



Wellbeing Newsletter



Autumn 2021

Hello again and welcome to the autumn edition of our Wellbeing Newsletter. As the days become shorter and the cold weather blows in, it is more important than ever to make sure that we look after our mental health and general wellbeing. In this issue we have some ideas and activities to help you through the months ahead; from simple yoga activities which help keep the body and mind supple to exploring emotions through a story telling activity from the ELSA website.

In the upcoming wellbeing newsletters there will be information on some of the wellbeing initiatives and groups that we run in school. If you feel that your child would benefit from any of these groups or you would like to talk to me, in confidence, about any matter related to wellbeing, then please do not hesitate to contact me at wellbeing@st-francisofassisi.norfolk.sch.uk

Ali Wakefield (Wellbeing Lead).

Today we are sending home an overview of all the amazing Wellbeing support that we can provide at St Francis. Please take some time to read it so you know what is on offer and how to access help. We hope that it will prove a useful resource for you, either now or in the future. Keep it somewhere safe! Our Wellbeing Change Team are busy creating a new Wellbeing Information Board for parents, which is situated on the wall by the bike sheds in the Main Playground. Please come in and have a look at all the information on it which will support you and your families. We continue to work towards our Wellbeing Award for Schools and will be asking for some feedback from both children and parents in the near future so that we can make our provision even better!

Winter Yoga

Yoga is an activity that includes breathing techniques, yoga poses and mindfulness. Mindfulness is the practice of focusing your attention on the present moment. In yoga, participants often use breathing and yoga poses to help the mind calm. Yoga has the ability to help children *and* adults be more active, flexible and mindful for an increase on overall wellbeing! Why not have a go at our 'Winter Yoga' poses?



Bubble Breathing

Follow the link below to a useful website called 'Mindmoose'. Here you can learn all about 'Bubble Breathing', which is a useful technique to help children regulate their breathing when they are anxious or stressed.

<https://www.mindmoose.co.uk/2020/01/22/bubble-breathing/>



Christmas Emotion Story Cube

This is a fun little activity from the ELSA website where children roll the Christmas story emotion cubes to tell a story. This will help pupils understanding of emotions. One cube has a setting, another cube as the character and the third cube has the emotion. Click on the link below to download your free copy.

<https://www.elsa-support.co.uk/christmas-emotion-story-cubes/>



This website has a range of simple products aimed at nurturing children's emotional intelligence, resilience and self-belief in a playful way

www.happilyheld.co.uk