



## @ St. Joseph's

Dear Parents,

Welcome to the fourth and final addition of our Wellbeing Newsletter for this school year.

I would like to say a special thank you to all our parents. We have certainly been challenged in different ways during this time. From managing the demands of home-schooling our children, to key-workers keeping us going throughout the Pandemic in trying circumstances and of course, the tragic loss of dearly loved family members and friends. If this time has taught us anything, it has highlighted the importance of spending quality time with our loved ones and coming together to support each other.

We have lots to look forward to in the new school year and wish all of our St Joseph's family, a safe and happy Summer Break.

Ms. Wilson and the Wellbeing Team

## Useful services during the summer holidays

**HAVERING SCHOOL NURSING SERVICE**  
NHS Foundation Trust  
DROP IN FOR PARENTS AND YOUNG PEOPLE

**CALL**  
0300 300 1635  
**OR TEXT**  
07769645114

FOR CONFIDENTIAL ADVICE AND SUPPORT

This is a confidential service. Information will only be shared if we are concerned about your safety or the safety of others. All calls answered by a Havering School Nurse

**MONDAY TO FRIDAY**  
**NO NEED TO BOOK JUST CALL OR TEXT**  
**1PM TILL 5PM**

Topics: BULLYING, SEXUAL HEALTH, DRUGS, ALCOHOL, SUBSTANCE, COVID-19, ADVICE, EMOTIONAL WELLBEING, HEALTHY EATING, RELATIONSHIPS

*Good vibes*

**10 - 13 yr olds WELLBEING WORKSHOPS**

**28th July for 6 weeks**  
**3:30 - 5pm @ My Place**

The workshops will include art, mindfulness, and chats about our mental health in a safe space.

Contact: [melinda.yems@havering.gov.uk](mailto:melinda.yems@havering.gov.uk)  
for more info or to reserve a place

**myplace**  
Havering

**Wednesday 28th July**  
Dance workshop £3  
11.45am-12.45pm 8-14 years

**Monday 2nd August**  
Cinema (SEND Friendly) FREE\*  
11am-1pm 6-12 years - How To Train Your Dragon  
2-4pm 14-21 years - Bend It Like Beckham  
(Films subject to availability)  
\*Popcorn & drinks will be available to buy

**Musical Theatre Workshop £5**  
Little Mermaid  
12.30-2.30pm 5-8 years  
3-5pm 9-13 years

**Tuesday 3rd August**  
Seaside Crafts £3  
1-2pm 2-4 years  
2.30-3.30pm 5-8 years  
4-5pm 9-13 years

**Wednesday 4th August**  
Ribbon Dance £3  
10-11am 2-4 years  
11.30am-12.30pm 5-10 years

**Alice in Wonderland Adventure £3**  
2-3.30pm 5-13 years

**Tuesday 10th August**  
Around the World Crafts £3  
1-2pm 2-4 years  
2.30-3.30pm 5-8 years  
4-5pm 9-13 years

**Wednesday 11th August**  
Table Tennis Competition £3  
10-11am 7-10 years  
11.30-12.30pm 11-16 years

**Disney Crafts £3**  
12-1pm 2-4 years  
1.30-2.30pm 5-8 years  
3-4pm 9-13 years

**Monday 16th August**  
Musical Theatre Workshop £5  
Descendants  
12.30-2.30pm 5-8 years  
3-5pm 9-13 years

**Tuesday 17th August**  
Space Craft Workshop £3  
1-2pm 2-4 years  
2.30-3.30pm 5-8 years  
4-5pm 9-13 years

**Wednesday 25th August**  
Sweet Making £3  
10-11am 7-13 years  
Cake Decorating £3  
11.30-12.30pm 3-4 years

# Self-Care & Mental Health



Share your own feelings to encourage self-awareness.

## Tips for Kids

Set aside time for low stress or solo activities.



Find social groups that help them feel like they belong.

Recognize toxic stress events.



Encourage journaling and writing.



Focus on articulating feelings.  
"I am angry."  
"I am sad."



Practice self-care for yourself to set the standard.



Encourage them to focus on the moment.

Cultivate interests and hobbies.



Establish a self-care routine.

BlessingManifesting

## Places to go for support and advice



If you or someone you know needs help right now, you should talk to a parent, carer or trusted adult.

If talking to an adult is not possible, the following organisations are available 24 hours a day, 7 days a week:

<https://www.annafreud.org/on-my-mind/urgent-help/>



This website from the NHS offers expert advice and practical tips to help you look after your child's mental health and wellbeing as well as the rest of the family.

<https://www.nhs.uk/every-mind-matters/>

## Talking Therapies

Havering Talking Therapies is a free self-referral service. They provide a wide range of treatments and services helping those feeling distressed by difficult events in their lives as well as people concerned with their mental health. Services are confidential, easy to access and available to Havering residents. You can find out more information on the following website. <https://www.talkingtherapies.nelft.nhs.uk/havering>

# Jump Back Up July 2021

## ACTION FOR HAPPINESS

## Happier · Kinder · Together



MONDAY



5 Get the basics right: eat well, exercise and go to bed on time

12 Write your worries down and save them for a specific 'worry time'

19 If you can't change it, change the way you think about it

26 Catch yourself over-reacting and take a deep breath

TUESDAY



6 Pause, breathe and feel your feet firmly on the ground

13 Challenge negative thoughts. Find an alternative interpretation

20 When things go wrong, pause and be kind to yourself

27 Write down 3 things you're grateful for (even if today was hard)

WEDNESDAY



Shift your mood by doing something you really enjoy

14 Get outside and move to help clear your head

21 Identify what helped you get through a tough time in your life

28 Think about what you can learn from a recent problem

THURSDAY



1 Take a small step to help overcome a problem or worry

8 Avoid saying "must" or "should" to yourself today

15 Set yourself an achievable goal and take the first step

22 Find 3 things you feel hopeful about and write them down

29 Be a realistic optimist. Focus on what could go right

FRIDAY

2 Adopt a growth mindset. Change "I can't" into "I can't...yet"

9 Put a problem in perspective by seeing the bigger picture

16 Find fun ways to distract yourself from unhelpful thoughts

23 Remember that all feelings and situations pass in time

30 Reach out to a friend, family member or colleague for support

SATURDAY

3 Be willing to ask for help when you need it

10 Reach out to someone you trust and share your feelings with them

17 Use one of your strengths to overcome a challenge today

24 Choose to see something good about what has gone wrong

31 Remember we all struggle at times - it's part of being human

SUNDAY

4 Find something to look forward to today

11 Look for something positive in a difficult situation

18 Let go of the small stuff and focus on the things that matter

25 Notice when you are feeling judgmental and be kind instead

## ACTION FOR HAPPINESS

This month's theme is all about resilience and understanding how we can build skills that will help us to bounce back. We can't always predict or control what life throws at us, but we can build a range of skills and nurture our resources to help us respond flexibly, effectively deal with challenges, recover more quickly and even learn and grow as a result.