



## @ St. Joseph's

Dear Parents,

Welcome to our first Wellbeing Newsletter of the school year.

It feels like quite a special time - returning to school with a degree of normality. Hearing the familiar sound of children eating their lunch in the hall and assemblies taking place has felt like coming home. The children are settling in with their new teachers and enjoying spending time with their peers.

We continue to offer a range of services should you feel worried about your child and this includes: ELSA (Emotional Literacy Support), BCCS counselling, access to CAMHS (Children and Mental Health), through their Parent Virtual Drop-in Service. We also highlight free adult courses through the college which have specific and practical help in a range of areas.

Wishing you all a happy and safe half term

Ms. Wilson and the Wellbeing Team

# World Mental Health Day

The theme this year was The Same But Different and focused on how we are all different but also, that we have many similarities. Throughout the week, classes also explored worries and how important it is to share how we are feeling.

Please see and hear about some of the great work below.

## RW

We starting using 'time to chill' on 5 a day, as an introduction to meditation and calming our bodies and minds. We also linked to RE and talked about what makes each one of us special.

## RD

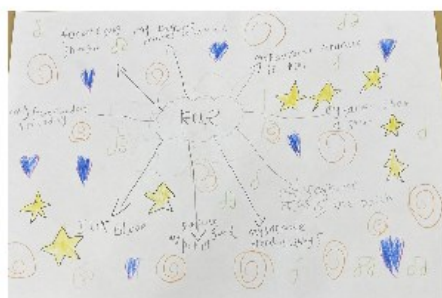
We had some quiet reflection. Listening to our breathing with our hands on our hearts.

## Year 1

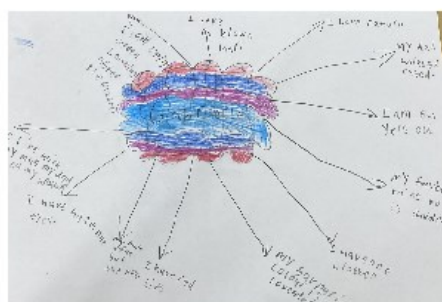
Had a conversation about the book 'We're all Wonders'. The children understood the message of this book that it doesn't matter how we look its' what is inside that counts, and how important it is to treat people how we would like to be treated. The children then passed a teddy round the circle and spoke about what made them unique/a wonder. Some of these included:

- I am a twin
- I have brown hair
- I have freckles but other people don't
- I have a birthmark

We then had a conversation about feeling sad, nervous etc, how this is normal and that teachers feel like it too. We discussed being kind to each other to make others feel happy. We then spoke about how we can do lots of things to help us feel better: talking to our friends, talking to a trusted adult and getting some fresh air.

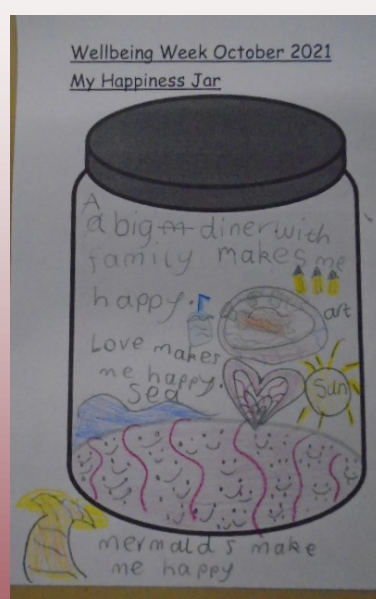
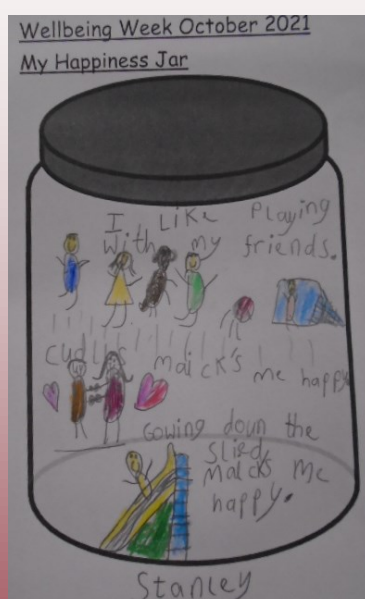


Following World Mental Health Day on Sunday, 2N spent time reflecting on how we are unique and special. We thought about the things that make us different to everyone else and learned that being different is fun. We enjoyed learning about everyone's favourite things as well as their family and home life. 2N also created our own happiness jars to remind us of what makes us smile when we are upset. We have practised breathing techniques that may help us when we feel anxious or frustrated too.



2P

2P read 'The Colour Thief' and thought about things which make them happy. They created their own 'Happiness Jars' and we are adding ideas to a class Happiness Jar too.



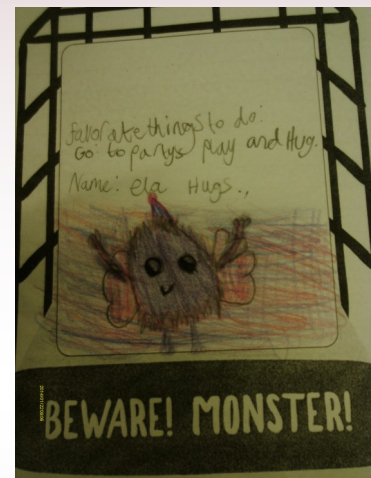
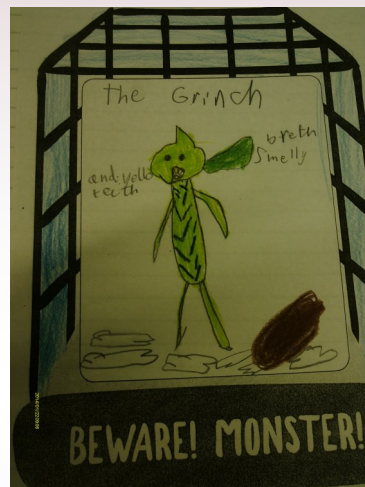
# World Mental Health Day in 3DT



In our PE lesson, we took some time to meditate, this helped us to feel calmer. We really enjoyed it.

In class, we discussed what 'mental health' is and how it is important to look after our bodies physically but it is also important to look after our minds. We discussed what different feelings we might have and who we could talk to about our feelings and how this might help. We also created 'Our monsters' in class, this is where we closed our eyes, imagined a monster in our heads and designed it on paper. We then shared what our monster was like. Most were different but some were similar, however, all were relevant. We discussed similarities and differences and how this could be similar to thoughts and feelings we have in our head. We reinforced how we could help one another and who we could talk to about our feelings and 'monsters' in our heads.





### 3R

Designed their own monsters and explored not only the unique features of them but also similarities. This was then likened to our uniqueness and the differences and similarities that we might have.

4B

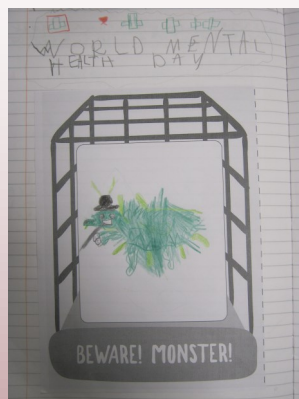
The children had to draw their own monster and then think about their characteristics. Then they compared them to their partners.

We then linked this to ourselves - that we are all similar but different. This also relates to our feelings. We all have the same feelings but not at the same time. We thought about who can help us with our feelings and recorded this in our



4DC

For World Mental Health Day, 4DC designed their own monsters with unique features and shared them with the rest of the class. We talked about how it is good to be unique and the children then linked this to what makes them unique.



## 5A

Talked about worries and how to tackle these. The children loved the idea of a 'happy place'. Everyone thought of one and we are going to draw/paint it next week. Children told me also that they find writing about their worries very helpful.

We also addressed confidence issues and this is something I will be working on this year: positive affirmations and gratitude for our gifts and talents.

## 5FH

Watched the Mental Health assembly and had a discussion about our feelings and the importance of opening up and talking. We also discussed how to really listen to others and when feelings become too BIG, we need to speak to a trusted adult.

On Friday the children discussed diversity and understanding how each person is unique and we all have our individual differences

## Year 6

We looked at self-care. Self-care means how we look after our minds and our bodies in day-to-day life. In our classes, we discussed and shared ways that we could practise self-care. Some ideas we had were:

1. Connecting with others
2. Being physically active
3. Learning something new
4. Showing kindness

Having mindful moments

We then created self-care diaries to include some self-care every day.



# New Ways November 2021

ACTION FOR HAPPINESS

Happier · Kinder · Together

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Make a list of new things you want to do this month 	2 Respond to a difficult situation in a different way 	3 Get outside and observe the changes in nature around you	4 Sign up to join a new course, activity or online community	5 Change your normal routine today and notice how you feel	6 Try out a new way of being physically active	7 Be creative. Cook, draw, write, paint, make or inspire 
8 Plan a new activity or idea you want to try out this week	9 When you feel you can't do something, add the word "yet"	10 Be curious. Learn about a new topic or an inspiring idea	11 Choose a different route and see what you notice on the way	12 Find out something new about someone you care about	13 Do something playful outdoors - walk, run, explore, relax	14 Find a new way to help or support a cause you care about
15 Build on new ideas by thinking "Yes, and what if..."	16 Look at life through someone else's eyes and see their perspective	17 Try a new way to practice self-care and be kind to yourself	18 Connect with someone from a different generation	19 Broaden your perspective: read a different paper, magazine or site	20 Make a meal using a recipe or ingredient you've not tried before	21 Learn a new skill from a friend or share one of yours with them
22 Find a new way to tell someone you appreciate them	23 Set aside a regular time to pursue an activity you love	24 Share with a friend something helpful you learned recently	25 Use one of your strengths in a new or creative way	26 Try out a different radio station or new TV show	27 Join a friend doing their hobby and find out why they love it	28 Discover your artistic side. Design a friendly greeting card
29 Enjoy new music today. Play, sing, dance or listen	30 Look for new reasons to be hopeful, even in tough times					

ACTION FOR HAPPINESS

This month, you are encouraged to try something new! Learning something new or getting involved in an activity that really absorbs and interests us is great for our wellbeing. Keeping our brains active is not only good for us physically but it can help you feel you are flourishing as you see yourself make progress with a new skill, or just make you smile as you make a mess and decide to start again.