



Mental Health Newsletter – May 2021

Just as we look after our physical health (our bodies) by doing things like exercising, eating well and getting enough sleep, we also need to look after our mental health (our minds). This newsletter has been launched to support parents, pupils and staff and celebrate work around mental health in school.

Express yourself!

Finding creative, enjoyable ways to share our thoughts, feelings and ideas can make us feel good and help our mental health, especially when we face tough situations or difficult times

In assemblies over the course of this term we are exploring different ways of expressing ourselves, including through:

- art
- dance
- writing
- acting

Finding ways to express ourselves creatively can be a good way to look after our minds. We are all different and will choose different ways to express ourselves.

Questions to explore with your child may be:

- How do you like to express yourself?
- Is there a new way of expressing yourself you would like to try?
- How might you support others in trying new ways of expressing themselves?

Pupil feedback....

The assemblies have made me realise that there are many different ways to express yourself. Finding ways to express yourself is good for your mental health because it can bring you calm.

I liked the assembly on expressing yourself through dance as I enjoy dancing and I am really looking forward to returning to it once I am able to.

I felt the assemblies were quite inspirational as I'm creative and enjoy dance and art.



The 5 ways to Wellbeing

Your child may have spoken about the 5 ways to wellbeing – we have used this approach in school with pupils for a few years. Below are five things that, according to research, can really help to boost our mental wellbeing:

- **Connect** – connect with the people around you: your family, friends, colleagues and neighbours. Spend time developing these relationships.
- **Be active** – you don't have to go to the gym. Take a walk, go cycling or play a game of football. Find an activity that you enjoy and make it a part of your life.
- **Keep learning** – learning new skills can give you a sense of achievement and a new confidence. So why not sign up for that cooking course, start learning to play a musical instrument, or figure out how to fix your bike?
- **Give to others** – even the smallest act can count, whether it's a smile, a thank you or a kind word. Larger acts, such as volunteering at your local community centre, can improve your mental wellbeing and help you build new social networks.
- **Take notice/be mindful** – be more aware of the present moment, including your thoughts and feelings, your body and the world around you. Some people call this awareness "mindfulness". It can positively change the way you feel about life and how you approach challenges.

Support and advice for pupils and parents



Young minds is a leading mental Health charity which offers children anything from a reassuring conversation to specialist mental health support. There is also a parent helpline. [Click here to visit.](#)



The NSPCC are offering support and advice if you feel your child is struggling with their mental health and anxiety due to the coronavirus. More information and advice can be found on their website – [click here to visit.](#)



A site from the NHS with expert advice and practical tips to help you look after your mental health and wellbeing. [Click here to visit.](#)



If you are struggling to cope and need to talk, our trained Shout Volunteers are here for you, day or night. Shout 85258 is a free, confidential, anonymous text support service. You can text from wherever you are in the UK. The website also has a wealth of resources - [click here to visit](#)

ACTION FOR HAPPINESS

On the following page you will find the Meaningful May edition of the Action for Happiness calendar. See how many daily goals you can achieve. You could also visit their website for further resources:

<https://www.actionforhappiness.org>

This month's theme is all about reflecting on what gives our life meaning. Being a part of something bigger than ourselves or focusing on things that we value is key to our wellbeing. Having a faith, or being involved with a particular cause or passion can provide this sense of something bigger, or it could be relationships or things that you nurture. Let's take time to reflect on what we care about this month and keep these things at the front of our minds as society opens up again.

Meaningful May 2021

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Make a list of what matters most to you and why	2 Do something kind for someone you really care about	3 Focus on what you can do rather than what you can't do	4 Take a step towards an important goal, however small	5 Send your friend a photo from a time you enjoyed together	6 Look for people doing good and reasons to be cheerful	7 Let someone know how much they mean to you and why
8 Set yourself a kindness mission to help others today	9 Notice the beauty in nature, even if you're stuck indoors	10 What values are important to you? Find ways to use them today	11 Be grateful for the little things, even in difficult times	12 Listen to a favourite piece of music and remember what it means to you	13 Look around for things that bring you a sense of awe and wonder	14 Find out about the values or traditions of another culture
15 Do something to contribute to your local community	16 Look up at the sky. Remember we are all part of something bigger	17 Show your gratitude to people who are helping to make things better	18 Find a way to make what you do today meaningful	19 Send a hand-written note to someone you care about	20 Reflect on what makes you feel valued and purposeful	21 Share photos of 3 things you find meaningful or memorable
22 Find a way to help a project or charity you care about	23 Share a quote you find inspiring to give others a boost	24 Recall three things you've done that you are proud of	25 Make choices that have a positive impact for others today	26 Ask someone else what matters most to them and why	27 Remember an event in your life that was really meaningful	28 Focus on how your actions make a difference for others
29 Do something special and revisit it in your memory tonight	30 Today do something to care for the natural world	31 Find three reasons to be hopeful about the future				

ACTION FOR HAPPINESS

Happier · Kinder · Together