

SJF CHAMPIONS

Our Healthy Minds Newsletter

September 2022 (Issue 2)



"I think 'Healthy Minds' is important because everyone has the right to be happy, safe and loved."

Alana (Y5)

WELCOME BACK!

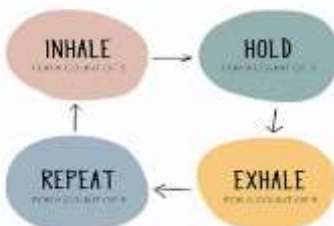
Introduction

We hope you have had an amazing Summer break. Our second newsletter focuses on returning to school—a new term may be strange for a lot of us: we might be going into a new classroom or we might even be going into a new school.

Mindfulness

Mindfulness is about paying attention to everything—your thoughts, your senses and your surroundings. So what can we do? Have look below to read or try out some of our ideas!

MINDFUL BREATHING



Mindfulness activities:

When we are doing these activities, we are trying to become nice and relaxed - think about when is a good time to relax and unwind.

Using relaxation techniques can also help us to refocus on a task.

What do you notice happens to your body? Can you focus on any thoughts or feelings? Do you notice any smells?

be kind to your
MIND

do what you LOVE • have FUN with friends
be ACTIVE • CELEBRATE what makes you
SPECIAL • EAT healthy • take a BREAK • connect
with others • give your TIME • help out
SHARE a smile • SING • GIVE a hand • SLEEP
do things BIG and small • be UNIQUE • feel
totally free to BE SILLY • giggle & LAUGH



Ideas for looking after your wellbeing

We know that parenting is not always easy. Although it's often amazing and rewarding to watch your children grow up, and help them learn to be more independent, it can also be really hard work.

It can feel especially hard if your child's mood and behaviour is challenging and you are not sure why. Or you are at a loss as to what you can do to help.

You are not alone.

It is okay
to show that
you are not
okay

There is lots of practical advice and tips for supporting your child. everything from reassuring children and encouraging them to open up about their feelings to dealing with mental health services, when you need to engage with them. No matter what you and your children are going through, things can get better.

Please feel free to speak to someone at the Parents Helpline who will be able to provide advice and support if you are worried about your child. You can find out more by clicking [here](#).

Exciting News



WE ARE RECRUITING!

The Healthy Minds Champions need you!

we are looking for two new members to join our team. If you are interested then please feel free to take one of our application forms and apply. We can't wait to read them! Good luck!

Buddy Bench

Please feel free to use the new school buddy bench should you ever feel sad, upset, worried or perhaps just a little bit lonely. By sitting on this bench, it would help show us, the teachers and other children that you're in need of a friend or a 'buddy.'

Our Joke of the Month!



Why did the student eat his homework?

Because the teacher told him it was a piece of cake!



Our Film of the Month!

Luck Rating: G

Release Date: 22 August 2022



This movie invites viewers into the world of Sam Greenfield, the unluckiest person in the world. However, things change drastically when Sam herself is plunged into the mysterious world of good and bad luck. Accompanied by a host of magical creatures, she embarks on a journey to discover a powerful force. It's one adults and children alike will be able to enjoy, perfect for a family movie night on the sofa or a trip to the cinema.

