



# Middlestown Primary Academy

## Wellbeing Newsletter—Autumn 2



Welcome to our wellbeing newsletter. Below are ideas with helpful web links to support the mental health and wellbeing of you and your child.

### Being Present

Being present is another way of saying 'to be in the moment'. The NHS website says, 'Paying more attention to the present moment can improve your mental wellbeing. This includes your thoughts and feeling, your body and the world around you.' Being present can help give us a sense of calm and can also help us to become more aware of the world around us, but also more aware of our feelings and thoughts at a given moment.

There is lots of information in the world about 'being present' and it is also referred to as 'Mindfulness'. It is good to focus on being present on a regular basis.



### Healthy Eating

#### **Brilliant breakfasts**

Breakfast is a very important meal. You've probably heard that before, but want to know why?

After going 10-12 hours overnight without food, your energy reserves are low. Your body and brain need fuel! Breakfast keeps you going until lunchtime and helps you stop feeling hungry mid-morning.

Here are some healthy breakfast ideas to kick-start your day:

- Pick porridge, muesli, wheat or bran cereals with semi-skimmed milk.
- Launch your day with a lean grilled bacon sandwich.
- Make fab fruit smoothies with plain low-fat yoghurt or semi-skimmed milk.



For further information about how to improve your diet, visit: <https://www.nhs.uk/live-well/eat-well/how-to-eat-a-balanced-diet/eight-tips-for-healthy-eating/>

### Key dates this half term:

**Stress Awareness Day: 1st November 2023**

**World Kindness Day: 13th November 2023**

**Anti-bullying Week: 13th-17th November 2023**





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### Gratitude

We all know that gratitude is important. We encourage children to say thank you to others frequently, showing others that we appreciate them makes them feel happy and loved, but did you know that expressing gratitude also has benefits for the person expressing it? There have been numerous studies into the practice of gratitude over the years. They show that there are lots of benefits to mental and physical health. They include things like:

- Higher levels of happiness and optimism
- Improved sleep
- Less stress and improved ability to cope with stress

Here are some easy ways to practise gratitude:

1. Daily gratitude reflection—share one thing you are grateful for at the dinner table each night.
2. Help others—find a cause you feel passionate about and are interested in. Whatever it is, giving to others will help you appreciate your own life and how fortunate you are.
3. Random acts of kindness—these random acts leads to more positive feelings and a greater connection with others, which helps us feel more grateful.

### Action for Happiness

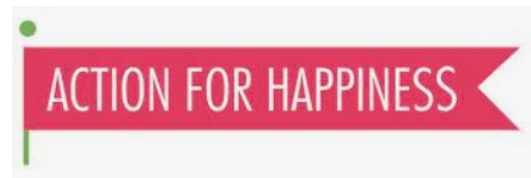
The themes for this half term are:

**New Ways November**

**Do Good December**

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

[www.actionforhappiness.org/calendar](http://www.actionforhappiness.org/calendar)



### Places to go for support and advice:



Turning Point

Feeling anxious, low or stressed?

If you are 16 years or older and you are registered with a GP surgery in the Wakefield District, you can access NICE recommended therapies at Turning Point Talking Therapies by contacting them directly:

<https://talking.turning-point.co.uk>

01924 234860

[Wakefield.talking@turning-point.co.uk](mailto:Wakefield.talking@turning-point.co.uk)