



Thameside Termly Wellbeing Newsletter – Edition 2

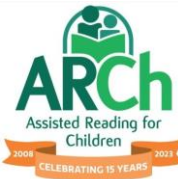
Welcome to our termly Wellbeing newsletter – please do take a look at our website too for more links to resources.

[Thameside Primary School - Family Support, Mental Health and Wellbeing \(thamesideschool.co.uk\)](https://thamesideschool.co.uk)

Volunteers appreciation!

Volunteers' Week takes place in June every year.

It is a chance to show how much we appreciate the fantastic contribution volunteers make to our communities, and to say thank you. It is a great opportunity to share all of the different ways to volunteer and how we can all make a difference in our communities – even if you don't have a great deal of time!



Volunteers are at the heart of every community and at Thameside we are hugely grateful for all the amazing work that our volunteers do – for example our amazing ARCH support reader, Sarah

WHY IS VOLUNTEERING IMPORTANT?

As well as helping others, volunteering has been shown to improve volunteers' wellbeing too. It's human nature to feel happy and positive after helping others. Volunteering can also help you gain valuable new skills and experiences, and boost your confidence.

If you are interested in becoming a volunteer at our school, please see our website for information about how to apply:

[Thameside Primary School - Becoming a volunteer \(thamesideschool.co.uk\)](https://thamesideschool.co.uk)

Key dates – June and July

- World Refugee Week 19th - 25th June
- World Music Day Wednesday 21st June
- RSE Day Thursday 29th June
- International Self-Care Day Monday 24th July

Self Care

interesting facts:

- Self-care helps you perform at your best and have a higher quality of life.
- When you prioritise self-care it helps to boost your self-esteem and self-confidence.
- It teaches resilience – when we take care of ourselves, we can handle challenges better, which is important for maintaining resilience.
- Self-care does not need to take a long time, it can be as simple as taking a bath or picking up a new creative outlet.
- Self-care reduces stress and has several benefits, including increased energy, better sleep, and increased clarity of thought.

Action for Happiness Calendar – June

Every newsletter, we send out the Action for Happiness Calendar to support and inspire our community to feel the best that they can.

Action for Happiness is an organisation that is always looking for more volunteers to help in different roles. If you are interested in finding out more, go to their website, at: <https://actionforhappiness.org/volunteer>

Joyful June 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY				
										
1 Decide to look for what's good every day this month	2 Say positive things in your conversations with others	3 Re-frame a worry and try to find a helpful way to think about it	4 Take a photo of something that brings you joy and share it	5 Think of 3 things you're grateful for and write them down	6 Get out into green space and feel the joy that nature brings	7 Do something healthy which makes you feel good	8 Find joy in music: sing, play, dance, listen or share	9 Ask a friend what made them happy recently	10 Bring joy to others by doing something kind for them	11 Eat good food that makes you happy and really savour it
12 Write a gratitude letter to thank someone	13 Take a light-hearted approach. Choose to see the funny side	14 Share a happy memory with someone who means a lot to you	15 Look for something to be thankful for where you least expect it	16 Speak to others in a warm and friendly way	17 Take time to notice things that you find beautiful	18 Look for something good in a difficult situation				
19 Get outside and find the joy in being active	20 Rediscover and enjoy a fun childhood activity	21 Send a positive note to a friend who needs encouragement	22 Watch something funny and enjoy how it feels to laugh	23 Create a playlist of uplifting songs to listen to	24 Bring to mind a favourite memory you feel grateful for	25 Show your appreciation to people who are helping others				
	26 Make time to do something playful, just for the fun of it	27 Be kind to you. Do something that brings you joy	28 Notice how positive emotions are contagious between people	29 Share a friendly smile with people you see today	30 Make a list of the joys in your life (and keep adding to it)					

ACTION FOR HAPPINESS

Happier · Kinder · Together