



@ St. Joseph's

Dear Parents,

Welcome to the second edition of our Wellbeing Newsletter.

It's been a joy welcoming all the children back to school and seeing full and happy classes with lots of laughter on both playgrounds.

The emphasis in the first week back was definitely the children's wellbeing. All classes have been heavily focused on our PSHE curriculum with plenty of class discussion time.

Wishing you all a Happy and safe Easter holidays.

Ms Wilson

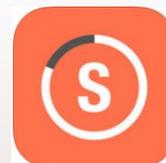
Useful APPS



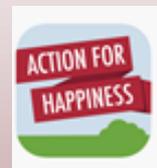
Meditation and mindfulness. This APP now has a children's section .



OWN IT is a new APP from the BBC, aimed at upper KS2 children's Mental



STREAKS is a habit tracking APP that is a to-do list that helps you form good habits. (adults)



Tips for happier living

Comments from some our children since returning

Year 2—"I'm happy to be back at school because I can see my friends and teachers. I am enjoying maths and English too."

Year 6— I like being in school so I can see my friends. You can have fun in the playground."

"I can do my work quicker in school."

"I can understand the lessons more."

"We are able to catch up on anything that we might have missed with home learning."

"If you need help, you can just ask your teacher straight away."

"The school is better-equipped with resources than at home."

"It is better for our eyes to be at school. When we are at home, we are on screens a lot more."

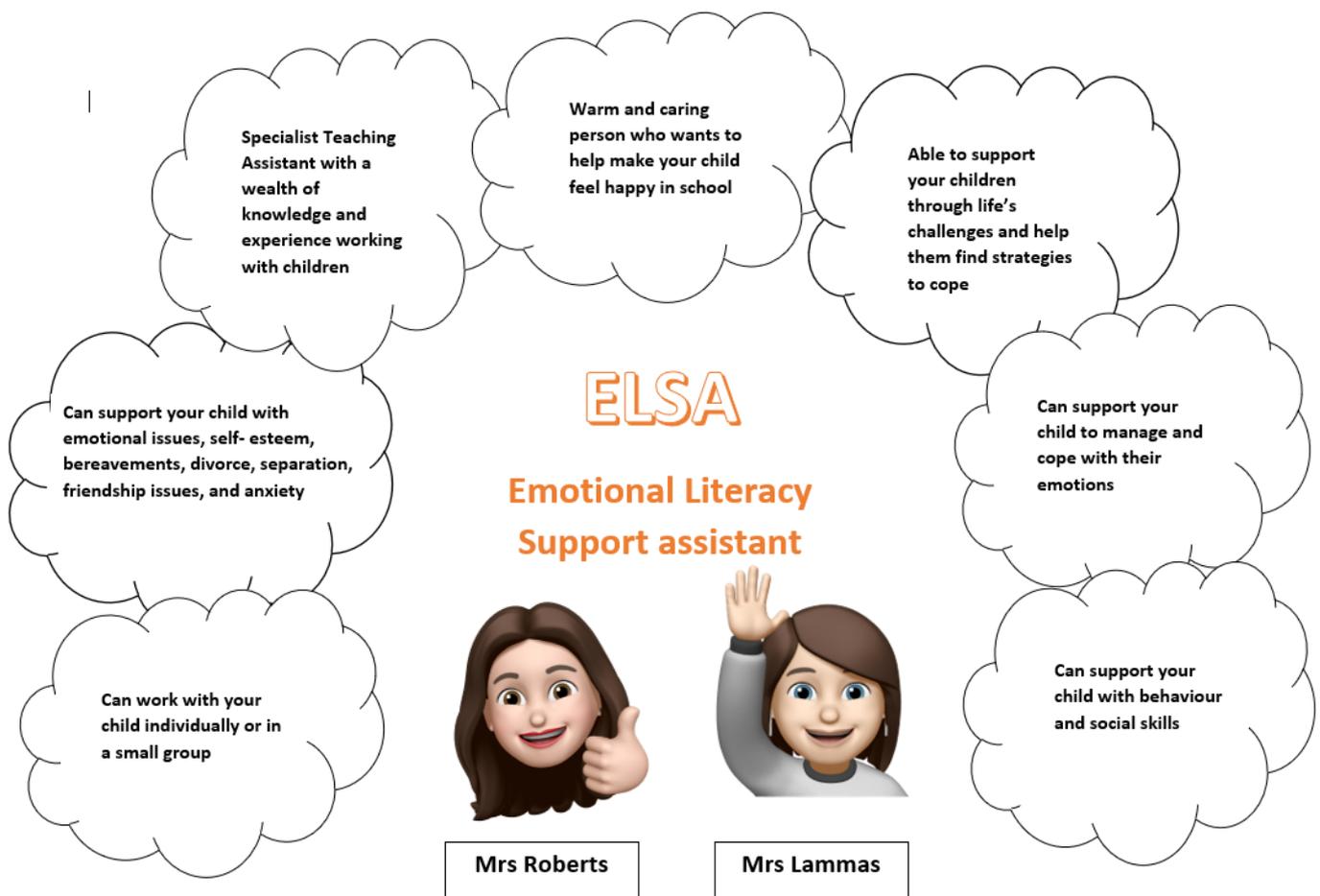
At St Joseph's we employ Specialist Teaching Assistants with a wealth of knowledge and experience working with children.

Mrs Lammas and Mrs Roberts have received specific training from Educational Psychologists which equips them with the tools needed to support young children in school.

Area where a child may need support include:

- Loss and bereavement
- Self esteem
- Social skills
- Emotions
- Friendship issues
- Relationships
- Anger management
- Behaviour
- Anxiety
- Bullying
- Conflict
- Relaxation techniques

The ELSA programme has been running in the UK since 2004 and there has been consistent feedback from schools that the introduction of ELSAs has made a significant positive impact on the emotional wellbeing of the children and their ability to manage better at school, socially, emotionally and academically.



A lovely idea for a practical activity that can help children learn to emotionally self-regulate when feeling stressed.

Thank you

Mrs Partridge

What is a Self-Soothe Box?

It is a box that can include anything that is used to distract and soothe in times of stress. It originates from DBT (Dialectical Behaviour Therapy) and addresses the need to manage and tolerate distress. Children are not born with self-control, so they are going to need to keep learning and developing the skill to emotionally regulate. A self-soothe box contains things that ground you, make you feel more relaxed and reduce symptoms of panic, anxiety, emotional distress, or low mood.

How would I create a Self-Soothe Box?

Find a shoe box and decorate it with your child. You can then talk about what helps them to feel calm. It's good to think of objects that include the five senses:

Touch - soft materials, cuddly toy, stress ball, play-doh, feathers

Smell - Something of yours like an old t-shirt, lotion (be careful with younger children)

Sight - photos, pictures/postcards of calm, funny pictures, mindfulness colouring, bubbles, a book

Sound - a favourite story, audio of your voices, a meditation, music, animal/nature sounds

Taste - a favourite snack



Useful videos

<https://www.youtube.com/watch?v=8hj6sHn5Sj4>

<https://www.youtube.com/watch?v=lCp0zOn8Xvl>

<https://www.youtube.com/watch?v=OyfgodSSdV4>

ACTION FOR HAPPINESS

Active April This month we're encouraging you to get active, get outdoors and take care of your body! Let's reap the benefits of getting our bodies moving and breathing more deeply as a result of exercising, laughing and even singing! We don't all need to run marathons - there are simple things we can all do to take care of our bodies - for example unplugging from technology, getting outside and - importantly - making sure we

Active April 2021

MONDAY



5 Eat healthy and natural food today and drink lots of water

TUESDAY



6 Turn a regular activity into a playful game today

WEDNESDAY



7 Do a body-scan meditation and really notice how your body feels

THURSDAY



1 Commit to being more active this month, starting today

FRIDAY

2

Listen to your body and be grateful for what it can do

SATURDAY

3

Spend as much time as possible outdoors today

SUNDAY

4

Have a day free from TV or screens and get moving instead



11 Be active outside. Dig up weeds or plant some seeds

18 Make time to run, swim, dance, cycle or stretch today

10 Turn your household chores into a fun form of exercise

17 Go exploring around your local area and notice new things

9 Give your body a boost by laughing or making someone laugh

16 Get active by singing today (even if you think you can't sing!)

8 Get natural light early in the day. Dim the lights in the evening

15 Relax your body & mind with yoga, tai chi or meditation

7 Do a body-scan meditation and really notice how your body feels

14 Make sleep a priority and go to bed in good time

6 Turn a regular activity into a playful game today

13 Move as much as possible, even if you're stuck inside

5 Eat healthy and natural food today and drink lots of water

12 Set yourself an exercise goal or sign up to an activity challenge

25 Get active in nature. Feed the birds or go wildlife-spotting

24 Go out and do an errand for a loved one or neighbour

23 Enjoy moving to your favourite music. Really go for it

22 Regularly pause to stretch and breathe during the day

21 Focus on 'eating a rainbow' of multi-coloured vegetables today

20 Spend less time sitting today. Get up and move more often

19 Have a 'no screens' night and take time to recharge yourself

26 Try a new online exercise, activity or dance class

27 Take an extra break in your day and walk outside for 15 minutes

28 Find a fun exercise to do while waiting for the kettle to boil

29 Meet a friend outside for a walk and a chat

30 Become an activist for a cause you really believe in

26 Try a new online exercise, activity or dance class

27 Take an extra break in your day and walk outside for 15 minutes



ACTION FOR HAPPINESS

Happier · Kinder · Together

