



Middlestown Primary Academy Wellbeing Newsletter—Spring 1



Happy New Year to you all from everyone at Middlestown Primary Academy. A new year will hopefully bring some exciting and positive experiences for us all. A new year means a chance to remember last year's achievements and look forward to the promise of a new year and a new beginning. Whether it is making a commitment to change an unwanted habit or setting a personal goal, now is the time to put things in motion!

Set a theme for yourself this year

2023 has been and gone! Here are a few tips and tricks from the Mental Health Foundation on ways to be a little kinder to yourself in the year ahead.

New year self improvement can be a positive thing with benefits to your mental and physical health. Rather than striving for an entirely new you in 2024, instead, accept 'you' last year, today and tomorrow.

5 habits to improve the relationship with you in 2024:

1. Invest in yourself by spending 15-30 minutes each day doing something you enjoy.
2. Write down positive things about yourself when your inner critic finds faults.
3. Act as if you were your own best friend and be kind and supportive when you stumble or feel you have failed.
4. Do something to wind down and relax at the end of the day.
5. Take a few minutes each day to appreciate small wins you have achieved.



Time to Talk Day - 1st February 2024

Time to Talk day happens on the first Thursday every February. In 2024, it will be on Thursday 1st February. It is a great day for communities, workplaces, schools or anyone to get together and have a chat about mental health.

Key dates this half term:

Time to Talk Day: 1st February 2024

Children's Mental Health Week: 5th-11th February 2024

Safer Internet Day: 6th February 2024





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Resilience

Resilience is the ability to bounce back from stress, adversity, failure, challenges or even trauma. It is a skill that we develop as we grow. It can be learnt and there are things we can do to become more resilient.

Resilience makes a big difference in people’s lives. People who respond to hardships with resilience are:

- Healthier and live longer
- Happier in their relationships
- More successful in school and work

What builds resilience?

- Relationships with positive role models
- Opportunities to learn skills

BUILDING RESILIENCE



Action for Happiness

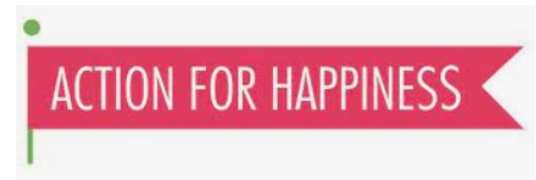
The themes for this half term are:

Happier January

Friendly February

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:



<https://saferinternet.org.uk>

Here, you can find online safety tips, advice and resources to help children and young people stay safe online.



<https://healthwatchwakefield.co.uk>

Healthwatch Wakefield is a local health and social care champion for the Wakefield District. They make sure NHS and Social Care leaders hear your voice and use your feedback to improve care.