

Christ Church Junior School

Wellbeing Newsletter



Autumn Term 2023

Winter Wellbeing Daily Checklist

Doing some of these activities each day can really help your wellbeing in the winter months.

- Get some exercise.
- Get some natural light, either by going outdoors or sitting near a window.
- Write down one thing you're grateful for.
- Plan something to look forward to.
- Take a break from your devices.
- Eat some green vegetables.
- Say hello to a friend, family member or someone in your local community.

What's been

happening this term?

This term, we have had visits from Christine, our school mental health practitioner. She worked with Year 3, where the children talked about trusted adults and learnt techniques for managing stress. She also visited Year 6, where they learnt about stress and anxiety and ways they can manage this.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Find three things to look forward to this year	2 Make time today to do something kind for yourself	3 Do a kind act for someone else to help to brighten their day	4 Write a list of things you feel grateful for and why	5 Look for the good in others and notice their strengths	6 Take five minutes to sit still and just breathe
7 Learn something new and share it with others	8 Say positive things to the people you meet today	9 Get moving. Do something active (ideally outdoors)	10 Thank someone you're grateful to and tell them why	11 Switch off all your tech at least an hour before bedtime	12 Connect with someone near you - share a smile or chat	13 Take a different route today and see what you notice
14 Eat healthy food which really nourishes you today	15 Get outside and notice five things that are beautiful	16 Contribute positively to your local community	17 Be gentle with yourself when you make mistakes	18 Get back in contact with an old friend	19 Focus on what's good, even if today feels tough	20 Go to bed in good time and allow yourself to recharge
21 Try out something new to get out of your comfort zone	22 Plan something fun and invite others to join you	23 Put away digital devices and focus on being in the moment	24 Take a small step towards an important goal	25 Decide to lift people up rather than put them down	26 Choose one of your strengths and find a way to use it today	27 Challenge your negative thoughts and look for the upside
28 Ask other people about things they've enjoyed recently	29 Say hello to a neighbour and get to know them better	30 See how many people you can smile at today	31 Write down your hopes or plans for the future			

Happier January

Let's start the new year happier.

Follow the link for 'action for happiness' monthly calendar.

<https://actionforhappiness.org/happier-january>

Key Mental Health Dates Spring Term

- Time to Talk Day—1 February 2024
<https://www.rethink.org/get-involved/awareness-days-and-events/time-to-talk-day/>
- Children's Mental Health Week. 5-11 February 2024
<https://www.childrensmentalhealthweek.org.uk/>

Positive Affirmations for this term

I am unique.

I am thankful for quiet moments.

I have lots to be proud of.