

# WELL-BEING



## Ayscoughfee Hall School Wellbeing Newsletter Summer Term 2023



Welcome to our third Wellbeing newsletter, and the last one for this academic year. Throughout the year we have promoted, highlighted and shared many activities and events related to mental health and wellbeing. This term has been no exception. Take a look at the whole host of different activities that have been happening in school.

### National Sleep Day

Back in March we participated in National Sleep Day to highlight the positive effect getting enough, good quality sleep, can have on our mental wellbeing. Completing the sleep diaries really made children think how they could improve their sleep pattern. We were happy for Max whose diary was chosen as the winner of the prize draw.



### Year 5/6 Anti Bullying Awareness Course

In March the Year 5 and Year 6 children took part in a Bullying Awareness Champion Training workshop, run by Kidscape. The course helped the children to recognise different types of bullying and promote kindness, well-being and positive mental health.



### Wellbeing Wednesday



Our amazing School Council organised a range of activities for Wellbeing Wednesday back in March. They welcomed everyone into school at the gate, they delivered platters of homemade cookies to each class, they organised candles for all the tables, they played relaxing music in the hall at lunch time and then asked all the classes to drop their books and boogie throughout the day.

### Parents' Tool Kit

BBC Bitesize: <https://www.bbc.co.uk/bitesize/articles/z3x6m39>

Young minds: [https://www.youngminds.org.uk/professional/schools?gclid=EAlaIqobChMIInoT9xszf-gIVCortCh1eIAlmEAAYASAAEgJAlfD\\_BwE](https://www.youngminds.org.uk/professional/schools?gclid=EAlaIqobChMIInoT9xszf-gIVCortCh1eIAlmEAAYASAAEgJAlfD_BwE)

Barnardo's: [https://www.barnardos.org.uk/blog/what-anxiety?gclid=EAlaIqobChMlyd-f78zf-gIVIoBQBh2ftgkIEAAYASAAEgI9PD\\_BwE](https://www.barnardos.org.uk/blog/what-anxiety?gclid=EAlaIqobChMlyd-f78zf-gIVIoBQBh2ftgkIEAAYASAAEgI9PD_BwE)

## STEM / Wellbeing Week / Walk to School Wednesday

What a busy week this was at the end of June! There was so much going on with regards to STEM and Wellbeing activities. We had many visitors in school to talk all things STEM and then, once again, our school council and Kindness Ambassadors organised a range of activities to promote wellbeing and positive mental health. We had the usual morning welcoming committee on the gate, we had inspirational positive quotes and messages, flowers and sweets delivered to each class, we promoted walking to school with a sticker for those who had parked and walked a little further into school and had a fun walking Wednesday with our parents. Thursday was our fruity day where we shared our fruit snacks to make healthy kebabs and we rounded off the week with 'Funky Friday' where the children and staff came to school in their PJs and casual lounge wear clothes. The children thoroughly enjoyed the week and a quote from one of the children really sums up the purpose of these activities, focussing on our mental health and wellbeing, "This week made me smile and feel good, there were so many fun and happy times in school."



## A guest section from a local provider associated with wellbeing:

And then the sun shone... Summer term presents so many new opportunities for children and more time to play which is so important for their mental health.

Hey, I'm Nicole Woodcock from Hummingbird Hypnotherapy and here are a few wellbeing tips to help boost positive brain activity and health.

When you see your child after school ask them "What's been good?" It can really help to take away some of the offloading we can receive from our children after school and get them to highlight the good bits. This helps the brain to boost its levels of serotonin which helps the brain to feel happier. Consistency is key so everyday at the same time is great. Another great tip is to look at where you can find those three positives from?

1. Positive Actions
2. Positive Interactions
3. Positive thoughts

All a great place to start. Aiming to get one of these in each day will really boost brain chemistry and wire it for a good day.

If your child is struggling and needs some extra support you can download a FREE audio and book a FREE initial consultation at

[www.hummingbirdhypnotherapy.co.uk](http://www.hummingbirdhypnotherapy.co.uk)

