



BLANFORD WELL-BEING BULLETIN

SPRING 1
2025

INTRODUCTION

YOUR HALF TERMLY NEWSLETTER ABOUT WELL-BEING IN OUR SCHOOL!

WELCOME

WELCOME TO THE VERY FIRST BLANFORD MERE WELL-BEING BULLETIN!

IN RECENT TIMES, THERE HAS BEEN AN INCREASED FOCUS ON RAISING THE AWARENESS OF MENTAL HEALTH AND MAKING IT MORE 'ACCEPTABLE' FOR INDIVIDUALS TO SEEK HELP AND GAIN ACCESS TO SUPPORT EARLIER. ADDITIONALLY, GOOD MENTAL HEALTH AND WELLBEING IS ESSENTIAL FOR CHILDREN. IT HELPS THEM TO LEARN EFFECTIVELY, COPE WITH DAY-TO-DAY CHALLENGES, AND DEVELOP INTO RESILIENT YOUNG ADULTS.

OUR HALF-TERMLY NEWSLETTERS WILL GIVE YOU AN INSIGHT INTO HOW WE TEACH WELLBEING STRATEGIES AND CREATE SAFE AND SUPPORTIVE ENVIRONMENTS WHERE STUDENTS FEEL COMFORTABLE DISCUSSING THEIR MENTAL HEALTH AND HOW TO SUPPORT WELLBEING. IT WILL ALSO OFFER TIPS AND INFORMATION ON HOW YOU CAN ALSO SUPPORT POSITIVE MENTAL HEALTH AND WELL-BEING AT HOME.

THIS HALF-TERM HAS BEEN VERY BUSY. WE HAVE RECRUITED A SELECTION OF CHILDREN IN KS2 TO BE OUR WELL-BEING AMBASSADORS. THEIR ROLE IS TO HELP RAISE THE PROFILE OF WELL-BEING ACROSS SCHOOL AND TO SUPPORT THEIR PEERS. AS PART OF THEIR ROLE, THEY PRESENTED AN ASSEMBLY TO THE WHOLE SCHOOL TO LAUNCH CHILDREN'S MENTAL HEALTH WEEK AND TO OUTLINE THE FIVE WAYS TO WELL-BEING. THESE ARE SIMPLE THINGS EVERYONE CAN DO EVERY DAY TO HELP FEEL HAPPIER AND MORE POSITIVE. AS PART OF THE WEEK, WE ALSO LOOKED AT AN AMAZING BOOK CALLED THE BOY, THE MOLE, THE FOX AND THE HORSE WHICH HIGHLIGHTS SO MANY ASPECTS OF POSITIVE MENTAL WELL-BEING.

WONDERFUL WEBSITES

CHECK OUT THE WEBSITES BELOW FOR MORE INFORMATION ON THE FIVE WAYS TO WELL-BEING

WWW.NHS.UK/MENTAL-HEALTH/SELF-HELP/GUIDES-TOOLS-AND-ACTIVITIES/FIVE-STEPS-TO-MENTAL-WELLBEING/

WWW.MIND.ORG.UK/WORKPLACE/MENTAL-HEALTH-AT-WORK/FIVE-WAYS-TO-WELLBEING/

WELL-BEING KEY DATES

17TH FEB

CLOSING DATE FOR THE 'DESIGN A LOGO' FOR THE FIVE WAYS TO WELL-BEING. THE DESIGNS WILL BE JUDGED BY OUR WELL-BEING AMBASSADORS AND THE WINNER WILL RECEIVE A £20 AMAZON VOUCHER AND THE WINNING LOGOS WILL BE USED ACROSS SCHOOL

14TH MARCH

INTERNATIONAL WOMEN'S DAY

18TH MARCH

WORLD SLEEP DAY

17TH-23RD MARCH

NEURODIVERSITY CELEBRATION WEEK

THIS IS WHAT SOME OF OUR CHILDREN HAVE SAID ABOUT WELL-BEING THIS HALF TERM

Orla-Mae: "When we come in, we have a calm start task and it really settles us down and makes us think about our well-being all day."

Robyn: "I loved the story of *The Boy, The Mole, The Fox and The Horse* because it teaches us about determination, self-belief and how important it is to connect with others."

Mia: "Mental well-being means looking after our thoughts and feelings."

Jude: "We need to keep learning and give"

Isabelle: "We have to look after our brains too, not just our body!"

Summer: "We went on a Winter well-being walk. It made me feel calm and happy."

Eden: "It is important to take care of your well-being because if you don't take care of it properly, your behaviour could get worse, and you'll have health problems. Being active is my favourite because I like doing sports - they make me feel happy."

Jamie: "I liked reading the story *The Boy, the Mole, the Fox and the Horse* and learning how they looked after their mental wellbeing. I think it is important for people to talk when they feel unsure."

Miah: "I enjoyed learning about the 5 ways to well being. I really liked drawing a picture with my friend to connect with them."

Bethany-Rose: "I enjoyed the story we worked on during Children's Mental Health Week and learning how the 5 ways to wellbeing can help us."

TIPS TO TRY AT HOME

Get Outdoors!

Spring is such a beautiful season - nature bursts into life and the sun shines brighter in the sky. Soak up the wonder of spring by getting outdoors together as a family. Visit a local beauty spot, go for a nature walk or head to the beach for a barefoot walk on the sand - there are so many great outdoor activities to enjoy together in spring! Being outdoors is good for your and your family's wellbeing. Research shows that being outdoors reduces stress, lowers blood pressure and heart rate and improves mental health.