

Mindful Moments

Dear Parents, Staff and Iver Village Community,

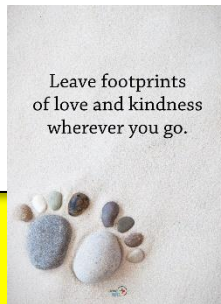
This week is Mental Health Awareness Week which is a campaign by the Mental Health Foundation that has been running since 2001. The aim of the campaign is to 'raise awareness of mental health and mental health problems and inspire action to promote the message of good mental health for all'. The theme for 2020 is KINDNESS. Please follow the link if you would like to find out more:

<https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week>

Following the latest Government announcement regarding the re-opening of schools for YR, Y1 and Y6, some of you will undoubtedly have concerns. Whilst it is obviously important for everyone to be very mindful of potential issues, please try not to overthink things and dwell in a mindset of fear. This will only cause you stress and anxiety, which will, in turn, impact your perspective further. Iver Village Junior School is working hard to ensure we do everything we realistically can to make transitioning back into the school environment a positive and safe one.

Warm regards

Mrs Sarah Chapman-Allen



Self-care

Why not show yourself some love and attention you show others ...

St John Ambulance have created a Wellbeing Self-Assessment tool:

https://www.smartsurvey.co.uk/s/WellbeingAssessmentTool/?utm_source=Communitygator@utm_medium=email@utm_campaign=DEL300420FA

Caring for your child's Mental Health

Letting go of anger: Fist squeeze

- 1) Stand, sit or lie down and relax your arms by your sides. Take three soft, slow mindful breaths. As you settle, pay attention to what you are thinking and feeling.
- 2) Imagine those thoughts and feelings gathering like red-hot energy in your hands. Breathe in and squeeze your fists as tightly as you can
- 3) Breathe out and open your hands so that they are soft and loose. Imagining the red-hot energy flying away like sparks.
- 4) Breathe in and squeeze your fists again. Let the energy build
- 5) Repeat until you feel calmer.
- 6) After you are down, swing your arms gently side to side to loosen up.