

Wellbeing Newsletter

October 2024



Welcome to our first Wellbeing newsletter! With the Autumn Term well and truly underway, it has been a peaceful and positive start to the academic year for everyone. We will be sharing a monthly newsletter with advice for supporting mental health both at school and at home.



Use the QR code to access the Hampshire Back to Basics advice leaflet focusing on 5 ways of wellbeing: **Connect**, **Be Active**, **Keep Learning**, **Give** and **Take Notice**.

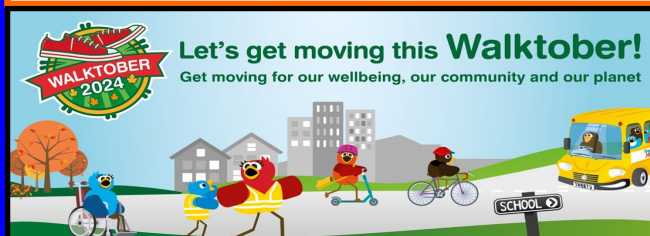


We will be celebrating World Mental Health Day on **10th October**. Your child can wear something yellow to school, along with their uniform, and donate **£1** to **Young Minds**.

#HelloYellow

**Den Building day
Bentley Woods
Saturday 9th November
10:30 - 12:30**

Join us for a morning of den building and natural art creation enjoying fun and team work and in the great outdoors!



For more information, please see our school website:
<https://www.lockerleyprimary.co.uk/family-support-team/>

Free online courses for parents to support with understanding children's mental health:



- Learn to better read and understand behaviour
- Help them to communicate how they feel
- Gain psychologist-informed ideas to support your child

GO TO [INOURPLACE.CO.UK](https://www.inourplace.co.uk) AND ENTER THE CODE FAMILY FOR FREE ACCESS TO THE ONLINE COURSES



**Black History Month
Walk to School Month**

**4th - World Smile Day
10th - World Mental Health Day**

Optimistic October 2024

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



7 Look for the good in people around you today

8 Make some progress on a project or task you have been avoiding

9 Share an important goal with someone you trust

10 Take time to reflect on what you have accomplished recently

11 Avoid blaming yourself or others. Find a helpful way forward

12 Look out for positive news and reasons to be cheerful today

13 Ask for help to overcome an obstacle you are facing

14 Do something constructive to improve a difficult situation

15 Thank yourself for achieving the things you often take for granted

16 Put down your to-do list and do something fun or uplifting

17 Take a small step towards a positive change you want to see in society

18 Set hopeful but realistic goals for the days ahead

19 Identify one of your positive qualities that will be helpful in the future

20 Find joy in tackling a task you've put off for some time

21 Let go of the expectations of others and focus on what matters to you

22 Share a hopeful quote, picture or video with a friend or colleague

23 Recognise that you have a choice about what to prioritise

24 Write down three specific things that have gone well recently

25 You can't do everything! What are your three priorities right now?

26 Find a new perspective on a problem you face

27 Be kind to yourself today. Remember, progress takes time

28 Ask yourself, will this still matter a year from now?

29 Plan a fun or exciting activity to look forward to

30 Identify three things that give you hope for the future

31 Set a goal that brings a sense of purpose for the coming month



ACTION FOR HAPPINESS

Happier · Kinder · Together