



Abbey Gates Wellbeing Newsletter

Welcome to this half term's wellbeing newsletter.



World Mental Health Day - 10th October 2021

World Mental Health Day takes place on the 10th of October every year and the theme for this year was 'Mental Health in an Unequal World'.

Young Minds have also published a variety of resources which can be used with children to celebrate World Mental Health Day. Click on the links to find out more - perhaps a great project for the whole family over the half term break!

- [Create a self-soothe box](#)
- [Design a mental health superhero](#)
- [How do you look after yourself bunting](#)



Take Five at School - Stand Strong and Breathe

We are really excited to announce that this year we will be taking part in the Take Five at School programme. Take Five is a whole-school resilience building programme developed by the company 'Each Amazing Breath' where children take just 5 minutes out of the day to breathe.

Children who have previously taken part in the Take Five programme describe themselves as being more resilient and having a strategy for when things overwhelm them. It has been proven to have an impact on children's ability to concentrate, a reduction of stress in the body and children feeling positive about themselves.

Find out more by watching [this video](#), developed by a group of pupils at Misterton Primary School. We look forward to sharing more with you soon!



Action for Happiness - Monthly Calendars



Action for Happiness produce some excellent calendars each month. These can be downloaded and used with your children (and the adults in your family too)

This month is Optimistic October and you can download the calendar at: <https://www.actionforhappiness.org/october>

We have also attached the calendar along with this newsletter!

Back to School - Online Safety Tips For Children

Wow, it's nearly half term already! A half term break can often mean a rise in children spending time online whilst they are at home.

National Online SaFety have created free downloadable guides to support parents and carers to understand a variety of online safety issues.

All guides are available to download for free here: [E-safety Guides for Schools & National Online SaFety](#) A special 'back to school' guide for children is available to download here (a copy has also been attached to this newsletter): [Free Online SaFety Guide - Back to School](#)

Whether children are going online to research things, play games or connect with friends - these top tips will help you talk to your child and make sure they do so safely.



Lizzie's Workshops For Parents and Carers

After the success of Lizzie's drop in sessions last term, we will be continuing with these after the half term break. Lizzie can offer a wealth of support in areas such as:

- Anxiety
- Managing Anger
- Sleep and Routine
- E-SaFety
- Bereavement
- ...and much more!

We would like to know what you need support with this term. Please let us know by completing the form at: <https://forms.office.com/r/BE7MB46ivv> by the end of half term (Fri 16th Oct).

Once we have collated your thoughts, we will send dates of the workshops out to you. We hope to hold some of these sessions in person but this will of course be dependent on any COVID restrictions that may be in place.



Healthy Family Team - Advice Line for Parents and Carers

Would you like a little extra advice? Don't forget - an Advice Line is open to any parent or carer in Nottinghamshire. Advice can be offered for children (aged 0-19) around areas such as behaviour management and support, sleeping, emotional support, breastfeeding and infant feeding.

The Advice Line will operate **Monday to Friday, from 9am to 4.30pm**, and can be accessed by calling **0300 123 3387** (Option 4). The texting service (text 07520 619919) is also available to confidentially ask for help.



All of our wellbeing newsletters can be found on the school website at <https://abbeygatesprimaryschool.co.uk/about/childrens-wellbeing-and-mental-health/> Keep safe and well - let's remember to look after ourselves and each other.

Miss Sam Taylor
Assistant Head Teacher