



Charles Darwin Community Primary School

Wellbeing Newsletter

Autumn 2 2023



Welcome back! Hope everyone had a lovely half term break and are ready to return! With the lead up to Christmas looming, we hope everyone still has time to relax, look after themselves and others during this busy period.

Theme of the Half Term

Autumn 1 -

Don't Forget To Let Love In



Key Dates:

Stress Awareness Day- 01/11/23

World Kindness Day (Odd Socks Day)- 13/11/23

Anti-Bullying Week- 13th to 17th November 2023

Children in Need- 17/11/23

Human Rights Day- 10/12/23



Helpful Links:

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

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

<https://www.internetmatters.org/resources/wellbeing-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.

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

Action for

Happiness

Calendar:



Songs of the Week

Week 1: Love Train by The O'Jays

Week 2: What's Love Got To Do With It by Tina Turner

Week 3: Me! By Taylor Swift

Week 4: Try A Little Kindness by Glen Campbell

Week 5: Firework by Katy Perry

Week 6: I Will Always Love You by Whitney Houston

Week 7: All I Want For Christmas Is You by Mariah Carey