

Time to Talk – Wellbeing Week

Dear Parents and Carers,

We are holding a wellbeing week from the 2nd to the 6th July. Our focus will be on creating opportunities to talk to each other. This is one of the important ways to support positive mental health and protect people from developing mental illness. There is evidence to suggest that feeling 'connected' decreases the likelihood of becoming mentally ill.

We will also be considering other ways that promote wellbeing such as pursuing hobbies, exercise, meditation and meeting friends.

As part of this week we will be:

- asking your children to bring some board games in to stimulate talk;
- providing an opportunity to do some mindful activities including focused colouring,
- running the Phoenix Mile;
- encouraging the children to talk to new people;
- enabling children to have opportunities to be creative;
- talking to the children about how to recognise signs of low wellbeing;
- finding ways to help others;
- bonding and team building;
- sharing lunch time.

We would very much like you to be involved too. You can help by:

- taking time to eat some meals together;
- aiming to limit the use of devices such as smart phones, and watching television;
- finding a game or a new activity that you enjoy doing as a family;
- visiting someone from your extended family;
- encouraging your children to participate in some household chores;
- encouraging your children to invite their friends round or arrange to meet another family somewhere;
- inviting someone **new** round for a play date to help your children broaden friendship groups;
- speaking to a parent you don't yet know well, so as to increase the sense of belonging of the whole community;
- noticing your surroundings;
- sharing a skill with your children such as carpentry or cooking.

This way we can improve our wellbeing and strengthen our families and wider community. For further information please follow the links below.

Useful links:

https://www.childrensociety.org.uk/sites/default/files/TCS_FIVE_WAYS_TO_WELLBEING_CHILDREN.pdf

<http://www.rbmind.org/index.asp>

We anticipate another successful wellbeing week where we refresh and remind ourselves of the importance of maintaining our mental health and general wellbeing. We thank you for your support in this.

Kind regards,

The Wellbeing Faculty.