

Charles Darwin Community Primary School



Wellbeing Newsletter

Autumn 2

With the Autumn Term well and truly underway, it has been a peaceful and positive start to the academic year for all of our pupils, and our whole school community. Whilst still keeping in touch with their much-loved former classes, teaching staff have been delighted with their new year groups and how well our children have settled into their routines. Starting a new year group and for some, a new school, can be a daunting and anxious time. We recognise this and work together to make sure that we provide a consistent, safe and happy environment for all.

Stress Awareness Day - 2nd November

World Kindness Day - 13th November

Anti-Bullying Week - WB 14.11.22

Odd socks day - 14th November

Key Dates:

Children in Need - 18th November

International Day of People with Disabilities -
3rd December

Human Rights Day - 10th December



Themes:

Week 1: Be Safe

Week 2: Be Ready

Week 3: Be Respectful

Week 4: Friendship

Week 5: Loneliness

Week 6: Sharing

Week 7: Peace



Support:

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

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

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

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



Winter Relaxation Tips:

Take a walk

Mediation/ mindful exercise

Ignore the dust bunnies

Have a hot drink/ drink

Shop online

Cut back on gift giving

Keep up healthy habits

Positive reflections - think of 3 good things



Wellbeing Book of the Term:

An Emotional Menagerie: Feelings from A to Z
by The School of Life

