



Tithe Farm Primary Wellbeing Newsletter Autumn 2022



Welcome to our first Wellbeing newsletter that we will be sharing termly. We hope you had a lovely summer holiday and managed to spend some quality family time together. It was wonderful to welcome you all back at the start of September.

Relaxation Activity: The Shoulder Shrug

- Ask your child to sit or stand in a comfortable position.
- Ask them to breathe in and lift their shoulders towards their ears. Hold this position.
- Then they are going to breathe out with a big sigh and release their shoulders.
- Repeat three times



Key Dates:

National Fitness day	27 th September
World Mental Health Day	10 th October
World Kindness day	13 th November
Anti-Bullying Week	14 th – 18 th November
International Men's day	19 th November

Self-Care & Mental Health for Kids

Share your own feelings to encourage self-awareness.

Find social groups that help them feel like they belong.

Set aside time for low-stress or solo activities.

Practice self-care for yourself to set the standard.

Focus on articulating feelings. "I am angry," "I am sad."

Encourage journaling and diaries.

Encourage your child to focus on the moment.

Establish a self-care routine.

Recognize toxic stress events.

Blessing/Manifesting

Cultivate interests and hobbies.

World Mental Health day 10th October

As we all know, caring for a child or young person can be tough, even more so during these challenging times. However, you do not have to go through this alone and there is a lot of support available.

Why not join us for coffee and cake in school, for advice, signposting or just for a chat. A professional from the Mental Health School team will be attending.

Drop in for coffee and cake on 10th October and 2.15pm – 3.15pm.



MINDFULNESS

Being mindful is important for children, it helps them focus on the present. It teaches children to self-soothe, it also raises their self-awareness and self-esteem. Mindfulness can be practiced in many ways and is individual to each person.

- Breathing exercises
- Music relaxation
- Mindful colouring
- 5 Senses Bookmark
- STOP Acronym

Resources can be found on our website.

SELF CARE STRATEGIES

- Learn a new hobby or skill – this is a great way to provide a distraction and feel accomplished.
- Try relaxation techniques – Just a few minutes a day can help calm and relax our bodies and mind and stop us from feeling overwhelmed.
- Create a routine and be organised – Having a routine to follow and being organised prevents stress of not knowing what we need to do.
- Join a local group – Joining a group where people have similar interests or experiences can help you build friendships.
- Regular exercise – taking part in regular exercise is good for your body and mind and can help you release any stress or anger you may be feeling.
- Spend time with family and friends – This can help reduce tension, provide support and people to talk too.



“Self-care is giving the world the best of you...not what’s left of you” Katie Reed

Stay positive