



Tithe Farm Primary Wellbeing Newsletter Spring 2024



Health and wellbeing is very important for all of us, including our children, parents, staff and the school community. A child cannot flourish or achieve their full potential if they do not have either of these. Promoting wellbeing involves understanding and addressing child and parental functioning in physical, behavioural, social, and cognitive areas. A focus on wellbeing should be integrated into all aspects of child's welfare.

Key Dates

Time to talk day: 1st February

One in four of us will experience a mental health problem, but many still feel isolated, ashamed and unable to open up on their lived experience. Time to Talk Day encourages everyone to be more open about mental health – to talk, to listen, to change lives.

www.timetotalkday.co.uk

Children's mental health awareness week: 5th-11th February

75% of mental illnesses start before a person's 18th birthday. With most long-term mental health problems beginning in adolescence, there's a growing need for support for young people. In Children's Mental Health Week, it is a chance to highlight the importance of mental health support from a young age.

www.childrenmentalhealthweek.org.uk

Eating disorder awareness week: 28th – 5th March

An eating disorder is an unhealthy attitude towards food, which can make you obsessed with your eating patterns. Eating disorders can involve eating too much or too little and using food to manage your feelings.

www.mentalhealth-uk.org

Self-Injury Awareness Day: 1 March 2024

Self-harm is the intentional act of harming or injuring our body. Self-harm may not be obvious and can include substance abuse, our relationship with eating and deliberately acting in a way that puts ourselves in danger.

www.mentalhealth-uk.org

World Bipolar Day: 30 March 2024

Bipolar disorder can make someone's mood change dramatically from extreme highs (mania) to extreme lows (depression). These changes can be overwhelming and distressing, but a person may feel well between these periods.

www.bipolaruk.org



Get regular exercise. Just 30 minutes of walking every day can help boost your mood and improve your health. ...

Eat healthy, regular meals and stay hydrated. ...

Make sleep a priority. ...

Try a relaxing activity. ...

Set goals and priorities. ...

Practice gratitude. ...

Focus on positivity. ...

Stay connected.



Free courses for parents and carers of children aged 2 – 5 years

We all need a little support at times when it comes to looking after children, and across Central Bedfordshire, there are free courses for parents and carers of children aged 2 to 5 to help.

The Parenting Puzzle programme helps to build strategies to reduce the stress of parenting and prepare your children for school. It's also a great place to meet other parents and carers in your area.

Parenting Puzzle is being run throughout the year at your local children's centre with two courses available to residents of Central Bedfordshire.

Courses available

Four-week Parenting Puzzle workshop

All sessions are free of charge. Those who book on to the course are welcome to attend alone or come with a partner, relative or friend.

The two-hour sessions, which run over four weeks, cover a broad range of topics such as:

- the emotional well-being of parents, carers, and their children
- understanding behaviour, listening skills, communication, praise, and encouragement
- praise and guidance vs. criticism, child-led play, and positive moments
- boundaries, parenting styles, time to calm down, dealing with stress and conflict
- choices, consequences, behaviour to ignore, putting the puzzle together and looking after yourself

Ten-week Parenting Puzzle Nurturing Programme

This free programme delves into parenting in more detail, the two-hour per week sessions, running over 10 weeks, focus on:

- empowering parents and carers to build positive relationships with their children
- understanding why children behave as they do
- recognising the feelings behind behaviours (yours and your child's)
- exploring different approaches to discipline
- finding ways to develop co-operation and self-discipline in children
- learning the importance of looking after yourself

The ten-week programme has a creche available to support parents and carers attending. When booking, please let us know if you wish to use this facility.

Book your place

Houghton Regis Children's Centre

Starting on 18 January running on Thursday afternoons from 12:45pm- until 2:45pm at Tithe Farm site.

Email: houghtonregis.childrencentre@centralbedfordshire.gov.uk

Telephone: 0300 300 8115 or 0300 300 8129

Spring Sensory Treasure Hunt

Explore inside and outside and tick off how many of these items you can find!

- | | | |
|---|---|--|
| 
<input type="checkbox"/> Something green | 
<input type="checkbox"/> Something you see at Easter | 
<input type="checkbox"/> Something that was grown |
| 
<input type="checkbox"/> Something that has numbers | 
<input type="checkbox"/> Something that can hold water | 
<input type="checkbox"/> Something that smells nice |
| 
<input type="checkbox"/> Something that crawls or slithers | 
<input type="checkbox"/> Something in the sky | 
<input type="checkbox"/> An animal that makes a noise |
| 
<input type="checkbox"/> Something bumpy | 
<input type="checkbox"/> Something patterned | 
<input type="checkbox"/> Something you can wear |

Easter Word Search

SOA
RSCCM
DPTQXE
VIEELZLXM
SYKOEEMOJY
JSGMEBPCHQL
SAGWCERDYEIHM
BQOZERAAHOACDB
VUKNGRTWTAEWF
GNNAGEINFAREF
FRDNSUOJITRCI
QAWLYTNUHPOHN
GBPETUDKOUTID
SBFOEABHRXSCN
VICHOCOLATEKW
TKGHHFHIBSS
QVRBOUQUETM
ZDLUNMZIC
FLOWERS
JTOQB



Word list:
BASKET
BOUQUET
BUNNY
CARROTS

CELEBRATION
CHICKS
CHOCOLATE
COTTONTAIL

DYE
EGGS
FIND
FLOWERS

HIDE
HOP
PEEP
RABBIT

SunCatcherStudio.com


















SPRING
WORD SEARCH
FIND AND CIRCLE EACH WORD!

S	H	O	W	E	R	S	A	E
O	A	S	P	R	I	N	G	A
S	H	O	W	E	R	S	S	S
C	N	B	U	N	N	Y	T	T
T	H	G	R	A	S	S	B	E
U	R	I	A	P	R	I	L	R
L	H	O	C	H	F	O	O	L
I	P	I	N	K	T	D	O	E
P	E	G	G	S	T	S	M	R

Eggs	Easter	Bunny	Bloom
Chick	Fool	April	Showers
Spring	Grass	Pink	Tulip

HOWHADDHEATHER.COM

Nature Scavenger Hunt

Flower 	Grass 	Butterfly 
Cloud 	Spider Web 	Bird 
Ant 	Water 	Brown Leaf 
Pinecone 	Twig 	Bug 
Snail 	Green Leaf 	Caterpillar 

WWW.MUMSLITTLEEXPLORERS.COM

Local Resources and Useful Websites

CHUMS Mental Health & Emotional Wellbeing Service for Children and Young People provides therapeutic support in a variety of ways to young people. Website: <https://chums.uk.com/>

SORTED/FORTIS Sorted offers a free and confidential counselling service for young people aged 5-25. Website: <https://sortedbedfordshire.org.uk>

Central Bedfordshire Youth Services Information and Services for young people. Website: https://www.centralbedfordshire.gov.uk/info/113/youth_services

Family Lives Online parenting advice and support. Website: <https://www.familylives.org.uk/>

ChildLine – 0800 1111 Talk to a counsellor for free anytime by calling 0800 1111. You can also log in for 1:1 chat. Website: <https://www.childline.org.uk/>

YoungMinds Crisis Messenger – Text ‘YM’ to 85258 A free crisis messenger service – support across the UK. If you are experiencing a mental health crisis and need support, you can text YM to 85258

Samaritans – Call 116 123 Talk to a trained volunteer anytime for free non-judgemental support.

NHS direct – Call 111 NHS direct can help if you have an urgent medical problem and you are not sure what to do.

Accident and Emergency If you feel you cannot keep yourself safe, it is best to attend your local A&E so they can help to keep you safe.

