

Charles Darwin Community Primary School



Wellbeing Newsletter

Spring 2

Key Dates:

International Women's Day – 3rd March

British Science Week – w.b.13.3.23

Neurodiversity Celebration Week- w.b.13.3.23

International Day of Happiness – 20th March



Action for Happiness

Calendar Mindful

March:



Themes:

Week 1: Communication

Week 2: Honesty

Week 3: Creativity

Week 4: Worries

Week 5: I Believe



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.mind.org.uk/information-support/a-z-mental-health/>

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

MORE SLEEP NEEDED?

We all need to sleep well to help our bodies recover from the day. Top Tips for better sleep:

- Establish a regular, relaxing bedtime routine that lets you unwind and sends a signal to your brain that it's time to sleep.
- Create a restful environment: bedrooms that are dark, cool and quiet are generally easier to fall asleep and stay asleep in.
- Try to go to sleep and wake up at the same time each day.
- Exercise regularly but avoid vigorous exercise near bedtime if it affects your sleep.
- Avoid caffeine and alcohol before bed. They can stop you falling asleep and prevent deep sleep.
- Avoid using screens in the evening, including on smartphones and tablets. The light from the screen can have a negative effect on sleep, and can stimulate your brain and make you feel anxious.
- Write down your worries if you lie awake worrying about tomorrow. This can help put your mind at rest.
- If you can't sleep, don't worry about it. Get up and do something relaxing like listening to music or reading until you feel sleepy.