



# TITHE FARM



# PRIMARY WELLBEING NEWSLETTER

Just feel as we are getting back to a routine after Christmas then half-term holiday came along!

Being in a routine can significantly improve you and your children's well-being. A routine reduces stress, and leads to a more balanced and focused lifestyle.



# SPRING TERM

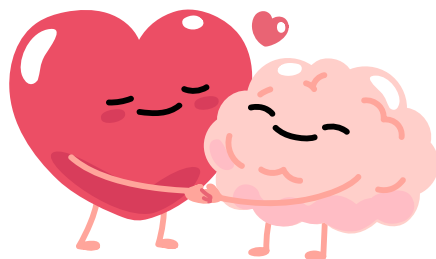


## MARCH 2025

- 01.03.25: Self Injury Awareness Day
- 01.03.25: World Compliment day
- 01.01.25: Zero Discrimination day
- 02.03.25: World Teen mental Health Day
- 05.03.25: Dissociative Disorder Awareness Day
- 10.03.25: Insomnia Awareness Day
- 20.03.25: International Day of Happiness
- 30.03.25: World Bipolar Day

## APRIL 2025

- 07.04.25: World Health Day
- 11.04.25: World Breathing Day
- April 2025: Stress Awareness Month
- April 2025: National Counseling Awareness Month



self  
care



*Mental  
Health  
Matters*

# Friendly February 2025

MONDAY



3 Do an act of kindness to make life easier for someone

10 Look for good in others, particularly when you feel frustrated with them

17 Appreciate the good qualities of someone in your life

24 Tell a loved one about the strengths that you see in them

TUESDAY



4 Invite a friend over for a 'tea break' (in person or virtual)

11 Send an encouraging note to someone who needs a boost

18 Respond kindly to everyone you talk to today, including yourself

25 Thank three people you feel grateful to and tell them why

WEDNESDAY



5 Make time to have a friendly chat with a neighbour

12 Focus on being kind rather than being right

19 Share something you find inspiring, helpful or amusing

26 Make uninterrupted time for your loved ones

THURSDAY



6 Get back in touch with an old friend you've not seen for a while

13 Smile at the people you see and brighten their day

20 Make a plan to connect with others and do something fun

27 Call a friend to catch up and really listen to them

FRIDAY



7 Show an active interest by asking questions when talking to others

14 Tell a loved one or friend why they are special to you

21 Really listen to what people say, without judging them

28 Give positive comments to as many people as possible today

SATURDAY

1 Send a message to let someone know you're thinking of them

8 Share what you're feeling with someone you really trust

15 Support a local business with a positive online review or friendly message

22 Give sincere compliments to people you talk to today

SUNDAY

2 Ask a friend how they have been feeling recently

9 Thank someone and tell them how they made a difference for you

16 Check in on someone who may be struggling and offer to help

23 Be gentle with someone who you feel inclined to criticise



ACTION FOR HAPPINESS

Happier · Kinder · Together



## Be Very Mindful of How You Speak to Your Children - Part 1 - As the Stars of...

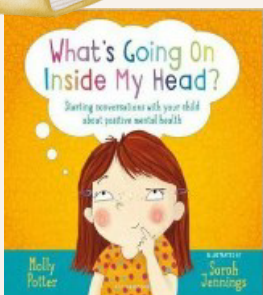
Empower your child through literacy with As the Stars of the Sky Foundation. Read our blog post, 'B...

As the Stars of the Sky / Aug 8, 2023



"Speak to your child as often as you can. It is one of the most established findings in all of developmental literature."

Brain Rules For Babies by Dr. John Medina



### Book Recommendation

This book has been designed to help open up conversations about mental wellbeing with children. It explores the ways that kids can keep their minds healthy, exploring topics such as positive self-image, emotional intelligence, relationships and mindfulness. It could prove a great foundation for some positive habits.



# 5 Ways to wellbeing

## GIVE

Create positive feelings and a sense of reward.

## BE ACTIVE

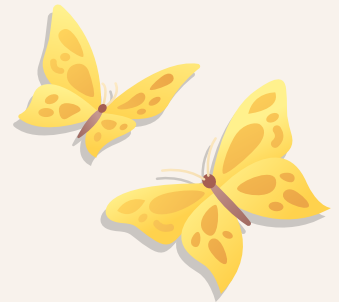


Set yourself goal and challenges

## CONNECT

Spend time with family and friends

## KEEP LEARNING



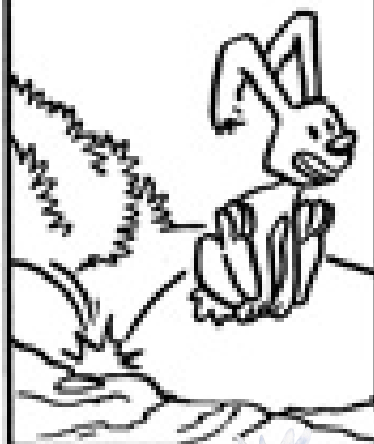
New recipe/DIY project boost your self-confidence

## TAKE NOTICE

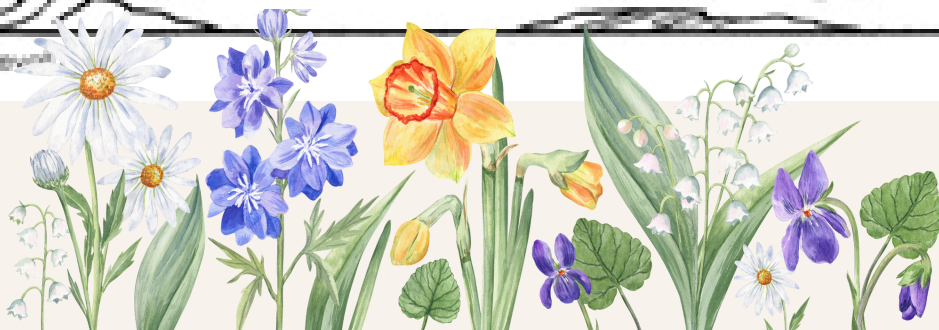
Mindfulness, Being present in the moment can improve your mental health

# Spring Word Search

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



LIGHT  
CHILD  
SHINE  
CHICKS  
NATURE  
BLOOM  
FLOURISH  
MAY  
SEASON  
EGG  
FRESH  
EASTER  
FLOWERS  
GREEN  
SPRING  
RABBITS  
MARCH  
SUN  
APRIL  
RAIN  
WARMTH  
BIRTH  
NEW



# Local resources



**Home**  
raising money to support vital mental health services in Luton and Bedfordshire.  
[chumscharity.org](http://chumscharity.org)



**Home**  
Just another WordPress site  
[S](#) Sorted Counselling /



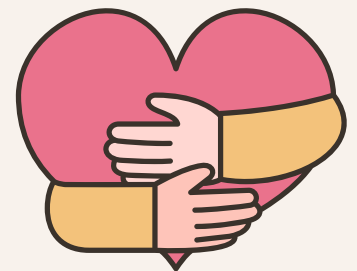
**Central Bedfordshire Council online information | Children and young peopl...**  
A selection of services for young people  
[centralbedfordshire.gov.uk /](http://centralbedfordshire.gov.uk/)



**Childline | Childline**  
Get help and advice about a wide range of issues, call us on 0800 1111, talk to a counsellor online, send Childline an email or post on the message boards.  
[childline.org.uk](http://childline.org.uk)



**Well-Being and Pastoral Support**  
At Tithe Farm Primary we are committed to supporting the emotional health and well-being of all our pupils, parents and staff. We understand th...  
[Tithe Farm Primary School /](#)



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.