

Mental Wealth, Young Minds 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 Autumn term, the children will be focusing on 'Connect', children from Year 1 to Year 6 have launched this focus this week and children in Foundation Stage will start next half term.

Connect

When it comes to our wellbeing, other people matter



- Evidence shows that good relationships – with family, friends and our wider communities are important for our mental wellbeing.
- Mental wellbeing means feeling good about ourselves and the world around us.
- Building stronger, wider social connections can help us feel happier and more secure, and give us a greater sense of purpose.

Happy Homework Hour

Friday 19th October

There will be no formal homework this weekend, no maths, english or spellings! We would like the children and families to do something to support your child's wellbeing. Below are a few ideas but we are sure you will think of lots more fun activities to do! We look forward to the children sharing what they enjoyed doing for their happy homework hour.



Go for a 'wellie walk' and splash in puddles

Play a board game with your friends or family

Bake cookies for your family to share

Build paper airplanes and have a flying contest.

Connect with your family by watching a movie together