics; china plates and bowls at lunchtimes instead of using blue plastic trays and currently we are trying to reduce the speed limit around our school to make it safer for everyone.

The children were invited to decorate an 'All about me sneaker' to express themselves, these are displayed on the wellbeing board for all the school to share.

We have an incredible group of children and when we join together we can make a difference.



Are you a parent or carer who wants to talk to your child about mental health?

Here's what children told mental health provider Place2Be.

- ① We don't need to have 'one-off conversations about our mental health' – sometimes a chat on a journey or at bedtime is enough.
- ② I need to know it's okay to talk to you about any and all of my feelings. Please hear what I have to say, without interrupting me.
- ③ Please listen to me carefully and acknowledge how I am feeling – it might seem silly to you but what I am going through is important to me.
- ④ Playing with pets can make me feel better. Same with playing football, basketball or whatever type of sport I am into.
- ⑤ Don't compare my experiences to your own when you were a child.
- ⑥ Sometimes I just need you to listen and hear what I'm saying – I don't always need answers (or lectures)
- ⑦ Please don't worry about trying to fix things for me – I often just need to know you are there for me and understand what I am going through.
- ⑧ If you are open with me about your feelings, this can help me to be more open about mine.
- ⑨ Sometimes I don't want to talk. Please trust that I will come to you (or another grown-up or someone my own age) when I'm ready. Sometimes it's easier for me to talk to someone nearer my own age – my siblings, cousins, friends, younger teachers at school - because they 'get it'.
- ⑩ Sometimes a hug is all it takes to make me feel supported.



BE ACTIVE FOR YOUR MENTAL HEALTH

Explore Your Local Area

For this mini local area study, you need to investigate somewhere close to your home and describe it using maps, pictures, diagrams and reports.

You will need:

- a place of local interest: park, town centre, beach front, wooded area, etc.
- a pencil
- this worksheet

Once you arrive at your chosen location, have a look around and think about or discuss the following questions with whoever you are with.

What different types of land-use can you see? Houses, businesses, farmland, etc.	
What types of buildings can you see and what are they used for? Who lives there?	
How is this similar or different to other places you have visited?	
Are there any green spaces? If so, what are they used for? Is there enough space for a quick game of Animal Relay (shown on the next page)?	
Are there any local "landmarks" here?	
Who uses this space? Families, dog walkers, business people?	

One of the best things we can do for our mental health and wellbeing is to be active – it's a natural mood booster.

Our bodies release feel-good hormones when we're active that can also reduce anxiety and stress, and help us sleep better.

Other benefits of exercise for mental health include:

- Boosting our self esteem and confidence.
- Helping to calm the mind.
- Reducing loneliness by offering ways to get together with family and friends.

Animal Relay:

1. Players split into two teams.
2. Line up standing six feet away from each other.
3. The leader calls out an animal (cheetah, shark, elephant), then shouts 'Go!' The first player in each line will then act like the specified animal as they move towards the end marker and back.
4. Once the first player sits down at the end of his or her line, the next player goes.
5. The first team to have all players sitting down wins!



Bromley Y— Dates for your diary

Topic: Helping Children with Anxiety

Monday 15th April @ 4pm

Wednesday 8th May @ 1pm

Saturday 15th June @ 10am

Topic: Helping your child sleep

Wednesday 10th April @1pm

Wednesday 22nd May @ 10am

Saturday 29th June @ 10am

Topic: Emotionally Based School Avoidance (EBSA)

Saturday 20th April @ 10am

Thursday 2nd May @ 10am

Wednesday 19th June @ 4pm

Topic: Changing from Primary to Secondary

Thursday 9th May @ 1pm

Thursday 27th June @ 4pm

To reserve a place visit the Bromley Y website and select the webinar calendar.

