

The Feel Better Newsletter

Dear Parents, Staff and Iver Village Community,

At Iver Village Junior School, we are committed to supporting children, staff and parents in their wellbeing and mental health. We know that wellbeing, physical and mental health are all vital to successful learning.

Our aim is to provide help, tips and resources to support both adults and children as we recognise the importance of parents and carers feeling supported and well in themselves.



Mrs Sarah Chapman-Allen



Anti-Bullying

The theme for this year's Anti-Bullying week was 'One Kind Word'. This complements The Iver Village Junior drive for Kindness.

The campaign's call to action is:

'Ask if someone's OK. Say you're sorry. Just say hey.'

'In a world that can sometimes feel like it's filled with negativity, one kind word can provide a moment of hope. It can be a turning point. It can change someone's perspective. It can change their day. It can change the course of a conversation and break the cycle of bullying'

'It starts with one kind word. It starts today.'

This terms Yoga Pose

Yoga Cards

Crescent Moon Pose

Benefits Stretches arms, abdominals, spine, and chest; calms the mind.

- 1 Inhale, and raise your hands over your head, pressing your palms together.
- 2 Exhale and tip your body to one side.
- 3 Inhale while returning to standing straight.
- 4 Repeat on the opposite side.
- 5 Exhale and lower your arms.



Coping Skills Fortune Teller

This is a lovely resource for exploring coping strategies linked to sadness, anger, anxiety and fear. There are three versions for you to use.

<https://www.elsasupport.co.uk/coping-skills-fortune-teller/>



If you need help...

Family Information Service (help with finances, wellbeing, housing)

<https://www.bucksfamilyinfo.org/kb5/buckinghamshire/fsd/parent.page?parentchannel=32>

Restore Hope - 01494 765555

MIND - 01296 43732

Chiltern Foodbanks - 0808 2082138

Employment Support - 01494 463364 EXT 2

Safe Haven Crisis support - 01494 218098

Don't forget we are also here to help.

Self-Care & Mental Health for Kids

 Share your own feelings to encourage self-awareness.



 Find social groups that help them feel like they belong.

Set aside time for low-stress or solo activities.



Practice self-care for yourself to set the standard.

 Focus on articulating feelings. "I am angry." "I am sad."

Encourage journaling and diaries.

Encourage your child to focus on the moment.



Establish a self-care routine.

Recognize toxic stress events.

BlessingManifesting

Cultivate interests and hobbies.

Don't forget... **Action for Happiness Calendar: Do Good December**

Kindness is contagious, and helping others has been proven to make us feel better too! It's free and better for everyone!