



Charles Darwin Community Primary School

Wellbeing Newsletter

Autumn 1 2023



Welcome to the first wellbeing newsletter for this academic year!

We hope that you all had a wonderful summer break and enjoyed some quality time as families. Wellbeing and positive mental health continue to be a priority for us at Charles Darwin and looking after each other is important on a daily basis. Please look after yourselves and each other in the year ahead and stay kind.

Theme of the Half Term

Autumn 1 -

Get HEARTSMART



Key Dates:

National Fitness Day - 20th September

World Gratitude Day- 21st September

Black History Month- October

Hello Yellow Day - 10th October
(World Mental Health Day)

World Smile Day- 6th October



Helpful Links:

<https://parentingsmart.place2be.org.uk/>

<https://www.youngminds.org.uk/parent/a-z-guide/>

<https://www.internetmatters.org/resources/well-being-apps-guide-for-kids/>

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

https://www.bbc.co.uk/bitesize/articles/z63htrd?utm_source=google&utm_medium=cpc&utm_campaign=wellbeing

<https://www.mind.org.uk/information-support/a-z-mental-health/>

<https://www.youngminds.org.uk/parent/>

The Mental Health, Positivity and Wellbeing tab on the school's website also has many resources.

Action for Happiness

Calendar: Self-Care

September

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	Plan a fun or relaxing activity and make time for it.	Organise a group activity that you all enjoy.	Focus on the basics: eat well, exercise and get to bed on time.	Give yourself permission to say 'no'.	Be willing to share how you feel and ask for help when needed.	Notice the things you do well at, rather than what you're not perfect at.	Let go of self-criticism and speak to yourself kindly.
2	Make time to do something you really enjoy.	Get active outdoors and give your mind and body a good workout.	Be as kind to yourself as you would be to a friend who is having a hard time.	If you're feeling stressed, take a break.	Find a hobby or activity that you can do every day.	Leave positive messages for yourself to see regularly.	The phone, your mind, your body: take time to care for each one.
3	Ask a friend or family member to call you when they are in your area.	Notice what you are feeling and how it affects your thoughts.	Enjoy activities that you love with happy memories.	Don't compare how you feel to how others might be feeling.	Take your time. Make space to just breathe and be still.	Let go of other people's opinions of you.	Accept yourself and remember that you are worthy of love.
4	Avoid saying 'I should' and allow time for everything.	Find a new way to use one of your strengths or talents.	Find up time to do something that gives you energy.	Choose to do one of your responsibilities on days to help you learn.	Write down three things you appreciate about yourself.	Remember yourself: you are enough, just as you are.	

<https://www.charlesdarwin.cheshire.sch.uk/page/mental-health-positivity-well-being/126423>