



The Royal British Legion is the country's largest Armed Forces charity. They provide lifelong support to serving and ex-serving personnel and their families. Every year they lead the nation in commemorating and honouring those who have served and those who lost their lives in active service. By buying a poppy or other related merchandise you are helping to supporting this amazing charity.



On Friday 13th November school are asking children to donate £1 for a non-uniform day with the profits all going to BBC Children in Need. They fund local charities and projects who help remove the barriers that are facing children and young people so they can thrive.



5 Mindfulness activities to try this month

1. Practice kind thoughts by prompting your child to think of 5 people they'd like to send kind wishes to
2. Bang on a pot/pan and invite your child to signal to you when they no longer hear the sound 'hanging' the air
3. Blow bubbles 'slow-motion' style, emphasising a big deep breath in through the nose to fill the bubble... and out through the mouth as slow as possible
4. Squeeze and let go, tensing different muscles in the body for 5 seconds and then slowing releasing
5. Tune into the body by getting down on your child's level and feeling each other's heartbeats

Useful website and links



NSPCC

Every mind matter is an NHS website that has expert medical information for the whole family to support mental health and wellbeing. <https://www.nhs.uk/oneyou/every-mind-matters/childrens-mental-health/>

The NSPCC have an area on their website that helps parents support their children with stressed and anxiety caused by the coronavirus. <https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/>



Anna Freud provides information for parents on supporting your child and has a directory mental health services that you can search by your local area.

<https://www.annafreud.org/parents/>

If you have any concerns regarding your child's mental health or wellbeing or need some additional support, please do not hesitate to contact Mrs Phipps -Pupil Support Manager, Mrs Elliott- Family Support Manager or Mrs Wilson- Learning Mentor

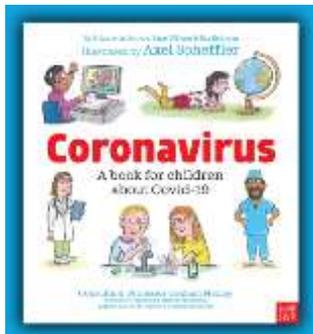


Novembers Mindfulness Newsletter

Welcome to our wellbeing newsletter. Once again we find ourselves in another lockdown situation due to Covid-19 and it is more important than ever that we take time to focus on our own and our children's mental health and wellbeing. Below you will find useful web links and ideas that may offer you some support

Coronavirus

Axel Scheffler the famous illustrator of books such as *The Gruffalo* and *Stick man* has illustrated a digital book suitable for children aged 5 to 9 years old. It is free to read on screen or print out. The book answers many questions such as what is coronavirus, what happens if you catch it and much more. It has been published by Nosy Crow and written by staff within the company with expert input from Professor Graham Medley of the London School of Hygiene and Tropical Medicine with the company also seeking advice from two head teachers and a child psychologist.



<https://nosycrowcoronavirus.s3-eu-west-1.amazonaws.com/Coronavirus+-+A+book+for+children+about+Covid-19.pdf>

Exercise

Exercise may seem impossible with the current lock down but staying physically active can have positive effects on mental health. It can reduce stress, anxiety and other mental health issues, and increase self-esteem (Mental Health Foundation, 2020; NHS, 2019).

Why not take a walk in a local park or woods as a family. Autumn is the perfect season to stop and take time to look at the wonders of nature. Why not try and focus on all your senses.



What can you see? What can you hear? What can you taste? What can you smell? What can you feel?

The Benefits of Giving

The benefits that giving makes to our mental health and our sense of wellbeing are numerous. Feeling part of something and connecting to the world around us is important to our sense of wellbeing. As social creatures, we benefit from engage with other people on a meaningful level. When we give to others, this promotes a sense of trust and cooperation in our relationships. Through this, we strengthen our relationships with others making them more positive, which is key to good mental health. When we give to others, we don't only make them feel closer to us; we also feel closer to them. Through cultivating gratitude in everyday life, by showing the people around us that we care, we increase our own positivity about the world and those around us. (Mind May 2018)

In November we are asking for the children and parents to support two worthwhile charities.