

Wellbeing Newsletter



Hi everyone, we hope that you and all your families are staying well and safe. We send much love to all. Welcome to our school newsletter focused around your wellbeing during this challenging time.

What is Wellbeing?

Wellbeing can be defined as a complex combination of a person's physical, mental, emotional and social health. It includes having good mental health, high life satisfaction, a sense of meaning or purpose, and ability to manage stress. More generally, well-being is just feeling well. Well-being is something sought by just about everyone, because it includes so many positive things — feeling happy, healthy, socially connected, and purposeful.

How to keep that relaxed feeling in difficult times

1. Reconnect to your purpose - try to do one thing each week that reminds you why you became a teacher in the first place.
2. Create clear boundaries between home and school - set a reasonable time for school work (and stick to it). Find ways to turn off your teacher mind-set, so that you can relax.
3. Establish good sleeping habits – good quality sleep is one of the most important aspects of maintaining your physical and psychological health.
4. Keep focused on your goals - setting goals is a great way to give you direction, focus and motivation. Try to ensure that all your goals are achievable.
5. Reward yourself – the improved physical and psychological health that comes from prioritising your wellbeing is a reward in itself, but there's value in using tangible rewards when you meet particular goals.

7 STEPS TO HELP PROTECT YOURSELF FROM STRESS

1. Eat healthily - you can protect your feelings of wellbeing by ensuring that your diet provides adequate amounts of brain nutrients such as essential vitamins and minerals, as well as water.
2. Be aware of smoking and drinking alcohol - try not to, or reduce the amount you smoke and drink alcohol, even though they may seem to reduce tension initially, this is misleading as they often make problems worse.
3. Exercise - try and integrate physical exercise into your lifestyle as it can be very effective in relieving stress, even just going out and getting some fresh air.
4. Take time out - strike the balance between responsibility to others and responsibility to yourself, this can really reduce stress levels, tell yourself that it is okay to prioritise self-care.
5. Be mindful
6. Get some restful sleep
7. Don't be too hard on yourself - try to keep things in perspective, remember that having a bad day is a universal human experience. When your inner critic or an outer critic finds faults, try and find truth and exception to what is being said.

If you stumble or feel you have failed, don't beat yourself up

Act as if you were your own best friend: be kind and supportive

Take a few minutes each day to appreciate yourself

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Have a look at some suggestions for daily wellbeing ideas. There are plenty I would like to try.

1. Take 10 minutes for yourself
2. Turn phones and tablets off
3. Meditate – your mind matters
4. Eat well
5. Practice deep breathing
6. Talk about your day
7. Swap to decaff
8. Try for 10,000 steps a day
9. Daily round-up: list 3 good things
10. Drink 2 litres of water a day
11. Find time for your hobby
12. No overtime tonight – socialise
13. Adopt a good sleep routine
14. Go for a walk
15. Start a to-do list
16. Learn a new skill
17. Do something nice for someone
18. Adopt good self-care
19. Relax your muscles
20. Discuss your emotions
21. Keep a wellbeing diary
22. Cut down on alcohol/smoking
23. Connect with peers
24. Take notice of how you feel
25. Brighten up your work area
26. Take breaks from your screen
27. Train your brain – do a puzzle
28. Listen to your music
29. Volunteer in the local area
30. Take time to read a book

Every Newsletter we will be asking a member of staff some questions about what they've been up to and how they've been keeping positive. We asked Chris Tolson.....

How are you managing to keep in contact with loved ones who you can't see at the moment?

Well, I am visiting my mum and dad but talking from a distance. I also take them shopping and talk to them daily. I am also trying to text friends and people I have not spoken to for a while too.

What have you been doing to relax at the moment?

I have been running 3 times a week which has been great as I live near the moors so the sunsets have been amazing. I have also been having a daily walk, gardening and spending time with the family.

What has been your favourite recipe to cook this week?

This is tricky but I tried the chocolate Cadburys creme egg recipe Miss Rosenberg recommended and it was delicious. Lily and I made it and it was great fun.

What are you reading?

I have just finished reading a book Mr Brownsell bought me about Jurgen Klopp. It was a great book and one I really enjoyed.

What is keeping you smiling?

At the moment I am feeling thankful to be with my family and I am overwhelmed with pride to see how our staff, children and families have responded to the challenges we are facing. It is such a privilege to work with so many amazing people.

What are you missing the most at the moment?

I am missing seeing the children every day and working with the most amazing staff team. We know we have to do it to keep people safe and I look forward to the day when we can all come together as a school once again- a whole school trip to Filey perhaps!

Any advice or messages you would like to give to your friends and colleagues?

Yes, remember you are all doing the best you can for school and I am so grateful for everything you have done and are doing. Look after yourself and spend time with those closest to you- cherish every second and find reasons to laugh and enjoy your daily fresh air -it makes such a difference.

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Wellbeing websites and blogs

We have a team of mental health support workers in school: - Rebecca Oxley, Suzanne Louch, and Becky Albentosa. If you need help or support in any way, please reach out.

Below are some links to sites which offer advice and guidance.

<https://www.gov.uk/government/news/new-advice-to-support-mental-health-during-coronavirus-outbreak>

24/7 Confidential Counselling helpline, through the Zurich Municipal, which can be reached on [0117 934 2121](tel:01179342121).

Here are some of the wonderful things staff have been doing over the last few weeks.

Mrs Kunz's excellent idea of an Easter tree!



Mrs Guest's great drawing!

If you have anything you would like to add to this newsletter or have any suggestions, please contact Rebecca Oxley or Louise Allingham via their emails.



We will get through this - one day, one step at a time. Keep smiling.