

# Wellbeing

## Newsletter Issue 11 November + December 2023



Dear Parents and Carers,

Welcome to our second Wellbeing Newsletter of the school year, and let me take this opportunity to wish you all a (slightly early) 'Happy Christmas' and a healthy and happy New Year!

Within this Newsletter, we shall be looking at '**Togetherness**', from our **HEART** values and linking to our 'Back to Basics' initiative, with '**Connect**'.

I think if somebody asks you what '**Togetherness**' and '**Connect**' make you think of, I honestly think most people will say 'Christmas' and even if we don't get together with people physically, it is definitely a time we tend to reconnect with family and friends, perhaps via cards, phone calls/messages and even just thinking about people we may not have thought about for a while. What are your plans for '**Togetherness**' over the Christmas break? Do you plan to '**Connect**' with many people or do you have a small, family gathering? I always treasure this time of year as our family, small as it may be, try to be together for a few days, and I love it! Having time to chat, catch-up, share food and drink and lovely walks (and even the odd swim! [yes, we are all quite mad] together) is wonderful. It's strange that the time always seems to be more relaxed perhaps, because we have been 'made' to see it as there is almost an expectation that we will see together - or perhaps not, if you have work, as emergency services or another essential abroad or further afield, but hopefully, you will still celebrate Christmas together.



What is it about Christmas that you love? Family  
Relaxing? Extra special food and drink?

work? I wonder if we could all try to take one of our favourite aspects of Christmas and try to recreate it (perhaps in a less elaborate form!) at another time of the year; would that make us feel good? Have something to look forward to? Planning to '**Connect**' with family/friends for another time in the year, putting a designated time for

over the Christmas break -  
an 'allocated' family time?  
family and friends and relax  
family/friends that have to  
job, or have family that live  
find another time to

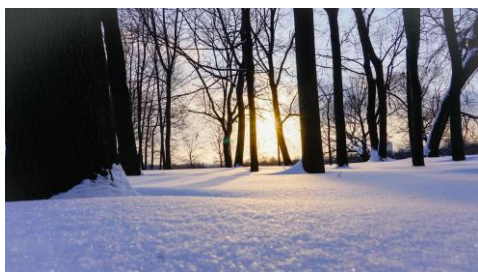
gatherings? Seeing friends?  
Decorations? Time off from

**‘Togetherness’** in the diary, might be a way to really boost our Well-being - maybe it would be something to consider? Even if it is only meeting up for a walk down the beach or in the forest, taking a hot drink with us for when we stop and sit, could be a lovely thing to look forward to. We all have such busy lives that it is so easy to let the time go by; maybe even if not for our Well-being, but perhaps for the family/friends we meet up with - it could be just the perfect thing for them to look forward to, especially elderly relatives.

We have been merrily creating our Well-being Christmas Advent Calendar, which will be ready on our fence, at Burley and around the wind turbine fence at Sopley, on 1st December 2023, and many of the children have helped decorate it, so please check it out and hopefully, it will inspire you to try some of the ideas with family and friends. I strongly believe that if we can just take 5-10 minutes a day, to focus on something, that takes us away from the stresses of the day, it can only benefit our Well-being and sharing this time with others can be even better.

I have been working with Zoe Patey (a Burley parent) who has shared some fabulous ideas to help us all relax and take stock of our lives and I have put together a slightly Christmas themed selection of these below, for anyone to try. We all live very busy lives and it is now, more than ever, important to take time out for ourselves and even if things get a little too much...don't forget, no matter what – just breathe!

**Mrs Lesley Lillis, Pastoral Support Lead**



1. **Make homemade Christmas cards. Draw paint and get creative! Making cards for family and friends is a personal touch everyone loves.**
2. **Go on a forest forage and see how many different colours of leaves you can find; the winner in your family gets extra marshmallows on their hot chocolate!**
3. **Make your own natural Christmas decorations - pine cones, leaves, cinnamon sticks or popcorn garlands instead of tinsel.**
4. **Take time out for a short walk to see Christmas lights and decorations.**
5. **Go for a winter picnic! Wrap up warm, take hot chocolate and treats and sit under a tree or on the beach, then go home and snuggle in your PJs with a Christmas movie.**
6. **Do a Christmas Colour Scavenger Hunt - take a mindful walk and discover all the beautiful festive colours around us.**
7. **Bake a cake or biscuits to share with family and friends. Take a moment to enjoy the pleasure you bring to others when you share your cake or biscuits.**
8. **As a family, write down three things you would like to see happen in 2024, write them onto cards and hang them from your Christmas tree.**
9. **Make real hot chocolate and using your five senses, savour the experience. A great way to ground yourself in the present and really enjoy breathing in and out deeply, with the gorgeous chocolate aroma.**
10. **See how many of our Advent Calendar ideas you can try and maybe continue with them in the New Year.**

**HAPPY CHRISTMAS TO ALL AND A HAPPY NEW YEAR!**

