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|  | WELL-BEING NEWSLETTER |  **June 2020**  **PUPIL Issue 4** | |  |
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|  |  | Welcome to the April issue of our ‘Work Hard; Be Kind; Well-being’ newsletter! There’ll be an issue of this newsletter at the end of each month until the end of this academic year (July).  This is your ‘one-stop-shop’ for information and resources to support your time out of school. 01. What is ‘mental health and well-being’? It’s a term we hear a lot but what does it mean?  Dictionary definitions tell us that it’s about comfort, health and happiness. Essentially, it’s about our emotional as well as our physical health: keeping our minds and our bodies healthy!    Here’s a short video which ‘talks mental health’… <https://www.youtube.com/watch?v=nCrjevx3-Js> 0.2 Support Click here for a range of support - <https://www.childline.org.uk/>  If you can’t sleep – <https://www.childline.org.uk/get-involved/articles/5-tips-to-help-you-get-to-sleep/?in_type=articlecontent>  If you feel anxious - <https://www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic/>    <https://www.mind.org.uk/information-support/for-children-and-young-people/>  <https://www.childline.org.uk/get-support/contacting-childline/>   0.3 Information <https://www.bbc.co.uk/newsround>  <https://www.bbc.co.uk/iplayer/episode/m000kl33/newsround-30062020>  <https://www.bbc.co.uk/programmes/b01s2dct>  <https://www.bbc.co.uk/newsround/51318780> 04. Activities  * Try writing a diary and including how you feel and why. Then try and have a few moments thinking about what you could do to help you feel happier or calmer and jot them down in a list like this:      * Read more picture books. * Practise breathing in and out (without any interruptions if possible). * Try to calm down before I say something I might regret – count to 10 or breathe deeply if I feel like I’m getting angry. * Try to think positively for 5 minutes every day for example, I have a loving family, I have a garden to play in, I have friends that are kind to me etc.      * Listen to Firbeck’s signed song on the school website:     **Contact us**  The main contact email to use for your school for general enquiries is **[admin@firbeck.org.uk]** |  |
| 1. Talking mental health and well-being… what is it? 2. Support 3. Information 4. Activities |