

# MENTAL HEALTH AND



# WELL-BEING AT IVEGILL C OF E SCHOOL

SEPTEMBER 2023

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We hope that you all had a lovely and relaxing summer break and that batteries are fully recharged for the year ahead. Welcome to our first Health and Wellbeing Newsletter for this academic year. With our curriculum underway and lots of new initiatives in place, we have so much we would like to share with you so you can see what we have been up to. Starting a new year group and, for some, a new school, can be a daunting and anxious time. We recognise this and work together to make sure that we provide a consistent, safe and happy environment for all.

## TOPS TIPS FOR LOOKING AFTER YOUR WELL-BEING

Being kind to others often comes naturally but being kind to ourselves may not. So with that in mind, here are 10 ways to show yourself some kindness, this week and beyond.

1. Talk kindly to yourself
2. Practise gratitude
3. Perform acts of kindness to others
4. Reflect daily
5. Self-care
6. Be responsible for yourself
7. Invest in your interests
8. Practise mindfulness
9. Spend time in or around nature
10. Think of the opportunities

## TOPS TIPS FOR MANAGING WELL-BEING AND BEHAVIOUR AT HOME

My child has trouble going to sleep Tips from Place2Be on tackling issues when you are getting your little ones to sleep. Click the link [HERE](#)

Using praise and reward with children Encourage self-confidence and motivation. Click [HERE](#).

Raising a resilient child How to help your child deal with life's challenges. Click [Here](#).



## LOOK FOR WHAT'S GOOD!

A new school year with a new teacher, in a new class or in a different key stage can sometimes be a bit daunting. Positive emotions - like joy, gratitude, contentment, inspiration, and pride - are not just great at the time. Recent research shows that regularly experiencing them creates an 'upward spiral', helping to build our resources. So although we need to be realistic about life's ups and downs, it helps to focus on the good aspects of any situation - the glass half full rather than the glass half empty.



As ever, if you feel like you would like to talk to one of the team, please email us on [parents@ivegill.cumbria.sch.uk](mailto:parents@ivegill.cumbria.sch.uk), or through the class teacher.

Many thanks  
Mr Trickett