



Middlestown Primary Academy

Wellbeing Newsletter—Autumn 1



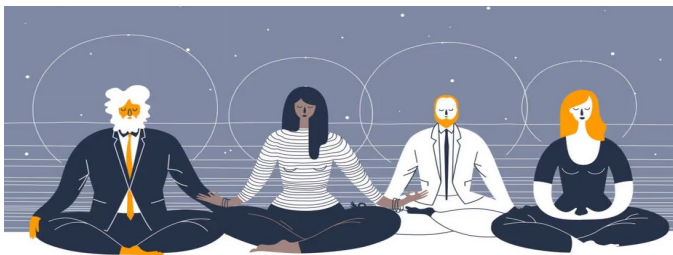
Welcome to the first wellbeing newsletter of this new academic year. We hope that you all had a wonderful summer break and enjoyed some quality time as families. Wellbeing and positive mental health continue to be a priority for all at Middlestown Primary Academy. We hope that these newsletters continue to offer support and guidance to both you and your children.

Mindfulness

Mindfulness is the basic human ability to be fully present, aware of where we are and what we are doing and not overly reactive or overwhelmed by what is going on around us.

While mindfulness is something we all naturally process, it is more readily available to us when we practise it on a daily basis.

Whenever you bring awareness to what you're directly experiencing via your senses, or to your state of mind via your thoughts and emotions, you're being mindful. There is growing research showing that when you train your brain to be mindful, you're actually remodelling the physical structure of your brain.



Get Active for Mental Wellbeing

What you do with your body can have a powerful effect on your mental wellbeing. Mental wellbeing means feeling good—both about yourself and the world around you. Find physical activities you enjoy and think about how to fit them into your daily life.

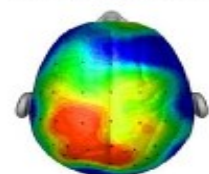
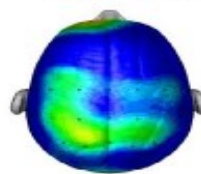
What counts as moderate physical activity?

- Walking
- Gardening
- Hiking
- Dancing
- Cycling
- Swimming

Physical Activity Turns on the Brain

Brain after sitting quietly

Brain after 20 minute walk



Key dates this half term:

World Suicide Prevention Day: 10th September 2022

World Mental Health Day: 10th October 2022

Hello Yellow Non-Uniform Day 10th October—all children are invited to come into school wearing something yellow to raise awareness of mental health and wellbeing. We are suggesting a £1 donation for participating in order to raise money for YoungMinds charity and the important work they do.

OCD Awareness Week: 10th-16th October 2022





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Being Joyful!

Every day may not be a good day, but there is something good in every day!



Life has its ups and downs, but focusing on positive emotions such as gratitude, inspiration and pride on a regular basis can help us to become more resilient to adversity.

You can live a happier, healthier life by implementing powerful habits into your daily routine.

Let these tips help you find joy everyday:

1. Create something to look forward to
2. Connect to reconnect
3. Do something kind for others
4. Ask for help
5. Be a good friend to yourself
6. Move your body for your mind
7. Manage your social media diet

Action for Happiness

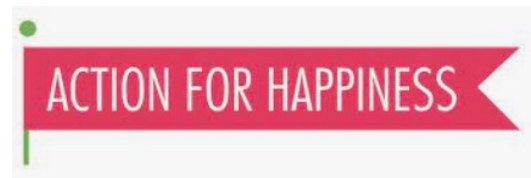
The themes for this half term are:

Self-Care September

Optimistic October

Visit their website to download the calendars and to take part in the daily activities:

www.actionforhappiness.org/calendar



Places to go for support and advice:



The Men's Health Forum is a British registered charity whose mission is to improve the health of men and boys in England, Wales and Scotland.

<https://www.menshealthforum.org.uk/>



Samaritans works to make sure there is always someone there for anyone who needs someone. Whatever you're going through, a Samaritan will face it with you. 24 hours a day, 365 days a year.

<https://www.samaritans.org/>