

Useful Links:

Young Minds: [0808 802 5544](tel:08088025544) (parents helpline)
[85258](tel:85258) (crisis messenger service, text YM)
youngminds.org.uk

Committed to improving the mental health of babies, children and young people, including support for parents and carers.

Action for Children : actionforchildren.org.uk

Charity supporting children, young people and their families across England.

Mind:

<https://www.mind.org.uk/information-support/helplines/>



Pause for thought:

Cloud watching



When the weather is good, take a walk into your garden or the park and lie down and watch the clouds go by. If you can't get outside, you could try this out of a window!

See what different shapes and animals the members of your family see in the clouds – not everyone will see the same.

Well-being Newsletter

Thursday 4th March

Welcome to our first well-being newsletter!

At Kings Worthy, we are committed to supporting children, staff and parents in their well-being and mental health. We know that well-being, physical and mental health are all vital to successful learning.

Our aim is to provide help, tips and resources to support both adults and children as we recognise the importance of parents and carers feeling supported and well in themselves.

Meet the well-being team



Miss Eggleston



Mrs Weatherup



Miss Shuff



Miss Clarke



Mrs Stewart



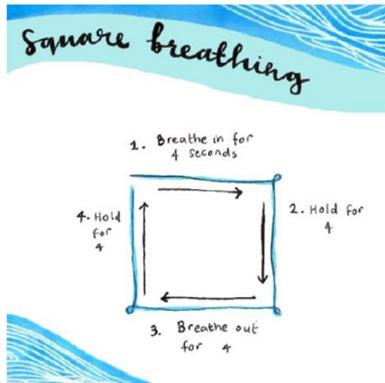
Madame Miller



Mrs Hall

Grounding Techniques

For some, a return to school for all pupils next week may be causing some anxiety. These are simple actions you can take which can help you if you are feeling anxious.



Competition time!

1. Design a Logo for our Well-being Team!

After reading the Newsletter with your parents, could you design a logo which we could use for the Well-being Team and their initiatives in school?

Please include the words: 'Well-being' and 'Kings Worthy Primary School' (or K.W.P.S.) in your design.

Any size, but it needs to be bold and clear!

2. Design a Poster for one of our new Well-being Post Boxes!

The poster should include the words:

Well-being Post Box!

You could also add information, such as:

Please post your messages here!

A member of our Well-being Team will get back to you ASAP!

Please email your entries for both competitions the School Office or give them to your teacher by **3:30 pm on Tuesday, 9th March!**

Suggestions?

The next well-being newsletter will be out in April.

If you have any comments or suggestions about what you would like to see in it, please let the team know via: wellbeingteam@kingsworthy.hants.sch.uk



ACTION CALENDAR: MINDFUL MARCH 2021



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

1 Set an intention to live with awareness and kindness

2 Notice five things that are beautiful in the world outside

3 Start today by appreciating your body and that you're alive

4 Notice how you speak to yourself. Try to use kind words

5 Take three calm breaths at regular intervals during your day

6 Bring to mind people you care about and send love to them

7 Have a 'no plans' day and notice how that feels

8 Eat mindfully. Appreciate the taste, texture & smell of your food

9 Take a full breath in and out before you reply to others

10 Get outside and notice how the weather feels on your face

11 Stay fully present while drinking your cup of tea or coffee

12 Listen deeply to someone and really hear what they are saying

13 Pause to just watch the sky or clouds for a few minutes today

14 Find ways to enjoy any chores or tasks that need doing

15 Stop, breathe and just notice. Repeat regularly during the day

16 Get really absorbed with an interesting or creative activity

17 Look around and spot 3 things you find unusual or pleasant

18 If you find yourself rushing, make an effort to slow down

19 Cultivate a feeling of loving-kindness towards others today

20 Celebrate the International Day of Happiness dayofhappiness.net

21 Listen to a piece of music without doing anything else

22 Walk a different route today and see what you notice

23 Tune in to your feelings, without judging or trying to change

24 Appreciate your hands and all the things they enable you to do

25 Focus your attention on the good things you take for granted

26 Notice when you're tired and take a break as soon as possible

27 Have a device-free day and enjoy the space it offers

28 Appreciate nature around you, wherever you are

29 Notice what is working today and be thankful that this is so

30 Mentally scan down your body and notice what it is feeling

31 Notice the joy to be found in the simple things of life

"Mindfulness means that we commit fully in each moment to be present" - Jon Kabat-Zinn



ACTION FOR HAPPINESS

www.actionforhappiness.org

Learn more about this month's theme at www.actionforhappiness.org/mindful-march

Happier · Kinder · Together