



@ St. Joseph's

Dear Parents,

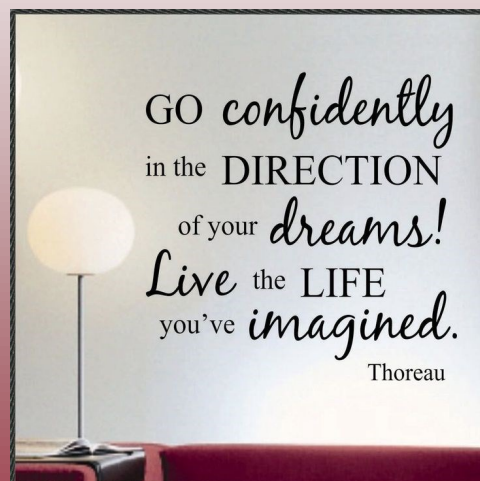
Welcome to our final Wellbeing Newsletter for the 2022-23. The summer term is always such a busy one - full of wonderful end-of-year experiences for our children. It is always so joyous and a privilege to be part of.

We bid farewell to Mrs Henry, Ms St-Jorre, Mr Symes and Miss Uddin and thank them for the enrichment that they have brought to the children in their care. Thank you for always putting children at the centre. They will be greatly missed by us all and we wish them continued success in their onward journey.

We also say goodbye to our current year 6 children and wish them a smooth transition to Secondary. Your Leavers Assembly brought so much laughter and joy to us all. Don't be strangers, come back and see us soon!

Wishing you all a very happy, safe and restful summer holidays. We look forward to welcoming you back in September.

Ms. Wilson and the Wellbeing Team



NED's Mindset Mission

NED's Mindset Mission is a positive behaviour roadshow. They came in on Wednesday 12th July. A world-class performer took our students on an interactive educational journey filled with storytelling, illusions, yo-yo tricks and humour. NED's message and memorable friends inspire students, promote academic achievement, and support a positive mindset and our school goals.

St Joseph's had a special assembly with Chad. Chad and NED are from California. They travel all around, places like New Zealand, England, France and Germany. Everyone enjoyed it so much and especially we loved the Yo-Yo's. When Chad did his cool tricks everyone was amazed. There was an £8, £10, £13 yo-yo that we could buy. There is also a sheet that has six tricks to practise. I hope everyone is practising their six tricks.

From Joshua G

3DT

In our previous Newsletter, we explored how anxiety can make our body feel and in this edition we are looking at how anxiety affects the mind.

CALMING THE MIND



So far, we have learnt about what happens in our bodies when we are anxious. This week we are going to learn about what anxiety does to your mind and how we can become relaxed.

What does an anxious mind look like?

When we are feeling anxious, sometimes we have worrying thoughts racing through our minds making it hard for us to focus on anything. This can affect our lives by making it hard for us to complete schoolwork, talk to friends, and even just relax and watch a film! Racing thoughts at night can also make it harder to sleep. These thoughts can be about anything and they can be almost impossible to stop depending on how anxious you are. When we learn how to stop thoughts racing through our mind, we are one step closer to being in control of our anxiety.

How can I stop these racing thoughts?

When our minds are racing with thoughts and we can't focus on anything else, a quick way to calm our minds is to distract ourselves. When we distract ourselves we stop thinking about our worrying thoughts and focus on something else. We also start focusing on now and not wondering 'what if'?

Below are some activities that you can use when you find your mind racing and you can't control your thoughts.

The 54321 Exercise

Look around you and notice 5 things you can see, 4 things you can hear, 3 things you can feel, 2 things you can smell, and 1 thing you can taste. For example, if you are holding an apple you might notice it's colour, whether it has a stalk, what sound it makes when you tap it or bite into it. You might notice whether it is smooth or has bumps, what it smells like and how it tastes- is it sweet, bitter, watery? How do you feel now?

You can make this exercise even more relaxing by imagining a calm place and think of what you would see, hear and feel if you were there.

A CALM FOREST



A CALM FIELD



Mrs Lammas and Mrs Roberts work with many of our children who might be feeling anxious. Some of our younger children find it difficult to verbalise how they are feeling. In their role, they give lots of hints and tips to the children on how to cope with these big feelings and how to stop them becoming overwhelming. We have some lovely books on anxiety which is a good way-in to start understanding themselves better. Children are also encouraged to make a plan as to what could help and they are given calming techniques when they are feeling overwhelmed.

We are so grateful for the work that Mrs Lammas and Mrs Roberts are able to carry out with our children and the positive impact that it makes.

Elm Park

Every Monday
10 – 12pm

St Kilda

Every Tuesday 1-3pm
(Except 15 August –
join us at Harold
Hill Community
Centre instead)

Collier Row

Every Wednesday
10 – 12pm

St Kilda

Wednesdays
1.30 – 3pm

Lodge Farm Park

Carlton Road Entrance

Thursdays

10.15 – 11am

Rainham Village

Mondays

10.30 – 11.30am

Elm Park

Thursdays

1.30 – 2.30pm

St Kilda

Fridays

1.30 – 2.30pm

Collier Row

Mondays

1.30 – 2.30pm

Ingrebourne

Fridays

10.30

– 11.30am

24 July – 1 September 2023

Havering Childrens Centres

free summer activities

No booking required

For further information

please email

childrenscentres

@havering.gov.uk

Mardyke Community
Centre

9.45 – 11.30am

Week 1 – 27 July

Week 2 – 3 August

Week 3 – 10 August

Week 4 – 24 August

Week 5 – 31 August

Harold Hill

Community Centre

Tuesday 15 August

1 – 3pm

Referral only, you will
be contacted by a
member of staff for
days and times

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Available activities over the holidays



Parent Support Group

For parents/carers of young people (11-25 years)
struggling with their mental health

“ A welcoming and safe space to share
your story and connect with others ”

 mind
Havering, Barking
and Dagenham

Havering Mind offer a six-week programme for parents/carers of young people (11-25) struggling with their Mental health. Like-minded parents/carers are listened to and reassured whilst receiving tips and techniques to support their children.

It is an interactive online group that lasts for two hour-long sessions on mental health signposting, effective two-way communication,, dealing with anxiety, increasing resilience, parenting styles, and self-care. The sessions aim to create a safe and non-judgemental space for parents to offload and gain support through information and empowerment

Contact: 01708 457040

Email: Parents@haveringmind.org.uk

Altruistic August 2023

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



7 Give time to help a project or cause you care about

1 Set an intention to be kind to others (and yourself) this month

8 Make some tasty food for someone who will appreciate it

2 Send an uplifting message to someone you can't be with

9 Thank someone you're grateful to and tell them why

3 Be kind and supportive to everyone you interact with

10 Check in with someone who may be lonely or feeling anxious

4 Ask someone how they feel and really listen to their reply

11 Share an encouraging news story to inspire others

5 Spend time wishing for other people to be happy and well

12 Contact a friend to let them know you're thinking of them

6 Smile and be friendly to the people you see today

13 No plans day! Be kind to yourself so you can be kind to others too

14 Take an action to be kind to nature and care for our planet

15 If someone annoys you, be kind. Imagine how they may be feeling

16 Make a thoughtful gift as a surprise for someone

17 Be kind online. Share positive and supportive comments

18 Today do something to make life easier for someone else

19 Be thankful for your food and the people who made it possible

20 Look for the good in everyone you meet today

21 Donate unused items, clothes or food to help a local charity

22 Give people the gift of your full attention

23 Share an article, book or podcast you found helpful

24 Forgive someone who hurt you in the past

25 Give your time, energy or attention to help someone in need

26 Find a way to 'pay it forward' or support a good cause

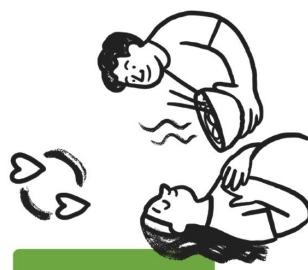
27 Notice when someone is down and try to brighten their day

28 Have a friendly chat with someone you don't know very well

29 Do something kind to help in your local community

30 Give away something to help those who don't have as much as you

31 Share Action for Happiness with other people today



ACTION FOR HAPPINESS

Happier • Kinder • Together

ACTION FOR HAPPINESS