



Newsletter - Gig Mill Mental Health Focus Week Monday 9th March - Friday 13th March



5 Ways to Wellbeing

TAKE NOTICE - This terms focus

Stop and really take in your surroundings. Reflect on the positives, what you can be grateful for. Really savour every mouthful of your lunch, noticing the texture, flavour, how the food feels, tastes. Think about your strengths and how you make the most of them. Think about who inspires you and why.

Reading for Pleasure Homework

On Friday 6th March the children will start our mental health focus week by taking home homework related to reading for pleasure and linked to take notice of the wonderful variety of books there are to read.

The dates for our annual Book Fair have changed, this year Book Fair will be on Thursday 26th March and Friday 27th March; more information will be sent home shortly.

THANK YOU

Thank you to all the adults and children who completed the well-being survey, it has provided us with valuable suggestions and positive feedback to help our school to continue to improve its work in supporting the emotional well-being and mental health of our school community. Over the next 12-15 months we will work towards achieving the Wellbeing Award for Schools.

Well-Being Warriors

Well done to our well-being warriors for having a positive start in their role to support the well-being of their peers. Our well-being warriors are Freddie, Ahmyron, Praise, Lucy, Ryan, Erin, Wilf, Olivia, Penelope, Florence, Olivia, Theo, Georgie, Jaiden, Annabelle, William, Megan and Madeleine.

Family Coffee Morning At School

Friday 27th March 8.40 a.m. to 10.00 a.m.

You are all welcome to come and share a drink and have a chat. Young Carers Charity will be attending this meeting to answer questions and offer support to families. The School Nurse, Inclusion Leader and Pastoral Leader will be available to discuss any issues or concerns you may have regarding your child's mental health, general health or education.

Please come and share any ideas to develop our children's mental wellbeing.

Sport Relief Mile Friday 13th March



The children are looking forward to the Sport Relief Mile which will encompass the 'Give' and 'Take Notice' focus for Spring term as part of our 5 ways to well-being. We look forward to seeing you at this event.



ACTION CALENDAR: MINDFUL MARCH 2020



SUNDAY

1 Set an intention to live with awareness and kindness

8 No plans day. Slow down and let spontaneity take over

15 Stop to just watch the sky or clouds for ten minutes today

22 Have a device-free day and enjoy the space it offers

29 Appreciate your hands and all the things they enable you to do

MONDAY

2 Get outside and notice five things that are beautiful

9 When someone is speaking, take a full breath before you reply

16 Do something creative that absorbs your attention

23 Take an unusual route and notice what looks different

30 Mentally scan down your body and notice what it is feeling

TUESDAY

3 Cultivate a feeling of loving-kindness towards others today

10 Stay fully present while drinking your cup of tea or coffee

17 Look around and spot 3 things you find unusual or pleasant

24 Notice when you're tired and take a break as soon as possible

31 Go nature spotting today. Even in a city, life is all around

WEDNESDAY

4 Start today by appreciating that you're alive and have a body

11 Notice how you speak to yourself. Try to use kind words

18 If you find yourself rushing, make an effort to slow down

25 Make a list of amazing things that you take for granted

THURSDAY

5 Every hour simply take three calm breaths in and out

12 Feel the cool of a breeze or warmth of the sun on your face

19 Listen deeply to someone and really hear what they are saying

26 Tune in to your feelings, without judging or trying to change

FRIDAY

6 Eat mindfully. Appreciate the taste, texture & smell of your food

13 Stop, breathe and just notice. Repeat regularly during the day

20 Happy International Day of Happiness! dayofhappiness.net

27 Stop work earlier and use the time to be still and relax

SATURDAY

7 Listen to a piece of music without doing anything else

14 Enjoy doing any chores or tasks more mindfully today

21 Notice the joy to be found in the simple things of life

28 Bring to mind all the people you love and care about



"Mindfulness means being awake. It means knowing what you are doing" - Jon Kabat-Zinn



ACTION FOR HAPPINESS

www.actionforhappiness.org

Find out more about the Ten Keys to Happier Living, including books, guides, posters and more here: www.actionforhappiness.org/10-keys