

Wellbeing

Alphington Primary School Newsletter

Autumn 2024



Message from the Headteacher

Dear Parents/Carers,

Welcome to the first wellbeing newsletter of the school year. As the days grow shorter and colder, it's easy to feel the effects of winter on both body and mind. That's why this season, we're looking at ways to stay energized and positive - both in and out of the classroom. This newsletter is filled with ideas to help us all prioritise our wellbeing during the winter months.

Let's embrace the season together, with a focus on staying healthy, happy, and connected!

Activities to help soothe your child when they're worried or anxious

If your child feels worried or anxious, you can help them to learn some techniques to feel calmer and more in control.

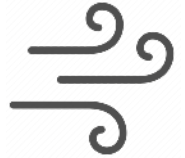
Try some of these calming methods.

Practise them overtime with your child when they need a bit of extra help.

Be available to talk to your child about their worries and how calming activities can help.

1

Breathe in 'threes':



30-second activity

This breathing exercise helps quieten anxious thoughts. Practise it together with your child, and talk about when it might be useful to breathe like this.

- Breathe in slowly for the count of three
- Hold your breath for the count of three.
- Breathe out slowly for the count of three.

Your child can repeat this as many times as they like until they feel calmer.

2

Recognise what's going well:

Two-minute activity



When we worry, we often imagine all the bad things that might happen. This exercise helps your child stay present by remembering safe or comforting thoughts.

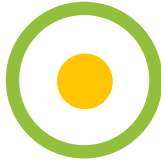
Ask your child to name or write down:

- One thing that's going well for them right now.
- Two people they can count on for a warm hug or kind word.
- Three things they're looking forward to.



3

The circle of control:



Five-minute activity

Practising the circle of control can help limit which thoughts become worries.

Ask your child to draw a circle on a piece of paper. Inside the circle, write down "Things I can control". For example:

- What I wear.
- What I choose to read or watch online.
- Washing my hands to stay safe.

Outside the circle, get your child to write "Things I can't control." For example:

- The weather.
- What other people post online.
- How my friends or family feel.

Child mindfulness activity to relax or fall asleep

Here are two guided activities that work well for helping older children and teenagers feel calm and relaxed.



1

Imagine a calming space

- Suggest your child brings to mind somewhere they feel relaxed.
- This could be a real or imagined place. Encourage them to use all their senses to help them visualise how the place smells, looks and feels.
- Get them to try to hold this place in their head for a few moments until they feel more calm.
- If they're worried about something specific, they can bring that situation to mind. Ask them to imagine it going exactly as they want.

2

Relax the muscles

Create a calm head space by taking a few moments to relax the muscles. Get your child to:

- Tense and relax each limb, one by one.
- Focus on the weight of their arms and legs, and feel how they're sinking a little into the mattress.
- Tense and then relax their stomach.
- Finally, lie still for a few minutes just breathing. Be aware of the heavy and relaxed feelings in their body.



10 Top Tips for Parents and Educators

SUPPORTING YOUNG PEOPLE TO BUILD EMOTIONAL RESILIENCE

With increasing societal pressures, many children struggle with managing emotions, facing challenges and processing failure in a healthy way. This is why building emotional resilience in young people is vital for their mental health and personal success. This guide provides practical strategies for parents and educators to help children develop resilience and foster confidence, adaptability and a positive mindset.

1 ENCOURAGE OPEN COMMUNICATION

Regularly engaging children in open dialogue fosters trust and emotional expression. Encourage them to share their thoughts and feelings freely without judgment. Set aside time daily, perhaps during dinner, to ask open-ended questions such as, "What's made you happy today?". This encourages children to express themselves openly.

2 MODEL POSITIVE BEHAVIOUR

Children often learn how to manage emotions by observing adults. By modelling calm and positive responses to challenges, you can teach them valuable emotional management skills. If you've had a difficult day, verbalise how you're feeling and explain how you plan to handle it, such as "I'm a bit worked-up, so I'm going for a walk to clear my mind."

3 TEACH PROBLEM SOLVING SKILLS

Helping children break down challenges into manageable steps encourages a proactive mindset. Explain that every problem has a solution, even if it's not immediately obvious. For example, if a child is stuck on homework, support them in breaking the task into smaller steps, saying things like "Let's focus on just this first question for now."

4 FOSTER A GROWTH MINDSET

Encourage young people to view mistakes as learning opportunities. A growth mindset helps them see setbacks as part of the process, rather than something to be upset about. After a child loses a game or performs poorly on a test, for example, ask them what they've learned from the experience. This reinforces the idea that effort – and even failure – leads to improvement.

5 PROMOTE SELF-CARE PRACTICES

Teaching children about self-care helps them understand the importance of balancing work with relaxation to maintain emotional wellbeing. Parents and carers could start a screen-free hour before bedtime where the family engages in relaxing activities like reading, setting an example to the child for how to unwind.

6 BUILD HEALTHY RELATIONSHIPS

Strong relationships with peers and adults provide a support system that enhances resilience. Encourage positive, respectful interactions to develop social skills. Playdates or group activities can be instrumental in teaching children how to resolve conflicts with friends by modelling and practicing calm communication.

7 SUPPORT EMOTIONAL AWARENESS

Helping children to identify and name their emotions allows them to manage those feelings more effectively. When a child's upset, encourage them to talk to you about what they're feeling in an empathetic and supportive manner, and ask them why they might be experiencing these emotions.

8 ENCOURAGE INDEPENDENCE

Giving children opportunities to make their own decisions boosts confidence and problem-solving skills. A good example of this would be letting children choose and pack their own lunches for school, guiding them with options but allowing them to assume responsibility for the task to help them take ownership.

9 DEVELOP COPING STRATEGIES

Teaching children techniques like mindfulness, deep breathing or journaling can help them to manage stress. Show them how to perform breathing exercises when they're feeling anxious, and practise this regularly. Reinforcing this behaviour in young people will make it easier for them to use these techniques of their own accord during stressful moments.

10 CELEBRATE SMALL WINS

Recognising effort, no matter how small, reinforces perseverance and encourages children to keep trying. After a child completes a difficult task, makes progress on a project or reaches another type of personal goal, praise their efforts. Emphasise the hard work they've put in and be sure to let them know how proud you are!

Meet Our Expert

Adam Gillett is Associate Vice Principal for Personal Development at Penistone Grammar School and works on a secondment one day a week for Minds Ahead, which works with schools on improving their mental health provisions.



#WakeUpWednesday

The National College

@wake_up_weds

/www.thenationalcollege

@wake_up_weds

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PLACES WHERE KIDS EAT FREE (OR FOR £1) DURING THE OCTOBER HALF TERM 2024

moneysavingcentral.co.uk/kids-eat-free



FRANKIE & BENNY'S

Kids Eat Free deal from Monday 21st October to Friday 1st November.

MORRISONS

Spend £5 from the hot menu and get one free kids meal all day, every day.

COCONUT TREE

One child (under 10) eats free every day Monday 21st Oct- Sunday 3rd Nov 2024

SAINSBURY'S CAFES

Kids eat for £1 with the purchase of an adult hot main. From 11:30am every day.

ASDA

Kids eat for £1 All Day, Every Day at Asda cafes, with no adult spend required.

BEEFEATER & BREWERS FAYRE

Two children under 16 can get a free breakfast every day with one paying adult!

THE REAL GREEK

Kids under 12 eat FREE every Sunday for every £10 spent by an adult

TRAVELODGE & PREMIER INN

Buy 1 Adult Breakfast from just £8.99 & up to two kids eat breakfast for free

SIZZLING PUBS

Every Monday to Friday, 3 - 7pm, kids' mains are £1 with every adult meal.

TGI FRIDAYS

Kids Eat Free When 'Stripes Rewards Members' purchase any adult meal (Via App)

PRETO

Kids up to age 10 eat free all day, every day with paying adults at Preto in Half Terms

EMBER INNS

Kids eat for £1 from Monday 21st October to Friday 1st November 2024 (excludes weekends)

YO! SUSHI

Monday 14th October - Friday 1st November 2024
kids eat free with every £10 adult spend

GORDON RAMSEY RESTAURANTS

Kids under 8 eat FREE all day, every day at selected Gordon Ramsay restaurants

BILLS

2 kids eat FREE Mon - Fri from Monday 21st October - Friday 1st November 2024

PIZZA HUT

Free Kids buffet Monday 14th Oct - Tuesday 5th Nov daily until 3pm with code **SPOOKY**

BELLA ITALIA

Children eat for £1 with any adult main. The offer is valid 4-6pm Mon to Thurs.

WHITBREAD INNS

Two kids under 16 eat for FREE with every adult breakfast purchased

TABLE TABLE

Two children under 16 can get a free breakfast every day with one paying adult!

PAUSA CAFE @ DUNELM

Kids get 1 mini main, 2 snacks & a drink FREE with every £4 spend after 3pm

IKEA

Kids get a meal from 95p daily from 11am

HUNGRY HORSE

Kids eat for £1 on Mondays

FUTURE INNS

Under 5s eat for free with any adult meal.

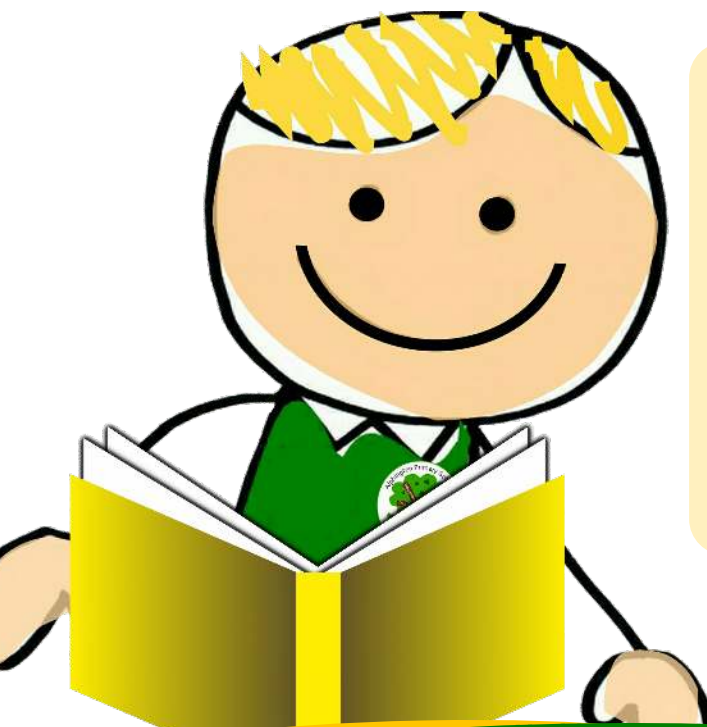
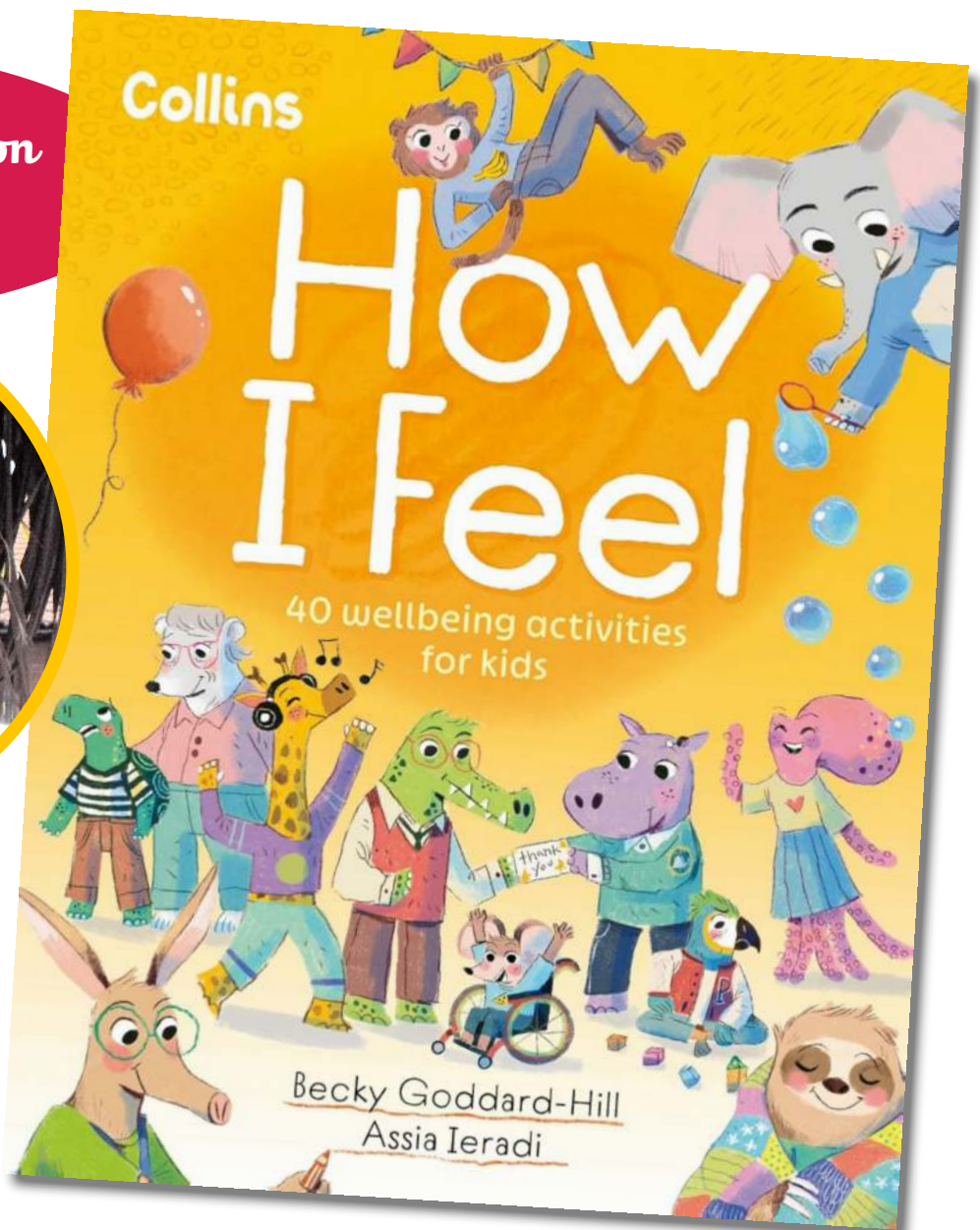
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**Book recommendation
from Miss Jones**



It can be challenging for children to know exactly how they feel.

Talking about feelings helps your child to understand as well as helping them to decide how to react.



This delightful and beautifully illustrated book is written by children's therapist and emotional wellbeing author, Becky Goddard-Hill.

You will find it full of fun and easy to complete activities, such as a happiness hunt, animal charades and cushion walks. It will give you and your child the tools to manage a wide range of emotions.

An enjoyable book for children and full of tips for grown-ups and is great fun for the whole family (including grandparents).

October half-term activities

Baby Dragon Half Term Trail

19th October - 3rd November 2024

Venue: **Buckland Abbey**

Website:

<https://www.nationaltrust.org.uk/visit/devon/buckland-abbey>

Track down the hatched baby dragons and discover some dragon secrets along the way.



Halloween Toddler Takeover

19th - 23rd October 2024

Venue: **The Big Sheep**

Website:

<https://www.thebigsheep.co.uk/>

Entertainment includes Monsters Ball with Jiggly Wrigglers, Barnwood Bear Halloween Sessions, buy a Pumpkin, Halloween arts and crafts, feed the baby lambs, animal magic and rides and play.



Magic and Myths Half Term Trail

19th October - 3rd November 2024

Venue: **Saltram**

Website:

<https://www.nationaltrust.org.uk/visit/devon/saltram>

Dress in your spookiest outfit and collect all the spells and charms around the garden to complete your spell book. Join in with some fun spooky games such as broomstick racing and spell dodging.



Cowick Street St Thomas Halloween Trail

24th October 2024

Venue: **Cowick Street, St Thomas, Exeter**

Follow the trail around St Thomas.



Happy Halloween at Bear Town

24th October - 3rd November 2024

Venue: **Bear Town**

Website:

<https://www.beartown.co.uk/>

Two hours play session where all children will be invited to take part in a Halloween hunt around the Town, to locate the missing bats, in exchange for a sweet treat or a Halloween sticker if preferred. For ages 1 to 7.



Boo at the Zoo

25th - 26th October 2024

Venue: **Dartmoor Zoo**

Website: <https://www.dartmoorzoo.org.uk>

Evening Halloween event - areas suitable for most families, however some areas will have advisories, and some areas will not be suitable for young children.



A Very Batty Half Term

26th October - 3rd November 2024

Venue: **Kents Cavern**

Website:

<https://www.kents-cavern.co.uk/>

Take part in bat-tastic activities - decorate your own egg-box hat, bat challenge fact sheet, pumpkin hunt, guess the weight of the pumpkin, batty joke trail and fancy dress is encouraged.



Alexandra Dawe Signing - The Stitchwort Curse

26th October 2024

Venue: **Waterstones Exeter**

Website:

<https://www.waterstones.com/events>

Local author Alexandra Dawe as she signs of her debut children's book 'The Stitchwort Curse' - a perfect story for Halloween. This is a free event, so just turn up on the day and books will be available to purchase.



Create a decorative necklace or bracelet to wear or make a small mobile using different types of clay beads and polished beans. For ages 5+.

Greendale Halloween Trail



26th October-3rd November 2024

Venue: **Greendale Farm Shop and Café**

Website:

<https://www.greendale.com/>

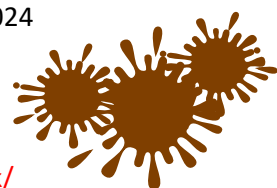
Halloween at The Bear Trail

26th October-3rd November 2024

Venue: **The Bear Trail**

Website:

<https://www.thebeartrail.co.uk/>



The Bear Trail will be getting a Halloween makeover. With 30 obstacles and unlimited mud. All children can collect a small, sweet treat and a Halloween certificate upon completing the trail.

Apple and Honey Harvest

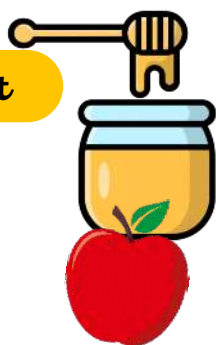
26th October - 3rd November 2024

Venue: **Quince Honey Farm**

Website:

<https://quincehoneyfarm.co.uk/>

Event celebrating the old traditions of the autumn season with a live demonstration of an apple mill and apple press, honey extraction interactive demonstration, daily tours and activities.



Autumn antics

26th October - 3rd November 2024

Venue: **Killerton**

Website:

<https://www.nationaltrust.org.uk/visit/devon/killerton>

Follow a trail of pumpkins around the garden to take part in seasonal games and activities.



Bead Factory

26th October 2024

Venue: **Exeter Phoenix**

Website:

<https://exeterphoenix.org.uk/>

