



## @ St. Joseph's

Dear Parents,

Welcome back to week 2 of this Spring Term. I am certainly starting to enjoy the lighter mornings and daffodils springing up from flower beds.

The week commencing 6th February was Children's Mental Health Week. The theme this year was, Be Connected and the children took part in a range of activities to help them realise the importance of connection. The popular celebrity show Task Master saw some classes take part in fun challenges and a treasure hunt with daily videos offering clues from Little Alex Horne.

**I would like to share a wonderful poem from Matt Goodfellow about Connection.**

Together we join to celebrate  
Together we clap and cheer  
Together we watch improvements  
And face the things we fear.

Together we grow and develop  
Together we all belong  
Together we make mistakes  
Learn about right and wrong.

Together we praise the gentle  
The kind, the strong, the brave  
Together we share achievements  
In a thousand different ways

Together we'll finish the journey  
Wherever it started from  
Together we are tomorrow  
Together we are one.

**Ms. Wilson and the Wellbeing Team**

# Children's Mental Health week 2023



During Children's Mental Health Week in **Reception**, we focused on how wonderful we are and how we all have different talents and strengths - We are Super Duper! We also played the web game which is all about working together as a team and cooperating. We learnt that together we can do anything! We played lots of games focusing on how we feel and what things make us happy .



# Children's Mental Health week 2023



**Year 1** talked about the importance of celebrating everyone's differences and how they should all be respected too. We know that even though we are all unique, we are connected as a class. We are lucky to have lots of friends to talk to and play with, especially when we feel sad. Everyone created a puzzle piece about what makes us unique, then we put it together to show how we are connected like a puzzle.



Year 1 also discussed positive affirmations and how it can help build self-esteem. They coloured positivity pictures with the words peace, courage and calm as well as 'You are Super Duper'!!

# Children's Mental Health week 2023

For Children's Mental Health Week- Be Connected, **2F** read a story called 'The Invisible String'. The story told us that even if we cannot see our loved ones, we are always connected by an invisible string. We decided to represent our own invisible string in class.



We all held onto a piece of string which connected us altogether. As a class we showed each other that we are always there for one another.

We also showed that we are connected by drawing our hands and linking them together. As a class, we discussed the importance of being there for each other, connecting and being kind to one another.





# Children's Mental Health week 2023



**2P read 'The Invisible String' by Patrice Karst. We thought about the people we are connected to at school, and in our families too.**



# Children's Mental Health week 2023



Both **Year 3** classes learnt the dance for 'Jerusalema' for fun! We enjoyed learning it and then decided to do a Flash Mob in the junior playground. All the juniors were joining in and staff too. We hope everyone enjoyed it.



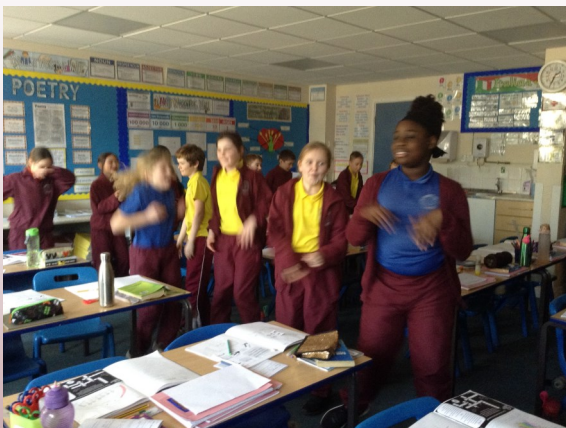
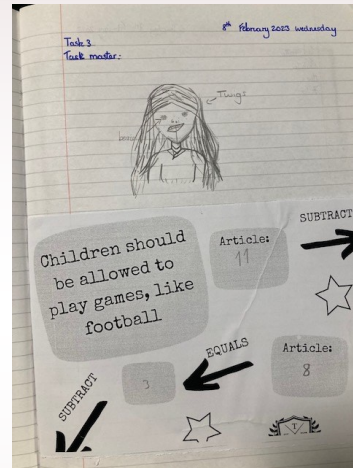
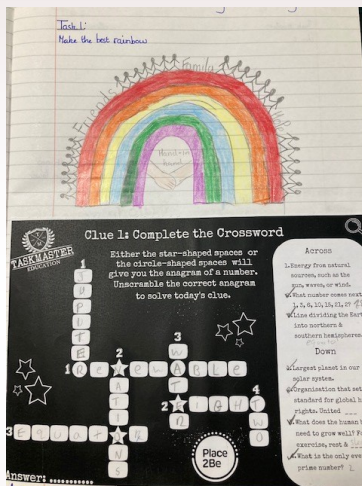
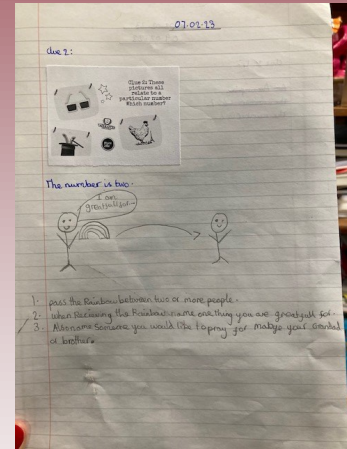
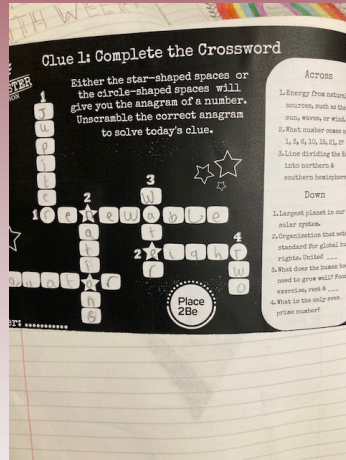
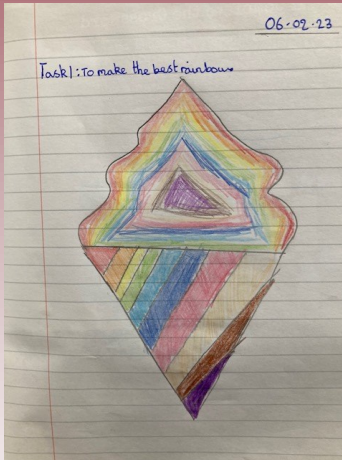


# Children's Mental Health week 2023



4B and 4CH enjoyed a dance lesson together as part of Children's Mental Health Week. They learnt that doing something together can help to make you feel better and put a smile on your face.

# Children's Mental Health week 2023



**Year 5** Celebrated Children's Mental Health Week by using the Task Master daily activities and dancing together to express themselves. We had good fun.



# Children's Mental Health week 2023

Year 6 took part in a fun and challenging team-building afternoon in the style of Taskmaster. Classes were split into small groups and were asked to take part in different challenges. These included *making the most impressive noise, building the largest tower using just items from the table and creating a group picture with each person drawing a section before sticking it together*. The children worked together well and showed the importance of communication, compromise and a sense of humour in promoting positive mental health.



I loved working together as a team to build the tallest tower from things on our desk. It got very competitive and you had to be very careful!- Erin 6S

# CAMHS Parent Virtual Drop-in Sessions

You can talk to us about lots of things regarding your child including:

**Worries/ Anger / Emotions/ Sleep/ Bullying/ Coping skills**

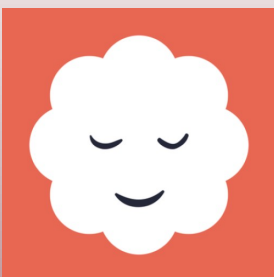
The next parent drop-ins will be on: Wednesday 8th March 2023

Please speak with .....Ms Wilson – Inclusion Lead  
if you would like to book a 15 minute slot.

## Useful APPs



This APP is specifically for meditation but can also be used as a calming down strategy using the BREATH, THINK, DO method



This APP - STOP BREATHE THINK has fun activities and meditations and is designed to help children with focus, quiet, peaceful sleep. Children are also taught mindful breathing and the importance of checking in with themselves.



# Mindful March 2023

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



6

If you find yourself rushing, make an effort to slow down



7

Take three calm breaths at regular intervals during your day

1

Set an intention to live with awareness and kindness

2

Notice three things you find beautiful in the outside world

3

Start today by appreciating your body and that you're alive

4

Notice how you speak to yourself and choose to use kind words

5

Bring to mind people you care about and send love to them

8

Eat mindfully. Appreciate the taste, texture and smell of your food

9

Take a full breath in and out before you reply to others

10

Get outside and notice how the weather feels on your face

11

Stay fully present while drinking your cup of tea or coffee

12

Listen deeply to someone and really hear what they are saying

13

Pause to watch the sky or clouds for a few minutes today

14

Find ways to enjoy any chores or tasks that you do

15

Stop. Breathe. Notice. Repeat regularly

16

Get really absorbed with an interesting or creative activity

17

Look around and spot three things you find unusual or pleasant

18

Have a 'no plans' day and notice how that feels

19

Cultivate a feeling of loving-kindness towards others today

20

Focus on what makes you and others happy today [dayofhappiness.net](http://dayofhappiness.net)

21

Listen to a piece of music without doing anything else

22

Notice something that is going well, even if today feels difficult

23

Tune into your feelings, without judging or trying to change them

24

Appreciate your hands and all the things they enable you to do

25

Focus your attention on the good things you take for granted

26

Choose to spend less time looking at screens today

27

Appreciate nature around you, wherever you are

28

Notice when you're tired and take a break as soon as possible

29

Choose a different route today and see what you notice

30

Mentally scan your body and notice what it is feeling

31

Discover the joy in the simple things of life



Happier · Kinder · Together



ACTION FOR HAPPINESS