

# Charles Darwin Community Primary School



## Wellbeing Newsletter

Spring 1

Happy New Year to all our CD families! Each new year offers an exciting opportunity for a fresh start and new beginnings. No matter what your goals are for the coming year or how many resolutions you plan on making for 2023, ringing in the start of a new year is a moment to acknowledge. One, to celebrate all of your experiences and achievements from 2022 and two, to welcome the new year ahead. We wish you all a happy and healthy year ahead—mind, body and soul.

### Key Dates:

World Laughter Day – January 10<sup>th</sup>

Time To Talk Day – February 2<sup>nd</sup>

Safer Internet Day – February 7<sup>th</sup>

Eating Disorder Awareness Week – w.b. 24.2.23

Valentine's Day- February 14<sup>th</sup>

Shrove Tuesday/ Pancake Day – February 21<sup>st</sup>

Ash Wednesday – February 22<sup>nd</sup>



### Themes:

Week 1: Resolutions

Week 2: Achieving

Week 3: Feelings

Week 4: Helping

Week 5: Unique

Week 6: Understanding



### Support:

The Mental Health, Positivity and Wellbeing tab on the school's website has many resources, including a monthly Action for Happiness Calendar.

[https://www.bbc.co.uk/bitesize/articles/z63htrd?utm\\_source=google&utm\\_medium=cpc&utm\\_campaign=wellbeing](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/>

### January blues:

January can often be a difficult month for many people—Christmas is over, the weather is cold with winter stretching ahead of us still and the nights are longer. There are some ways that we can help ourselves beat those 'January Blues'.



### Action for Happiness

### Calendar Happier

### January:

