

# Well-being Newsletter

Spring 2023

[www.wavertree.liverpool.sch.uk](http://www.wavertree.liverpool.sch.uk)

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**BELONG BELIEVE ACHIEVE**

Welcome to our first 'Well-being' Newsletter. We aim to send you half termly newsletters, which will be filled with useful ideas, tips and links to help support positive mental health and wellbeing for your children and yourselves.

To support your child's health & well-being in school, we teach PSHE, which stands for Personal, Social, Health and Economic education. It is an important part of your child's national curriculum learning. Through our schemes, 'HeartSmart' & 'Christopher Winter Project', children at Wavertree are equipped with the necessary skills and knowledge to help navigate themselves through modern life. They are secure in their understanding of the characteristics of positive relationships and emotional and mental wellbeing. They appreciate diversity and difference and have respect for themselves and others. It will enable them to be resilient individuals, ready for the curriculum at Key Stage 3 and for life as an adult in the wider world.

## Key Dates:

*World Sleep Day-  
Friday 17th March*

*International Day  
of Happiness-  
Monday 20th  
March*

*Stress Awareness  
Month – April*

*World Health Day-  
Friday 7th April*

**Get  
Going!**



Regular exercise can lift your mood and increase your energy levels. It doesn't have to be strenuous or sporty to be effective. Now that the days are beginning to get warmer and longer, its time to get outside and get active! Pick something you enjoy so you're more likely to stick with it. For example:

- Going for a walk during your day
- Going for a bike ride
- Den building with a friend
- Playing games in the park

## **The Healing Power of Sleep**

This year's World Sleep Day will be held on Friday 17th March 2023 and is an annual event, intended to be a celebration of sleep and a call to action on important issues related to sleep, including medicine, education, social aspects and driving.

Good sleep is fundamental to good mental health, just as good mental health is vital to good sleep. A good night's sleep is about getting to sleep, staying asleep and getting enough good quality, deep sleep. Having enough good-quality sleep is a key, and often underestimated, protective factor for children and young people. Sleep helps to regenerate their brains and bodies, process information and memories, boost immunity, guard against obesity and stress, and help concentration, learning and behaviour.

Primary school-aged child generally need around 10 to 11 hours of sleep a night, while teenagers need around 8 to 10.

### **How to support positive sleep for your child:**

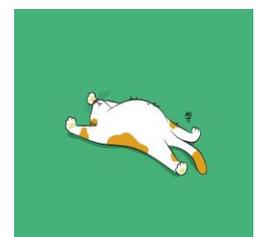
- \* Having a regular time to go to sleep and wake up
- \* Having a predictable and consistent night time routine
- \* Making sure children and young people are in natural daylight for at least half an hour—particularly in the morning
- \* Making sure children and young people get enough exercise during the day.
- \* Older children should avoid napping in the day
- \* Avoiding caffeine, particularly in the afternoon
- \* Turning off computer screens or other devices at least an hour before bedtime - Blue light from TVs, tablets and mobiles excite the brain and interfere with the sleep hormone levels, preventing the brain from feeling sleepy
- \* Having low lighting and a quiet space in bedrooms
- \* Avoiding checking devices, particularly in the middle of the night
- \* Supporting children and young people to develop positive coping strategies for regulating their emotions and managing their stress levels



### **Relaxation Activity: Lazy Cat**

This exercise helps to release tension in the muscles. Pretend that you are a lazy cat that has just woken up from a lovely, long nap.

- ❖ Have a big yawn.
- ❖ And a meow!
- ❖ Now, stretch out your arms, legs and back—slowly, like a cat—and relax.



## STRESS AWARENESS MONTH

APRIL 2023



#ACTNOW



### Signs of Stress:

- Withdrawn behaviour—children who are struggling with stress can act withdrawn. They don't seem to enjoy the same things they used to, or seem a little hesitant to join in with their peers.
- Unexplained aches and pains—stress can manifest in physical ways as well. Kids under stress tend to complain about unexplained headaches and stomach aches when they have a perfectly clean bill of health.
- Sleep—any change in sleep patterns can indicate that your child is stressed. For instance, all of a sudden they can't wake up in time for school. Or, they've suddenly become a night owl who refuses to go to bed before midnight.

Eating patterns—likewise, any change in eating patterns can indicate stress. Your child may eat much more than usual or seem to exist on nothing at all.

- Irritability—is your child suddenly acting out? Do they seem more irritable or cranky than usual? Kids who feel stressed don't know how to express what they are feeling, so they tend to act irritable or moody instead.
- They tell you—some kids will complain about their worries or stressors, while others will clam up. Be sure to talk to your kids about stress to get a better handle on if they are feeling any. Ask questions like, "Do you know what stress means?" "Do you ever feel stressed?" "What makes you feel stress?" "How do you deal with it?"

### Strategies to Support Your Child:

- Give your child effective strategies to deal with the stress, such as physical activity, breathing exercises or meditation. Older kids might also like journaling or creating artwork to express their feelings.
- As with most things when it comes to parenting, actions speak louder than words. Make sure you are appropriately managing your own stress and your child will be more likely to follow suit.
- Take some time to talk to your child about stress and the ways they can cope.

Follow [this link](#) to a resource which has ideas for combating stress each day - useful for adults and children alike.

## International Day of Happiness

March 20

Rejoice in the Lord always. I will say it again:

Rejoice!

Philippians 4:4

