

Llandogo Primary School

Wellbeing Newsletter

Welcome to our second wellbeing newsletter!



At Llandogo Primary School we are committed to supporting children, staff and parents with their mental health and wellbeing.

Our aim is to provide information, tips and resources to support both adults and children as we recognise that good physical and mental health are vital to successful learning.

The Power of Pets

Nothing compares to the joy of coming home to a loyal companion. The unconditional love of a pet can do more than keep you company. They can...

1. Help with learning
2. Keep families talking
3. Lower blood pressure
4. Reduce loneliness
5. Encourage a healthy lifestyle
6. Help with emotional and social skills
7. Teach responsibility



Top tips for talking to your child about Mental Health

- 1. Make conversations about mental health a normal part of life.** Anywhere is a good place to talk; in the car, walking the dog or cooking together. Model everyday talk about feelings such as talking about a TV character's feelings.
- 2. Give your full attention.** We all know it's horrible to be half listened to. Keep eye contact, focus on the child and ignore distractions.
- 3. Check your body language.** Try to keep it open and relaxed and make sure you come down to the child's level.
- 4. Take it seriously.** Don't downplay what the child is saying or tell them they're "just being silly". Resist the urge to reassure them that everything is fine.
- 5. Ask open questions** such as "How did your day go today?" This will help to extend the conversation.
- 6. Calmly stay with the feelings that arise.** It can be our automatic reaction to steer away from difficult emotions.
- 7. Offer empathy rather than solutions:** Show that you accept what they are telling you but don't try to solve the problem.
- 8. Remember we are all different.** Respect and value the child's feelings, even though they may be different to yours.

SUPERHERO YOGA



I am brave.
WARRIOR 1 POSE



I am strong.
WARRIOR 2 POSE



I am peaceful.
PEACEFUL WARRIOR POSE



I am kind.
WARRIOR 3 POSE



I am a superhero!
HALF MOON POSE

Health & Wellbeing Awareness Days

Spring Term

National Story Telling Week: 29th Jan – 5th Feb

Children's Mental Health Week: 7th – 13th Feb

Safer Internet Day: 8th Feb

Random Acts of Kindness Week: 14th – 20th Feb

Fairtrade Fortnight: 22nd Feb – 6th March

Questions to ask your child



Make Peace with Uncertainty

Over the past couple of years, the situation has been extremely uncertain. The future is also uncertain - we still don't know what will happen, how long it will last or what things will be like when it's over. One thing we do know, however, is that worrying about it won't change the outcome.

Learning how to tolerate the uncertainty is a huge part of building healthy coping skills for ourselves, which we can then model for our children. Mindfulness can help bring us back to the present.

Try some of these ideas:

- Squeeze Muscles: Starting at your toes, pick one muscle and squeeze it tight. Count to five. Release, and notice how your body changes. Repeat exercise moving up your body.
- Belly Breathing: Put one hand on your stomach and one hand on your chest. Slowly breathe in from your stomach (expand like a balloon) and slowly breathe out (deflate).
- Mindful Meal: Pay attention to the smell, taste and look of your food. No multitasking.
- Meditation: Sit in a relaxed, comfortable position. Pick something to focus on, like your breath. When your mind wanders, bring your attention back to your breath.
- Blowing Bubbles: Notice their shapes, textures and colours.
- Colouring: Colour something. Focus on the colours and designs.
- Listening to Music: Focus on the whole song, or listen specifically to the voice or an instrument.

Trying some of these ideas as a family is a great step to being more mindful.

Suggestions?

The next wellbeing newsletter will be out in April. If you have any comments or suggestions about what you would like to see in it, please let us know via:



Llandogoprimary@monmouthshire.gov.uk

