



Wellbeing



Southglade Wellbeing Newsletter Autumn 1 2022

We have completed our first half term of the academic year 2022-2023. Wellbeing and positive mental health continue to be a priority for Southglade, looking after each other is important on a daily basis. Please look after yourselves and each other and continue to be kind.



KEY DATES

October– December (Autumn 2)

- Wednesday 2nd November 8.45am - Coffee morning
- Sunday 13th November – World Kindness Day
- Week 14th November – Anti bullying week
- Monday 14th November – Odd Socks Day
- Thursday 17th November – Children In Need (in school)

Cost of Living: We're Here to Help

SUPPORT

Please speak to Mrs Rowlett, Mrs Finnie or a member of the Southglade team should you be concerned about the impact on the cost of living on your family.

We are here to support you, but we are only able to do this if we know you need our help.

Positive THINKING

1 2 3

Good news! Did you know that science suggests that positive thinking is a learnable skill?

Research suggests that thinking of, and listing, three good things each day can contribute to increased happiness in the short term and longer term.

Spend a few minutes each evening reflecting on the day until you think of three good things. Spread the positive vibes, and think about sharing your three things with those people in your life!

Nature and Wellbeing



Noticing nature builds a connection

Stopping for a moment to really take in and notice wildlife helps us to feel more connected to the natural world, which in turn boosts wellbeing.

Children benefit from the outdoors

Children that spend time in nature during school time have more confidence in themselves and better relationships with their teachers and friends.

Nature makes you more active

People with easy access to nature are three times as likely to be active as those without. More green routes will help more people to benefit from outdoor space.

Time in nature aids wellbeing

Spending time in nature is great for our mental wellbeing. It helps us feel calm, uplifted and less stressed. We need doorstep nature in every village, town, and city.

"It's alright to ask for help"

SAMARITANS

116 123

ChildLine

0800 1111



Don't forget... "Self-Care is not self-indulgence, it is self-preservation"
Audre Lordé