

Wellbeing

Newsletter Issue 13 March/April 2024



Dear Parents and Carers,

Welcome to our latest Wellbeing Newsletter; I hope this finds you all looking forward to Spring and, also, I am hoping you are all doing anti-rain dances, because seriously, enough is enough !

Looking back on our last newsletter, did anyone try some of the great 'Kindness Wellbeing' suggestions? I hope some of you found them useful but don't forget, you can always revisit them; in our busy lives we need to remember to be kind to ourselves. Plus, No. 6/chocolate meditation is lush !

Our theme for this newsletter is 'Honesty' which is the first of our 'HEART' values and I thought I would ask everyone to spend a few minutes contemplating what 'Honesty' means to them? I looked up some definitions and found these:-

Honesty implies - a refusal to lie, steal or deceive in any way

- basis of a trusting relationship
- truthful (actions), ethical, fair
- Integrity, loyalty and righteousness
- trust/healthy relationships.

I do wonder how many of us could honestly say we had never told a lie or perhaps, by just 'not' saying something, we were perhaps, not totally honest? We all know that sometimes

a white lie is told to 'spare someone's feelings' but, if we are being honest with ourselves, are we sometimes doing this to spare ourselves a tricky conversation? If we perhaps don't like something someone close to us asks our opinion of, is it easier to appease the other person rather than be honest? If we are trying to get 'in with a crowd/individual' do we sometimes pretend to agree with them, whilst not being honest to ourselves?

How then can we expect our children to be true to themselves, when their observations of us show us not always being honest? Perhaps, we should be teaching our children, to stand up, honestly and politely, for what they like and think and how they want to be seen, whilst also learning to accept, that others may have different likes' but we can still get along? How many of you, on social media, whilst scrolling, either 'like' or 'don't like' something without fully watching it, or being totally honest? At the simple click of a button, we are either over/under inflating the person's views of that account; being complicit in that person being falsely inflated or deflated because we weren't honest. Surely, this feeds back to our children being desperate to be 'liked' - perhaps learning to not be true to themselves, and learning this from an early age ?

How can we expect children to build trusting, healthy relationships, without us demonstrating how to be honest, if only, initially, to ourselves? And perhaps we need to be reminded that we are all individuals, and if someone is honest with us, we perhaps need to learn to accept their HONESTY with ENTHUSIASM , be AMBITIOUS to be honest with ourselves, RESPECT the other person for their honesty and, hopefully, it will bring us closer TOGETHER with KINDNESS! (See what I did there?)

So, if you can, try to practice being Honest with yourself first, and then, hopefully, the future generations will learn from us and this will lead to a great basis for relationships throughout their lives.

Enjoy the longer sunshine hours and hopefully less rain and if in doubt, remember, just breathe !

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