Wellbeing and Mental Health
Pupil Newsletter

Spring Term 2023

Millfields
Community School

Quick Look:

- **Mental Health Week**

- **Together Poem**

- **Why it's important to connect with others**

- **Creative Evening**

LET'S CONNECT

This year Children's Mental Health week is all about togetherness and connecting with others. We have combined Creative week with Mental health week and planned lots of ways to celebrate our community and working together. This week we looked at the Poem 'Together' by Matt Goodfellow.

Did you know that making and developing connections and friendships and being part of a community is one of the best things you can do to support good Mental health?

Think about which community groups you are part of. Your family group, your friendship group, your class and year group and then the whole school community group. It's great that you are so well connected!

together we join to celebrate
together we clap and cheer
together we watch improvements
and, face the things we fear

together we grow and develop
together we all belong
together we make mistakes
and learn about right and wrong

together we praise the gentle
the kind, the strong, the brave
together we share achievement
in a thousand different ways

together we'll finish the journey
wherever it started from
together we are tomorrow
together we are one

by Matt Goodfellow

Think about the things you enjoy doing together and write your own poem in Creative & mental Health Week. Look out for people who are on their own—invite them to play or chat.

CREATIVE EVENING

Wednesday 22nd February 2023

4-7pm

Bring your parents to see your work from creative/mental health week displayed for one night only. Tickets will be available nearer the time

Why is it important that we connect with others?

What happens if we don't have close relationships with others?

The Importance of Human Connection

Human connection is a deep bond that's formed between people when they feel seen and valued. When we connect with other humans, people exchange positive energy with one another and build trust. Human beings are social animals, and need to connect. Apart from food, water, and safety, love and belonging are the most important needs we have. We all need to be part of a group. When we have all our needs met, our overall well-being improves, and we live a more fulfilled life. Having strong friendships helps people overcome challenges more easily and maintain a state of mental well-being. Human connections help us to feel more healthy and improves physical well-being and people lead longer lives.

What is loneliness, and what does it feel like?

Loneliness doesn't necessarily mean being alone. Loneliness happens when people do not have close connections. In other words, it's when we really want human relationships but don't have them. Loneliness can be found anywhere. Someone can even have lots of social interactions but still feel lonely because they are not meaningful connections with those around them. Some people have close relationships with friends and family but not with other people outside of their family. Everyone can experience loneliness differently and at different times for different reasons. Feeling lonely is the kind of feeling you get when you are feeling left out, unheard, or like you don't belong. If loneliness goes on for a long time, it can also have serious effect on your emotional well-being and physical health.

How to cope with Loneliness and make better connections.

Dealing with loneliness isn't easy. For one thing, it grows if you don't try to change things. Loneliness can feel bigger and bogger and people can often decide it has become too big to tackle. It can feel embarrassing to admit, even to yourself, that you are lonely. It can feel hard, almost impossible to break out of the state of loneliness, but it's something that can be overcome.

So what can you do to help yourself to feel better connected?

Talk to someone about how you feel - often people around you won't know how you feel. Talking to professionals can help to think through and overcome feelings of loneliness. To change your negative mindset, you have to **take your own action** and decide you want to feel differently. Try to reconnect with friends and family, or build new relationships. Call on an old friend, join a club, ask for a play date. Make your well-being a priority and try new activities to build fulfilling human connections. **Volunteering and giving back to others** is a meaningful way to connect with others, make friends, and feel part of the community again. Giving back to those in need is fantastic for improving your own well-being. The key to overcoming loneliness and living a more fulfilling, happier life is to challenge yourself and look for opportunities to build connections with different people around you.