

Harewood Primary School



Wellbeing Newsletter - May 2022

Welcome to another Wellbeing Newsletter from Harewood! As we enter the Summer term, longer days, lighter nights and warmer weather all help to improve our feelings of health and wellbeing. It's a great time to connect with friends and family, get active and spend time outdoors in the fresh air and in nature.

All of these things can have a positive effect on how we feel (and, even better, they're completely free).

FIVE WAYS TO WELLBEING



**TALK & LISTEN,
BE THERE,
FEEL CONNECTED**



**Your time,
your words,
your presence**



**REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY**



**EMBRACE NEW
EXPERIENCES,
SEE OPPORTUNITIES,
SURPRISE YOURSELF**



**DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR MOOD**

At Harewood, we are committed to helping our children and families in building and maintaining good mental health and a strong sense of wellbeing. So how have we been promoting mental health and wellbeing at Harewood Primary? Here are just some of the ways we have incorporated 'Five Ways to Wellbeing' in school recently.

Connect	Give	Take Notice	Keep Learning	Be Active
Developing friendships	Incredibly generous food donations made to Thornaby Foodbank and the Salvation Army for Kindness Day in February.	Looking closely at artist's work during our Spring term Arts week	Participating in lessons and learning activities	Taking part in the 'Daily Mile'
Learning about healthy (and unhealthy) relationships in PSRHE	A fabulous book fair ran by the school 'Climate Cops' which raised funds for Sea Life Trust in April.	Observing the growth and development of baby chicks in Reception and a range of animals who visited our Year 2 children!	Having fun and being creative in Arts Week	Taking part in Stockton's first 'Beat the Street' initiative
Connecting with classmates through sharing, working together, group work and playtimes		Investigating our world through outdoor play in our Early Years settings	Exploring the theme of 'Growth' during British Science Week in April.	Representing Harewood in Sports events in Stockton
				Enjoying playtimes Activities ran by our Year 6 Sports Leaders

Importance of Sleep

Good sleep is fundamental to good mental health. A good night's sleep is about getting to sleep, staying asleep and getting enough good quality, deep sleep.

Studies show that the pattern and quality of our sleep is not only closely linked with our mental health and wellbeing, but also with our immune system, our alertness/cognitive functioning, our mood, our physical wellbeing, blood pressure and general health.

Having enough good-quality sleep is key for children and young people. Sleep helps to regenerate their brains and bodies, process information and memories, boost immunity, guard against obesity and stress, and help concentration, learning and behaviour.

Primary school-aged children generally need around 10 to 11 hours of sleep a night, while teenagers need around 8 to 10.

Sleep problems in childhood and adolescence are common and can take many forms, including nightmares or sleep terrors, sleepwalking and broken sleep patterns. These problems can often be temporary if good habits are consistently encouraged, but children and young people can also get 'stuck' in unhelpful habits.

Basic guidance for good sleep hygiene:

- Having a regular time to go to sleep and wake up.
- Having a predictable and consistent nighttime routine.
- Making sure children and young people are in natural daylight for at least half an hour - particularly in the morning.
- Making sure children and young people get enough exercise during the day.
- Older children should avoid napping in the day.
- Avoiding caffeine, particularly in the afternoon.
- Turning off computer screens or other devices at least an hour before bedtime. Blue light from TVs, tablets and mobiles excite the brain and interfere with the sleep hormone levels, preventing the brain from feeling sleepy.
- Having low lighting and a quiet space in bedrooms.
- Avoiding checking devices, particularly in the middle of the night.
- Supporting children and young people to develop positive coping strategies for regulating their emotions and managing their stress levels.





Brain Break Breathing

Bubble Breaths

Breathe in deeply and form a bubble in your mouth. Your cheeks should be puffed out. Blow your bubble out of your mouth and push it away from you by blowing out hard and strong. Do this slowly and picture your bubble floating away. Keep breathing in and out deeply. Close your eyes and think about where else your bubble could go. Can you blow it far away? Can you blow it to a friend? Imagine your bubble is returning to you. Open your mouth and catch it for next time. Repeat.



Brain Break Breathing

Sun Breaths

Sit on the floor in a comfortable position. Close your eyes and take some slow deep breaths in and out. Picture a bright, shining sun smiling at you. Feel the sun on your face. Breathe slowly and let the sun warm your face. Imagine the sun warming your shoulders and back. Imagine the sun warming your arms. Continue to breathe in and out slowly and calmly. Imagine the sun's warmth spreading to your legs. Finally, feel the warmth all the way in your fingers and toes. Slowly stretch your arms overhead and your legs and feet out in front of you. Take a deep breath in and bend over towards your feet. Slowly exhale and sit back up. Take one more deep breath in and out and slowly open your eyes.



Communicate any concerns with school

If you have any worries or concerns about your child's wellbeing or mental health, then please let school know. There will be things that we can do to help and support you.

We would love to know if this newsletter is useful to you or if there are other support ideas you might need. Please let us know by email: jane.burns@harewoodprimary.org.uk

