



MENTAL HEALTH AND WELLBEING NEWSLETTER

Dear All,

Welcome to the Spring Mental Health and Wellbeing Newsletter. We hope that you have been finding these newsletters a helpful source of information. If you have any suggestions of further content that may be of use, please do get in touch.

A MINDFUL MOMENT



Mindful Listening Game

Try a simple "Mindful Listening" activity to help your child focus and feel calm.

1. Sit together in a quiet space and close your eyes.
2. Ring a bell, tap a spoon on a glass, or play a gentle chime sound.
3. Ask your child to listen carefully and raise their hand when they can no longer hear the sound.
4. Afterward, take a moment to talk about what they noticed—did the sound last longer than expected? What else can they hear in the background?

This activity helps children develop focus, patience, and a sense of calm.



Parent Information Event – Energy Accounting

Our next parent information event has been organised for **Friday 25th April at 2pm**. Please do come along for a cup of tea and chance to speak with other parents and Mrs Andrews, in a relaxed and friendly environment. We will be sharing information about 'Energy Accounting'. This is a strategy you can use at home to support children to manage their energy levels by tracking activities that drain or recharge them. It promotes self-awareness, prevents burnout, and supports emotional regulation - minimising meltdowns! If you are planning on attending, please could you complete the attached Google Form: <https://forms.gle/8n7Nc3WdG7nn8vWr8>



Helpful signposting...

Services available to people living in our area. If you need support in accessing these services, please get in touch.

With YOUth: Free online parent group for those supporting a young person with poor mental health. withyouth.org

NESSie: Free support for parents including moderated Facebook pages, phone line, workshops, advice and peer support. nessieined.com

Family Lives: Online support and advice for parents of children at all ages, courses, workshops, helpline, chatline and forums. familylives.org.uk

Families First: Overarching team supporting early help and interventions for families in Hertfordshire. hertfordshire.gov.uk/microsites/families-first/families-first.aspx

Hertfordshire Directory: Directory of services and help available for adults and families across Hertfordshire, split into categories. directory.hertfordshire.gov.uk



ACTION FOR HAPPINESS

Mindful March. Please see the next page for this month's 'Action for Happiness' calendar. Be sure to take some time to yourself. When life feels difficult, staying active really helps. These simple daily actions can help us boost our energy, lift our mood and build our resilience.

Spotlight on Sleep

Good sleep is essential for children's growth, development, and overall wellbeing.

Here's how you can help your child develop healthy sleep habits.



Why Sleep is Important

- ✔ Supports brain development and learning
- ✔ Helps with emotional regulation and behaviour
- ✔ Boosts immune system and overall health
- ✔ Improves focus and concentration in school

Recommended Sleep Duration

- Ages 3-5 years: 10-13 hours per night
- Ages 6-12 years: 9-12 hours per night

Top Tips for Promoting Healthy Sleep

- 🕒 Establish a Consistent Routine
 - Set a regular bedtime and wake-up time, even on weekends
 - Follow a calming bedtime routine (e.g., bath, story, quiet time)
- 📵 Limit Screens Before Bed
 - Avoid screens (TV, tablets, phones) at least 1 hour before bedtime
 - Blue light from screens can interfere with melatonin, the sleep hormone
- 🌿 Create a Sleep-Friendly Environment
 - Ensure the bedroom is dark, quiet, and cool (around 18°C)
 - Use blackout curtains if needed
 - Avoid loud noises and distractions
- 🍏 Encourage Healthy Eating & Exercise
 - Avoid caffeine (in fizzy drinks, tea, and chocolate) in the afternoon/evening
 - Regular exercise helps with sleep but avoid high-energy activities right before bed
- 😊 Manage Worries & Anxiety
 - Talk to your child about their day to ease worries before bed
 - Try relaxation techniques like deep breathing or gentle music

Signs of Sleep Problems

- ◇ Struggling to fall asleep or stay asleep
- ◇ Feeling very tired during the day
- ◇ Frequent nightmares or night terrors
- ◇ Snoring or difficulty breathing at night

If you have concerns about your child's sleep, speak to a GP or school nurse for advice.

For more tips and support, visit:

- The Sleep Charity – www.thesleepcharity.org.uk
- NHS Sleep Advice for Children – www.nhs.uk

zzz Prioritising good sleep helps your child feel happier, healthier, and ready to learn



Five Ways to Wellbeing

This year Mrs Andrews has been reminding children of the NHS's 'Five Ways to Wellbeing', with a different focus each half-term.

This term we have looking at how we can **KEEP LEARNING** to improve our mental health and wellbeing.

Not only can learning new skills be useful but it can also improve your mental wellbeing. Life-long learners are likely to be more optimistic, better satisfied and will have a better ability to get the most out of their lives. It's also likely to mean that they can cope with stressful situations better.

Mindful March 2025

SATURDAY

1 Set an intention to live with awareness and kindness

8 Eat mindfully. Appreciate the taste, texture and smell of your food

15 Stop. Breathe. Notice. Repeat regularly

22 Notice something that is going well, even if today feels difficult

29 Choose a different route today and see what you notice

SUNDAY

2 Notice three things you find beautiful in the outside world

9 Take a full breath in and out before you reply to others

16 Get really absorbed with an interesting or creative activity

23 Tune into your feelings, without judging or trying to change them

30 Mentally scan your body and notice what it is feeling

MONDAY

3 Start today by appreciating your body and that you're alive

10 Get outside and notice how the weather feels on your face

17 Look around and spot three things you find unusual or pleasant

24 Appreciate your hands and all the things they enable you to do

31 Discover the joy in the simple things of life

TUESDAY

4 Notice how you speak to yourself and choose to use kind words

11 Stay fully present while drinking your cup of tea or coffee

18 Have a 'no plans' day and notice how that feels

25 Focus your attention on the good things you take for granted



WEDNESDAY

5 Bring to mind people you care about and send love to them

12 Listen deeply to someone and really hear what they are saying

19 Cultivate a feeling of loving-kindness towards others today

26 Choose to spend less time looking at screens today



THURSDAY

6 If you find yourself rushing, make an effort to slow down

13 Pause to watch the sky or clouds for a few minutes today

20 Focus on what makes you and others happy today

27 Appreciate nature around you, wherever you are



FRIDAY

7 Take three calm breaths at regular intervals during your day

14 Find ways to enjoy any chores or tasks that you do

21 Listen to a piece of music without doing anything else

28 Notice when you're tired and take a break as soon as possible



ACTION FOR HAPPINESS

Happier · Kinder · Together