



Well Being Newsletter



Welcome to the first Wellbeing Newsletter for this academic year! We hope that you all had a lovely and relaxing summer break and that batteries are fully re-charged for the year ahead. The return to school is always exciting but, understandably, comes with certain levels of anxiety. Please do talk to us about any worries or concerns that you or your child may be experiencing. You can talk to your child's Class Teacher or a member of the admin team who will help to point you in the right direction. We will always listen and try and help in any way we can. Please look after yourselves and each other in the year ahead and stay kind.

Loneliness

Did you know? In a 2019 survey, 16% of people in the UK said they didn't have anyone they felt they could rely on if they had a serious problem. The issue of loneliness is huge in our society. But what can we do to combat loneliness, especially when some people say they feel lonely even when they are with other people? What can you try?

Share feelings We often feel lonely when we don't share feelings with people. Make it a priority to share your feelings with someone every day as this will encourage them to do the same. This connection will ward off feelings of loneliness.

Work out the 'why?' Loneliness is not the same as being alone, so if you feel lonely, ask yourself whether it's due to lack of contact or lack of close contact. If it's the latter, consider who you could open up to and make an effort to make a closer connection.

Connect with nature If you are spending a lot of time alone, prioritise going for a walk in nature. It sounds counter-intuitive, but sometimes experiencing the sights and sounds of the natural world - even by ourselves - can make us feel part of something greater and therefore less lonely.

Fun Family Activity

Pumpkin picking starts from the 1st October in preparation for Halloween at Eastfield Farm.

*Open daily 10am-5pm

*Last pick 30 mins before closing

*We also sell our own pod peas and other local produce

* No booking required

* Tearooms and farm shop open



Helpful App

Three Good Things: A Happiness Journal This app is simple and easy-to-use, helping children focus on the positive and recognising what went well today. (Ages 6 and up.) Every child gets to list three things daily that went well, which begins to train their mind to look for things to appreciate and begin a gratitude practice.



CAMHS (Child and Adolescent Mental Health Service) - CAMHS are offering telephone support on a Tuesday and a Thursday between 10am-3pm

Doncaster Mind - Providing a range of services which include one to one emotional support, telephone counselling and online personal development courses including Positive Wellbeing, Stress and Anxiety Course.

Virtual Family Hub- Virtual Support and activities service for families around Doncaster.

Woodlands Speaks – Offering wellbeing therapies on a one to one basis in various locations across the borough, call 07714 210747.



Physical activity is a fantastic way to look after both your physical and mental health. It is recommended that children exercise for at least 60 minutes per day. This can be done at school or at home. Could you get the whole family involved? Go for a walk together or go and play sport at the park. Could you create an obstacle course and race to see who is the quickest?

Physical activity for children and young people (5–18 Years)



BUILDS
CONFIDENCE &
SOCIAL SKILLS



DEVELOPS
CO-ORDINATION



IMPROVES
CONCENTRATION
& LEARNING



STRENGTHENS
MUSCLES
& BONES



IMPROVES
HEALTH
& FITNESS



MAINTAINS
HEALTHY
WEIGHT



IMPROVES
SLEEP



MAKES
YOU FEEL
GOOD

Be physically active

Spread activity
throughout
the day

All activities
should make you
breathe faster
& feel warmer



Include muscle
and bone
strengthening
activities
**3 TIMES
PER
WEEK**



Sit less



Move more

Find ways to help all children and young people accumulate
at least 60 minutes of physical activity everyday

UK Chief Medical Officers' Guidelines 2011 Start Active, Stay Active: www.bit.ly/startactive