

"If someone is hurt or upset, my whole focus will be entirely on them. Also, I think that I would be good because I would listen and help with all their problems and respond in an appropriate way." Edie S (Y6)

Introduction

Hello SJF! How was your January 2023? Our sixth newsletter aims to stress the importance of mental wellbeing and ways to stay on top form, especially into the start of a new year which can be emotionally and mentally tough, even though Christmas may seem ages ago.

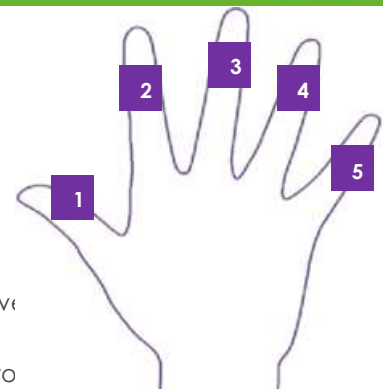
For example, one **YouGov UK** survey found that one quarter of people's mental health suffers during, and well after, Christmas. It revealed that some of the main mental health problems include:

- **depression** affects 25% of people.
- **loneliness** affects 25% of people.
- **stress** affects 20% of people.
- **anxiety** affects 30% of people.



Looking After Yourself - 5 Steps to Protect Mental Wellbeing

- 1. Connect with other people**
 - good relationships are important for your mental wellbeing
- 2. Be physically active**
 - being active is great for your physical health and fitness
 - evidence also shows it can also improve your mental wellbeing
- 3. Learn new skills**
 - research shows that learning new skills can also improve your mental wellbeing
- 4. Give to others**
 - research suggests that acts of giving and kindness can help improve your mental wellbeing
- 5. Pay attention to the present moment (mindfulness)**
 - pay more attention to the present moment can improve your mental wellbeing
 - include your thoughts and feelings, your body and the world around you
 - click [here](#) to try a relaxation technique or listen to interesting podcasts via this [link](#).



For more information and tips on the five ways to wellbeing you can also visit the [NHS Choices](#) website.





HMC Interview

Every month, we will interview one member of our school community to help us find out a little bit more about them. This time we chatted to **Miss Ball**.

What is your favourite place to visit?

I love visiting London – Especially for shopping.

Did you always know that you wanted to be a teacher?

YES! From a young age, I have always aspired to be a teacher. I even made my friends roleplay 'Teachers' when they came to my house after school or at weekends. I would pretend my friends are the children and I was teaching them... I promise, I am not that cruel now to make my friends act like children! I have always looked up to teachers and think it is incredible the impact they have on children's development which I want to pursue within my future career in teaching.

What do you do when you are bored?

I spend my spare time at the gym or on the phone to my friends to keep me from being bored.

What do you like about our school?

I like how friendly everybody is!

What's your zodiac sign?

Capricorn.

What's your favourite sport, and what sport do you enjoy playing?

Running – I love running now, however, when I was growing up I didn't enjoy running as I was **always** the slowest in cross-country races, or even warming up for PE. As I got older, I took up running to become fitter/healthier and thoroughly enjoyed it as I listen to my music which I have found really has helped me build up my running. I have recently completed a half marathon which I would have never have dreamt about doing as a child! I also love Swimming, Netball and Volleyball.

What is your favourite food?

Pizza or Stir-fry – depending on if I want to be healthy or not.

What do you like to do in your spare time?

I like going to the Gym, walking my dogs and socialising with my friends.

What song would you be and why?

Happy from 'Despicable me,' as I would describe myself as upbeat and definitely happy!

What's your favourite film?

Shrek – I enjoy all of the Shrek movies as I find them funny and easy to watch.

What is your favourite subject to teach?

Maths – Although I took English as an A level and got an A, I much prefer teaching maths as I can show different representations and I find maths can be challenging for children. Myself, as a child, I found maths extremely challenging, but now as I have got older I understand a lot more through practice and developing my skills for teaching.

Have you ever met anybody famous? If so, who?

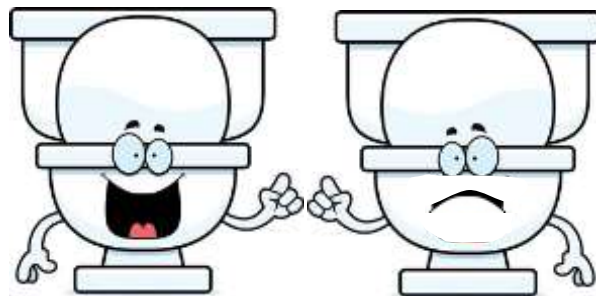
No unfortunately I haven't ☹

Thank you, Miss Ball.



What did one toilet say to the other?

You look flushed!



February Fun Fact: Did you know that February is the only month to have fewer than 30 days?

Though it's usually 28 days, February is 29 days long in leap years such as 2020 and 2024. February 14 is always Valentine's Day.

Our Film of the Month!

Strange World | Rating: PG | Release Date: December 2022

We recommend to you Walt Disney Animation Studios' original action-packed comedy adventure, "Strange World,"!

The film introduces us to three generations of the legendary Clade family as they attempt to band together and navigate an uncharted, treacherous land beneath their world. What will they find? What challenges will they face?

"Strange World" is helmed by director Don Hall and co-director/writer Qui Nguyen, and produced by Roy Conli.



Word of the Month: Delegate (to assign or entrust to another)

SJF Healthy Minds Champions Training

Our SJF HM Champions received further training this week delivered by Jacqui from the Sheffield Healthy Minds and CAMHS team, to help them in their role.



Thank you to Mr Smith and our SJF HM Champions for producing our latest newsletter. Remember to Tell! Tell! Tell! if you have a worry ball. You will be listened to. You will be heard. You will be supported. You will be loved. You will be helped.