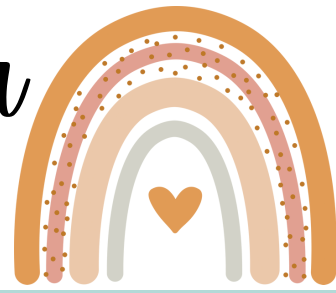




wellbeing newsletter



February 2025

Who are we?

Hi! We're Taya, Kaci and Harlow and we're the wellbeing ambassadors of Moorland Primary School. Wellbeing is important to us because we never want anyone to feel rubbish and like they have no-one to turn to.



Our Hopes for Moorland's pupils are:

- To feel safe enough to express their emotions
- To know who their five trusted adults are
- To never feel alone
- To acknowledge and accept their emotions (even the ones that seem more negative)
- To understand that everyone feels a bit blue sometimes.
- To never bottle it up – talking to someone always helps (even if you write down your worries or draw a picture for someone to express your feelings)
- Talk to one of your five trusted adults or: Childline, Young Minds and even us - your wellbeing ambassadors!

What is this newsletter about?

We are going to be producing a mental health newsletter every half term, with a specific theme each time.

In this edition, we will be introducing wellbeing and therefore discussing: how to cope when you're having a bad day; who you can talk to; which coping mechanisms you can use and how parents can help.

What is mental health and wellbeing?

Mental health can be understood as our emotional, psychological and social wellbeing. Mental health is something we all have, just like physical health. It is the potential of our minds to:

- grow and develop
- overcome difficulties and challenges
- make the most of our abilities and opportunities

Our mental health can feel good and healthy one day, and not so good the next, for lots of different reasons. We can all experience good mental health and poor mental health, or something in between.



Ways to Feel Good

There are lots of ways we can help ourselves feel good, even if we are not having a good day.



Use your hands

Do a jigsaw, a craft project or play with some construction blocks



Be artistic

Paint something, draw a picture or come up with your own story



Be active

Play football, ride your bike, go swimming or play an active game



Tidy up

Cleaning your room or tidying your toys can help clear your mind



Chat to someone

Get together with someone and chat or do something fun



Get outside

Whatever the weather, go for a walk or play in the garden

How can parents help?

Start by speaking to your child, stay calm, be understanding, don't be offended if they let it out on you.

If they bottle up their feelings, they might explode and shout at you – this doesn't mean they hate you, you're just their safe person.

Communicate with teachers so you can work together when your child is struggling.

Have open and honest conversations.

Promote positive wellbeing and talking about ALL feelings.

YOU'RE
NOT
Alone



What to expect from us:

We will cover some important topics over the school year, including: loneliness, bullying, online safety, self-esteem, feeling down, how to make sensory toys and other things you can do to help yourself at school and at home.

We are always around if you need someone to talk to. We wear blue lanyards on the playground, so we're easy to find.

We look forward to sharing the next newsletter with you!

Taya

Kaci

Harlow

Miss Tompkins