



## TEAM WELLBEING SPRING TERM 2017



EDITION 3 Parents/Guardians

Welcome to our newsletter for Positive Mental Health and Wellbeing.

### **Easter Holidays approaching!!**

We all dread the "I'm bored" one day into the holidays. Hampshire has some fantastic places to visit come rain or shine and not everything has to cost. Check out [visithampshire.co.uk](http://visithampshire.co.uk) for ideas and inspiration, even the top 10 things to do on rainy days!

### DATE FOR THE DIARY!

We run a coffee morning every term with a different focus. It's a great opportunity to meet other parents/guardians and have a chat and a coffee, so please come along and join us if you can. Our next one will be Thursday, 22<sup>nd</sup> June from 10am -11.30am and our guest speaker will be Ruth Webster, manager of the Wellbeing Centre in Aldershot. Ruth will be running a taster session on mindfulness which is suitable for adults and children alike. Letters to be sent home next term.



### **Mental Health APPS for your phone!**

Anxiety reducing apps selected to help reduce anxiety and stress in different ways.

Mindshift

Worry box

Moodpanda

Anti-anxiety app

Flowy

Worry time

Headspace

Smiling mind

Please note these apps have not been tested by us but come recommended by CAMHS 😊

### LGBT+ NEWS

WE NOW HAVE A FANTASTIC STOCK OF BOOKS IN OUR LIBRARY BY WELL-KNOWN AUTHORS INCLUDING DAVID WALLIAMS AND JACQUELINE WILSON ADDRESSING SEXUALITY AND GENDER IDENTITY. ALL THE BOOKS ARE MARKED WITH THE EDUCATE AND CELEBRATE LOGO



### Relaxation Technique

Sit or lie down somewhere comfy in a quiet space. Take a long, slow deep breath in through your nose and hold for 3 seconds. Slowly let the breath out through your mouth for 5 seconds. Repeat 5 times and you will hopefully notice a calmer feeling.



If you have any concerns about your child at school or you just want to have a chat about daily school life please feel free to get in touch with the pastoral team at Samuel Cody!! We are here to help 😊  
Dawn Tweedie & Sarah Sanders