

Wellbeing and Mental Health

Pupil Newsletter

Summer Term 2023



Quick Look:

- Creating a new summer routine
- Action for Happiness calendar
- Transition

Summer holiday wellbeing tips



In term time, the school day is very structured. Structure helps us to know exactly what the day will bring and we get used to the security and rhythm of daily life. Lots of people find that routines make it easier for them to take care of themselves. Every day, we do things like brushing our teeth, eating, relaxing, and connecting with others. When these things are part of an established routine, it often seems like they take less effort and energy. Without a routine, being motivated and taking care of yourself can quickly feel hard work and overwhelming!

The summer holidays, which are very different to the normal routine, are fast approaching. Let's think about how can you boost your summer holiday wellbeing with a new summer holiday routine? The summer holidays will inevitably be more relaxed and usually have a slower start to the day. Those of you in Y5 and Y6 may have more independence and be able to make decisions on how to spend your days but those of you that are younger will have to fit in with what your parents are planning. What is important is that you plan things to do and get fresh air each day. Start by asking yourself about the fundamental things you need to do every day. They probably include things like eating meals, brushing your teeth and showering, and maybe getting out of the house or moving your body. And don't forget about how important it is to get sleep. We feel real satisfaction when we 'achieve success' in different things like we do at school. The good news is that over the summer holidays, you can set your own goals. What interests you? Goals don't have to be complex – it could be as simple as exploring your local area with a friend, learning a new recipe, or tidying your room so you have a calm space to work next academic year. You could even make a 'summer bucket list' that you'd like to aim to complete before September.

If you're stuck for inspiration, check out the [five ways to wellbeing](#). Can you come up with a summer holiday wellbeing goal related to each?

Transition


Next Wednesday is transition day. This is when you will meet your new teacher and spend time thinking about your next year at school. You will find out about your new class names and do some activities aimed at letting your new teacher learn all about you.

For some children, this is really exciting and they can't wait to be a year older and wiser and experience getting to know a new teacher. For others, however, this can feel a little bit scary or overwhelming,

Remember that you have been in this position a few times before—you most probably felt the same last year! It can take a while to feel confident to chat to a new adult and to feel like you can approach them. Sometimes older children might tell you things about some of the teachers like 'Oh he is really strict!' Every child has a different experience and relationship with the different adults in the school and you should never presume that your experience will be the same as someone else's.

When you meet your new teacher, be open and positive. Get to know them and ensure you talk to them about how you feel. Remember also that it takes a while to get used to big changes.

Jump Back Up July 2023

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Take a small step to help overcome a problem or worry	2 Adopt a growth mindset. Change "I can't" into "I can't...yet"	3 Be willing to ask for help when you need it	4 Find something to look forward to today	5 Get the basics right: eat well, exercise and go to bed on time	6 Pause, breathe and feel your feet firmly on the ground	7 Shift your mood by doing something you really enjoy
8 Avoid saying "must" or "should" to yourself today	9 Put a problem in perspective by seeing the bigger picture	10 Reach out to someone you trust and share your feelings with them	11 Look for something positive in a difficult situation	12 Write your worries down and save them for a specific 'worry time'	13 Challenge negative thoughts. Find an alternative interpretation	14 Get outside and move to help clear your head
15 Set yourself an achievable goal and take the first step	16 Find fun ways to distract yourself from unhelpful thoughts	17 Use one of your strengths to overcome a challenge today	18 Let go of the small stuff and focus on the things that matter	19 If you can't change it, change the way you think about it	20 When things go wrong, pause and be kind to yourself	21 Identify what helped you get through a tough time in your life
22 Find 3 things you feel hopeful about and write them down	23 Remember that all feelings and situations pass in time	24 Choose to see something good about what has gone wrong	25 Notice when you are feeling judgmental and be kind instead	26 Catch yourself over-reacting and take a deep breath	27 Write down 3 things you're grateful for (even if today was hard)	28 Think about what you can learn from a recent problem
29 Be a realistic optimist. Focus on what could go right	30 Reach out to a friend, family member or colleague for support	31 Remember we all struggle at times - it's part of being human				

ACTION FOR HAPPINESS

Happier · Kinder · Together

childline

ONLINE, ON THE PHONE, ANYTIME

Remember you are never alone and can talk to Childline whenever you need to