



Mobberley C of E Primary School Wellbeing Newsletter

Welcome to the first wellbeing newsletter of this new academic year. We hope that you all had a wonderful summer break and enjoyed some quality time as families. Wellbeing and positive mental health continue to be a priority for all at Mobberley C of E Primary Academy. We hope that these newsletters continue to offer support and guidance to both you and your children.

Sleeptember

September is here and it marks the start of the Sleep charity's annual awareness campaign "Sleeptember". It is important to remind ourselves of the benefits of sleeping well. Sleep is vitally important for good physical, mental and emotional health as well as crucial for memory, learning and growth. Here are a few tips on how to get a good night's sleep:



- Change the way you wind down at bedtime. Experiment with new ways to relax like warm baths with calming scents, quiet soothing music, reading, gentle stretching or yoga.
- Avoid using technology before bed as it stimulates the brain making it harder for you to switch off.
- Establish a regular sleep pattern if you can. Going to bed and waking up at roughly the same time—even on a weekend. Our bodies and minds will feel much better for it.
- Keep your bedroom for rest and sleep. It should be neither too hot, not too cold—an ideal bedroom temperature is 17°C. Keep it as quiet and as dark as possible. Make sure your room is gadget free and your bed is comfortable.
- Avoid caffeine after lunchtime.
- Certain foods are known to calm the brain and help promote sleep. Avoid eating a big meal and spicy food just before bedtime as it can lead to discomfort and indigestion, but a small snack may be helpful for some. The best bedtime snack is one that contains complex carbohydrates and protein and perhaps some calcium, which is why dairy products are top sleep-inducing foods.

Key Dates this Term

World Mental Health Day: 10th October 2024

Hello Yellow Non-Uniform Day 10th October—all children are invited to come into school wearing something yellow to raise awareness of mental health and wellbeing. We are suggesting a £1 donation for participating in order to raise money for YoungMinds charity and the important work they do.



OCD Awareness Week: 7th-11th October 2024



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World Mental Health Day 2024: Prioritising mental health in the workplace

Work can have a huge impact on our mental health. It can be good for our mental health, giving us a sense of purpose, boosting our self-worth and providing opportunities to connect with us. But it can also be a source of stress and anxiety and contribute to developing or worsening mental health problems.

Many people spend a lot of their time working, whether that is in the community, in an office, in a workshop, at home, or many other workplaces. That is why it is so important that our workplace supports our mental health, helping us get the mental health benefits of work while reducing the negative impact.

What is a mentally healthy workplace?

There are many things that contribute to a mentally healthy workplace, from providing staff training on mental health, to tackling discrimination and bullying. Importantly, a mentally healthy workplace supports open conversations about mental health. While talking about mental health in the workplace has become more common, many people still face stigma when it comes to severe mental health problems. For tips on supporting someone with their mental health at work, visit: <https://www.mentalhealth.org.uk/explore-mental-health/publications/how-support-mental-health-work>

Or follow the QR code:



Action for Happiness

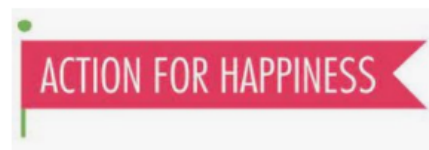
The themes for this half term are:

Self-Care September

Optimistic October

Visit their website to download the calendars and to take part in the daily activities:

www.actionforhappiness.org/calendar



Self-Care September 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Find time for self-care. It's not selfish, it's essential	2 Notice the things you do well, however small	3 Let go of self-criticism and speak to yourself kindly	4 Plan a fun or relaxing activity and make time for it	5 Forgive yourself when things go wrong. Everyone makes mistakes	6 Focus on the basics: eat well, exercise and go to bed on time	7 Give yourself permission to say 'no'
8 Be willing to share how you feel and ask for help when needed	9 Aim to be good enough, rather than perfect	10 When you find things hard, remember it's ok not to be ok	11 Make time to do something you really enjoy	12 Get active outside and give your mind and body a natural boost	13 Be as kind to yourself as you would to a loved one	14 If you're busy, allow yourself to pause and take a break
15 Find a caring, calming phrase to use when you feel low	16 Leave positive messages for yourself to see regularly	17 No plans day. Make time to slow down and be kind to yourself	18 Ask a trusted friend to tell you what strengths they see in you	19 Notice what you are feeling, without any judgement	20 Enjoy photos from a time with happy memories	21 Don't compare how you feel inside to how others appear outside
22 Take your time. Make space to just breathe and be still	23 Let go of other people's expectations of you	24 Accept yourself and remember that you are worthy of love	25 Avoid saying 'I should' and make time to do nothing	26 Find a new way to use one of your strengths or talents	27 Free up time by cancelling any unnecessary plans	28 Choose to see your mistakes as steps to help you learn
29 Write down three things you appreciate about yourself	30 Remind yourself that you are enough, just as you are					



ACTION FOR HAPPINESS

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