

May 2022

Wellbeing Digest

Your termly update about wellbeing and mental health at NWLJDS

Wellbeing on the Website

We are excited to launch a new section on our school website dedicated to wellbeing and mental health. There is plenty of information to refer to, including helpful resources for you as parents.

Previous Events from Spring Term

Children's Mental Health Week (Feb 2022) - Hopefully you received the link to our parent talk by Laura Kaye "building a resilient family". If you would like this to be resent, please let me know. It was a great talk with some excellent strategies to use.

Neurodiversity Day (March 2022)
The children learnt about neurodiversity and in particular, about Autism.

Wellbeing Champions

We are excited to announce the introduction of our peer "Wellbeing Champions".

Our current Student Council will be taking on the role and are busy creating a logo and making plans to represent mental health and wellbeing across the school. The children hope to run an assembly and write articles for the school newspaper.

Ideas are developing and the children are excited.

Wellbeing Corner

Prioritise yourself

This is a gentle reminder that you do deserve to be a priority and that your self-care is vital. The idea that a "*happiness hour*" becomes a habit. It will enable us to be our best selves from which everyone will benefit.

You could: go for a walk/run, read a book, do NOTHING - just be; venture out for a coffee - ALONE; take up a new hobby (baking, painting, learn a language), listen to music, go for a bike ride.