



MENTAL HEALTH AND WELLBEING NEWSLETTER

Dear All,

Welcome to our Summer Term 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

Happy Hum

A simple activity to help your child find their 'calm'



- 1) Support your child to sit mindfully with their spine straight and their body relaxed.
- 2) Ask them to close your eyes and close their lips and hum a few notes until they find one they like.
- 3) Ask them to breathe in deeply, then breathe out and hum their note.
- 4) Breathe in, breathe out and hummmm!
- 5) Ask your child to press their hands on their chest and notice the vibration of their humming. What do they feel in their hand and body?
- 6) Breathe in, breathe out and hummmm! Let the humming send calm into their bodies

Exam Stress

Whether it is your Y6 child about to take their SATs or an older sibling embarking on their GCSEs or A' Levels, this point in the academic calendar can lead to stress within many families.

Here are some top tips to help you and your child:

- Encourage them to talk. Help your child to understand that parents, teachers and other family members are there to help.
- Learn some relaxation techniques together. For example, mindfulness and breathing exercises, which they could use if they feel anxious in a test.
- Try to support your child to get 8 to 10 hours sleep per night so that they can focus better when taking any tests. Have a regular bedtime and avoid screens in the hour before bed- try reading, colouring, or listening to favourite music instead.
- Keep active. Do some sport or go for a walk outside in the fresh air to improve your child's sleep and mental health.
- Encourage your child to eat regular meals to give them energy and drink plenty of water. It is best to avoid high sugar and energy drinks.
- Try to discourage your child from comparing themselves to others. Everyone is different with their own special strengths and their wellbeing is the most important thing.

www.childline.org.uk/toolbox/calm-zone/ is a great resource with a huge range of activities for children promoting good mental health and alleviating stress.

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

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

Signpost: A counselling provision that supports children and young people aged 5-25 years across Hertfordshire. signpostcounselling.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

Meaningful May. 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.

Meaningful May 2025

MONDAY



5 Let someone know how much they mean to you and why

12 Listen to a favourite piece of music and remember what it means to you

19 Reflect on what makes you feel valued and purposeful

26 Remember an event in your life that was really meaningful

TUESDAY



6 Look for people doing good and reasons to be cheerful

13 Find out about the values or traditions of another culture

20 Share photos of 3 things you find meaningful or memorable

27 Focus on how your actions make a difference for others

WEDNESDAY



7 Make a list of what matters most to you and why

14 Get outside and notice the beauty in nature

21 Look up at the sky. Remember we are all part of something bigger

28 Do something special and revisit it in your memory tonight

THURSDAY

1 Do something kind for someone you really care about

8 Set yourself a kindness mission to help others today

15 Do something to contribute to your local community

22 Find a way to help a project or charity you care about

29 Today do something to care for the natural world

FRIDAY

2 Focus on what you can do rather than what you can't do

9 What values are important to you? Find ways to use them today

16 Show your gratitude to people who are helping to make things better

23 Recall three things you've done that you are proud of

30 Share a quote you find inspiring to give others a boost

SATURDAY

3 Take a step towards an important goal, however small

10 Be grateful for the little things, even in difficult times

17 Find a way to make what you do today meaningful

24 Make choices that have a positive impact for others today

31 Find three reasons to be hopeful about the future

SUNDAY

4 Send your friend a photo from a time you enjoyed together

11 Look around for things that bring you a sense of awe and wonder

18 Send a handwritten note to someone you care about

25 Ask someone else what matters most to them and why



Happier · Kinder · Together

ACTION FOR HAPPINESS

