

Wellbeing

Newsletter Issue 12
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**Love, kindness
and sharing
makes us grow
together.**

Dear Parents and Carers,

Welcome to our twelfth Wellbeing Newsletter and the first of 2024! I hope you all had a lovely Christmas break and would like to wish you all a belated Happy New Year!

Our theme for this newsletter is '**Kindness**', which is our backdrop for all our '**HEART**' values and obviously, we always need to think about showing '**Kindness**' to others, but what about showing some '**Kindness**' to ourselves? When did you last do something for yourself, showing '**Kindness**' to yourself? What is it that stops you from taking a small amount of time out, just for you? We are all busy people with jobs, families and lives, in different 'life' situations but if we don't all subscribe to some self-care and self-love then we will not have the best mental capacity to fully support our families, friends and work colleagues. So, this is your challenge, to start the New Year - show some '**Kindness**' to yourself! And think what a good example you are setting for others by taking just 5 minutes (or more) aside for you; prioritising your mental health - a fabulous lesson for all!

Think back over the Christmas break and try to recall a particular moment that somebody did something kind for another person; how did it make you feel? Warm inside? Did it make you smile? It doesn't matter how small that act of kindness was, it was a beautiful thing and this is what I am challenging you to 'give' to yourself! Obviously, we are all different and have different ideas of self-care but if you start with maybe a hobby or interest and go from there? Would you like to have a long soak in the bath? Read somewhere quiet? Enjoy a cup of tea/coffee just sitting quietly/alone? Or would you rather catch up with an episode of a favourite TV programme? Or go for a run or a dog walk? Maybe do some yoga/pilates or some quiet meditation? Paint your nails? Learn something new? The choice is yours and it really is endless! But what is important is having that conversation with your family/friends, explaining how important it is to take this time out, for not only you but for everyone. Perhaps encourage them to do the same and be supportive of one another, it really will feel good; you must believe that you are worth this time - timetable it in on a regular basis - I challenge you!

Please find below, ideas to support your Wellbeing; I hope you find them useful. And as always, if in doubt - just breathe!

Mrs Lesley Lillis, Pastoral Support Lead

Kindness Wellbeing Suggestions

1. Try for the next four weeks, when you wake up in the morning or just before you go to bed, to just sit for a couple of minutes and name three things you are grateful for in your life; a great way to either start or end the day.
2. Now this one is a real challenge but see if you can have a gadget free day or even just a few hours. Try and do something more organic instead - really hard but very worthwhile.
3. Think of a way you could 'treat' yourself with some '**Kindness**' – perhaps a quiet five minutes sitting with a cup of tea? Or allowing yourself to read quietly for ten minutes, without distraction?
4. Try standing still or sitting quietly in nature - close your eyes and really absorb your surroundings - what can you hear? Smell? Touch? Then open your eyes and focus on one small thing and 'really see it' - look at the smallest details - and breathe.
5. Write down three things you like about yourself and then say them out loud - powerful!
6. Chocolate meditation - hold a piece of chocolate and before you pop it in your mouth, look at it (how big is it, heavy, shape?) Then smell it, notice what happens in your body when you do this, pop it into your mouth and pay attention to the taste, smell, sensations - and most of all - enjoy it!



Thank You



for your Kindness

