



## Mental Wealth, Young Minds Summer Mental Health focus at Gig Mill



## 5 Ways to Wellbeing

Above are five things that, according to research, can really help to boost our mental wellbeing. During the summer term, the children will be focusing on 'Be Active' and 'Keep Learning'

### Be Active

By being active, it is good for your wellbeing as it reduces stress and anxiety. While you are concentrating on doing a sport e.g. playing football, you are not thinking about other things, such as the piece of homework that needs doing or the exam that's coming up.

**Ideas for being active:**

Do some stretches in the morning, walk to school, join a sports club, deep breathing exercises, or go for jog around the park.

### Keep Learning

Learning offers real satisfaction and keeping your mind active is beneficial for your wellbeing. Learning new skills can give you a sense of achievement and a new confidence.

**Ideas for Keep Learning:**

Learn a new word, read a new book, try cooking a new recipe, learn some words in a new language, talk to somebody different or ask questions.

## Happy Homework Hour Friday 10<sup>th</sup> May and Friday 28<sup>th</sup> June

There will be no formal homework on these weekends, no Maths, English or Spellings! We would like you to do something to support your child's wellbeing, linked to the focuses of 'Be Active' and 'Keep learning'. We look forward to the children sharing what they enjoyed doing for their happy homework hour.

### Feedback from some children about last term's focus- 'Give' and 'Take Notice'



**E-safety- for advice and information for parents:**

<https://www.thinkuknow.co.uk/parents/>

<http://www.childnet.com/parents-and-carers>

<http://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/online-safety/>

<http://parentinfo.org/page/for-schools>