



Rye Community Primary School



Mental Health and Wellbeing **Newsletter Issue 1** **Autumn Term 1 2022**

Welcome everyone to our termly Newsletter. We are so very happy to have this opportunity to talk about Mental Health and Wellbeing with you all. Mental Health affects everyone young and old and each term we will aim to provide you with some tips, strategies and useful resources.

Welcome Back!

Here we are already part way through the first term of the new academic year. It is amazing how quickly time passes, and this makes it all the more important to try and appreciate each day as much as we can. It is so easy to become stuck in the daily treadmill and routine, life is just so busy! Why not set yourself a challenge? 10 minutes a day just for you. It could just be enjoying a coffee or a nice sunset or maybe trying out a new hobby.

Here are some wellbeing calendars that you might like to use.

[Autumn Activity Calendar](#)

[No Stress November](#)

World Mental Health Day

This is on Monday 10th October. This year's theme is making mental health and well-being for all a global priority. We continue to prioritise that mental health is treated equally to physical health and emphasise that just because something isn't immediately noticeable doesn't mean it isn't there. We will be talking to the children about mental health through our whole school worship time and in class; asking them to think about what is special about them and what they would like to do more of to look after themselves.



Useful links and resources

[World Mental Health Day 2022 \(who.int\)](#)

[World Mental Health Day 2022 - Mental Health UK \(mentalhealth-uk.org\)](#)

[World Mental Health Day | Mental Health Foundation](#) [World Mental Health Day | Mental Health Foundation](#)

[World Mental Health Day – colouring sheet](#)

[Emotions Board Game](#)

Try it out!

Mindful Safari

Instruct your child/ren to remain quiet, calm their thoughts and move slowly while on safari. Ask child/ren to turn their sense of sight, touch and sound onto high. Search for beautiful natural objects to explore. – What does it look like? – What colour is it? – What does it smell like? – Can I touch it? – What does it feel like? Search for mini-beasts and other creatures that move. When they find a creature, encourage child/ren to watch the creature in silence for as long as they would like to. – What does it look like? – How does it move? – What colours can you see on its body?



Senses Countdown

A great activity that can be used to help calm a busy mind and bring our awareness to the present moment. Think of: 5 things you can see 4 things you can touch 3 things you can hear 2 things you can smell 1 thing you can taste.

We are here for you!

If you would like advice for a specific issue e.g. bereavement or anxiety, please feel free to email me:

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or leave a message for me with the office and I will get back to you.

