



## Thameside Termly Wellbeing Newsletter

Welcome to our first termly Wellbeing newsletter – please do take a look at our website too for more links to resources. [Thameside Primary School - Family Support, Mental Health and Wellbeing \(thamesideschool.co.uk\)](https://thamesideschool.co.uk)

### *Importance of sleep*

**We all need to sleep well to help our bodies recover from the day. Top Tips for better sleep:**

- Establish a regular, relaxing bedtime routine that lets you unwind and sends a signal to your brain that it's time to sleep.
- Create a restful environment: bedrooms that are dark, cool and quiet are generally easier to fall asleep and stay asleep in.
  - Try to go to sleep and wake up at the same time each day.
  - Exercise regularly but avoid vigorous exercise near bedtime if it affects your sleep.
- Avoid caffeine before bed. This can stop you falling asleep and prevent deep sleep.
  - Avoid using screens in the evening, including on smartphones and tablets. The light from the screen can have a negative effect on sleep, and social media, news and games can all stimulate your brain and make you feel anxious.
- Write down your worries if you lie awake worrying about tomorrow. This can help put your mind at rest.
- If you can't sleep, don't worry about it. Get up and do something relaxing like listening to music or reading until you feel sleepy.

### **Key dates – April and May**

15<sup>th</sup> – 21<sup>st</sup> May – **Mental Health Awareness Week**

### **26<sup>th</sup> May – On your feet Britain!**

On Your Feet Britain is a celebration of physical activity that encourages workers across Britain to unite and take part in a variety of fun and simple activities to #SitLess and #MoveMore at work. It's much easier than you think and you'll be surprised by how much better you feel. Here are a few tricks to think about:

- **Use the stairs rather than the lift**
- **Stand up and have a break from your computer every hour**
- **Eat lunch away from your desk**
- **Stand during phone calls**
- **Have standing or walking meetings**
- **Walk over to your colleagues' desks instead of phoning or emailing them**
- **Walk or cycle to work**



### *Link of the month:*






The NSPCC have some fantastic resources for parents at the following link:

[Support for parents | NSPCC](https://www.nspcc.org.uk/support-for-parents/)

**NSPCC**

# Action for Happiness Calendar – April

**Active April 2023**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 <p>3 Listen to your body and be grateful for what it can do</p>	 <p>4 Eat healthy and natural food today and drink lots of water</p>	 <p>5 Turn a regular activity into a playful game today</p>	 <p>6 Do a body-scan meditation and really notice how your body feels</p>	<p>7 Get natural light early in the day. Dim the lights in the evening</p>	<p>1 Commit to being more active this month, starting today</p>	<p>2 Spend as much time as possible outdoors today</p>
<p>10 Have a day with less screen time and more movement</p>	<p>11 Set yourself an exercise goal or sign up to an activity challenge</p>	<p>12 Move as much as possible, even if you're stuck inside</p>	<p>13 Make sleep a priority and go to bed in good time</p>	<p>14 Relax your body &amp; mind with yoga, tai chi or meditation</p>	<p>15 Get active by singing today (even if you think you can't sing!)</p>	<p>16 Go exploring around your local area and notice new things</p>
 <p>17 Be active outside. Dig up weeds or plant some seeds</p>	<p>18 Try a new online exercise, activity or dance class</p>	<p>19 Spend less time sitting today. Get up and move more often</p>	<p>20 Focus on 'eating a rainbow' of multi-coloured vegetables today</p>	<p>21 Regularly pause to stretch and breathe during the day</p>	<p>22 Enjoy moving to your favourite music. Really go for it</p>	<p>23 Go out and do an errand for a loved one or neighbour</p>
<p>24 Get active in nature. Feed the birds or go wildlife-spotting</p>	<p>25 Have a 'no screens' night and take time to recharge yourself</p>	<p>26 Take an extra break in your day and walk outside for 15 minutes</p>	<p>27 Find a fun exercise to do while waiting for the kettle to boil</p>	<p>28 Meet a friend outside for a walk and a chat</p>	<p>29 Become an activist for a cause you really believe in</p>	<p>30 Make time to run, swim, dance, cycle or stretch today</p>

**ACTION FOR HAPPINESS** **Happier · Kinder · Together**

## The Power of thank you!



The Power of Thank you! It's been said that since we are given the gift of 84,000 seconds every day, we should use at least one of them to say 'thank you'. A simple thank you does more than you might think, for you, as well as for those on the receiving end. Research shows that being grateful can make us happier, healthier and more optimistic and is one of the key aspects of mental wellbeing at work.

Gratitude reduces anxiety and generates positivity. It helps us build healthy relationships with others as well as handle adversity more effectively. Feeling grateful towards others benefits you and them simultaneously. If you say thank you it's good for your own wellbeing as well as the person receiving the thank you. And if all it takes is a few seconds out of your day to do that, it's got to be worth it. Who would you like to say 'thank you' to?