



# Wellbeing

## MENTAL HEALTH



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August 2023

Dear Parents / Carers,

It's the end of another school year, and we are now enjoying our Summer holiday. However, I would like to take the opportunity to thank you for all your support this year.

In October 2022 we celebrated everyone's mental health by coming to school in anything yellow for #helloyellow;



Then in February 2023, we supported children's mental health week and came dressed in green to show our support.



Through our ongoing partnership with the reflexions team, we have supported our pupils and their families with several workshops – on low level anxiety, exam worries and transition, as well as the individual sessions pupils have been taking part in with members of the reflexions team.



We are now 1/2 way through the 6-week holidays. The summer holidays can feel a little daunting, especially when trying to think of ideas to keep everyone happy. This can have a massive impact on everyone's mental health, with extra stress and anxiety being high.



 **Self-care Summer Bingo**

TAKE A WALK	TALK TO A FRIEND	READ A BOOK	SET GOALS FOR THE FUTURE
WRITE 3 POSITIVE THINGS YOU DID	COOK A HEALTHY MEAL	CREATE A SUMMER PLAYLIST	HAVE BALANCED SLEEP
TAKE ON A PHOTO CHALLENGE	WATCH YOUR FAVOURITE FILM	TRY A NEW HOBBY	TAKE TIME AWAY FROM TECHNOLOGY
ORGANISE YOUR DAY	BE KIND TO YOURSELF	SPEND TIME OUTSIDE	DO SOMETHING CREATIVE

[www.annafreud.org/selfcare](http://www.annafreud.org/selfcare) 





Here are my top tips to support your mental health this summer!

1. Keep in touch. Make time for quality time over the summer with friend and family... The NHS recommends connecting with people is good for mental health.

If you can't meet up in person, make the most of technology by using video calling to reach people.

2. **ART** - Getting arty is super for young minds. It allows them to explore their creativity, helps them to relax, and is a perfect alternative to their screens. When immersed in an arty task, young people (and anyone, really) can reach a calm, meditative place, where they are distracted away from the worries of life.

3. **Get outside** - **Getting outside is scientifically proven to boost your mood.**

- Kadra Abdinisir, of the Centre for Mental Health, told the BBC that "spending time outdoors and in nature has many benefits and can help boost our overall wellbeing and mental health. Whether it's a stroll in your local park, hiking or even birdwatching, being in nature can help improve our mood and help us feel more relaxed."

- Mind also recommends it to help with mental health problems like anxiety and depression...

- So, while it could be very easy for your children to be glued to the sofa with no school to go to, the young carers in Liverpool recommend getting outside and spending time in the sunshine and fresh air. To them, it's an easy and effective element of self-care.

4. **Get cooking**... Science and research tells us that young people with good cooking skills report a greater sense of mental well-being, as well as less symptoms of depression.

- According to Julie Ohana, creator of CulinaryArtTherapy, "When the task allows you to create something to nourish yourself and your loved ones, it can be a very powerful experience".

- This makes it an excellent activity for children to try during the summer months. And if they're not very confident in the kitchen, or if they find the process stressful, they could start with simple, easy recipes, or helping an adult as they cook.

5. **Stay active** - Karate, dance, circuit training, Mixed Martial Arts. You name it, they do it. It's because staying active is fantastic for maintaining good mental health. It gets your endorphins going, boosts your mood and raises self-esteem.

**Research by The Faculty of Sport and Exercise Medicine UK confirmed that "physical activity can increase self-esteem and reduce depression and anxiety in children".**

Have a wonderful rest of the Summer, stay safe and we will see most of you in September.

We would love your feedback on our wellbeing newsletter. Send your comments to [ereynolds@eastfieldpri.co.uk](mailto:ereynolds@eastfieldpri.co.uk)

#### Useful Links

<https://www.otw.org.uk/2023/05/11/5-tips-to-support-your-mental-health-this-summer/>

<https://www.barnardos.org.uk/blog/5-tips-maintaining-good-mental-health-during-summer>

