



Dear Parents and carers,

This week has been World Mental Health Awareness Week, a week we believe to be the most significant in the school year. Our children have taken part in an array of activities to promote and support their own mental health and wellbeing. Please take a read to see what we have been up to and to explore some of the resources out there that can support us ALL in developing positive mental health.

Thank you all for your continued support, Mrs Potter.



Time to go Green!

Staff proudly jumped to the challenge on Monday, where they 'cat walked' an array of greens; from the subtle olives to the grand emeralds and even to the boldest of limes! This was a great opportunity for us all here at Cuddington to promote the true message behind the green and support World Mental Health Week.

As the month of May continues, The Mental Health Foundation call on you all to 'Go Green' for Mental Health. Maybe you could champion this at home... don't forget to send in your photographs!



Calm: Positive Mental Health for everyone.

This week we have taken full advantage of the 'Calm' app and resources available free to teachers and schools. We have brought mindfulness into the classrooms with ease, explored breathing exercises, meditations and relaxation activities - there really has been no end!

Calm has some great diverse content to help start a journey towards better sleep, reduced stress and anxiety, and better mental health overall. We all deserve a little 'Calm' so here is the link if you/your family are interested:

<https://www.calm.com/signup-flow?source=homepage>

#ToHelpMyAnxiety

Worry is a normal emotion in us all, but we want to ensure we can control it. Lots of things can lead to feelings of worry, including exam pressures or other big life events. Adults can also get worried when it comes to things to do with money or work. These feelings can be made easier to manage though. Focusing on anxiety for this year's Mental Health Awareness Week has been to help increase people's awareness and understanding by providing information on the things that can help prevent it from becoming a problem. The Mental Health Foundation continue to demand change - making sure that improving mental health is a key priority for the government and society as a whole.

Wellbeing Walks

This week, we have taken the opportunity to re-connect with nature on a class Wellbeing Walk. Sometimes there is nothing better than the fresh air, gentle exercise and the company of our friends...



What did our Wellbeing Ambassadors have to say about this important week?

"Wellbeing is good for your brain" - Carter (Y1)

"Talking about things really helps you to not worry" - Thomas (Y4)

"If you feel good, you'll do good!" - Poppy (Y4)

"Take time to look after yourself!" - Chloe (Y4)

"If you don't look after your mental health, you won't be able to learn - you won't be healthy." - Violet (Y1)



CORAM Life Education Assemblies

Here at Cuddington, we use the CORAM Life Education (SCARF) programme as part of our Personal Development Curriculum offer. Linking well with developing positive mental health and wellbeing, this week each year group have listened and been part of an Assembly around 'Being my Best!' Please take some time at home to ask the children about their assembly to hear and share the key messages they have learnt.



How to order a green ribbon

Would you like to show your support and wear the green ribbon? The green ribbon is the international symbol of mental health awareness. You can order your green ribbon to raise awareness and support good mental health for all by following the link below.



<https://shop.mentalhealth.org.uk/collections/green-ribbon-collection>

How to cope with worry

Anxiety is something we can all experience from time-to-time. There are lots of reasons why we get this feeling. If we don't know how to cope with our feelings, they can get stop us from doing the things we need or want to do. There are some things we can ALL do to manage these tough feelings.

- Focus on breathing
- Get moving
- Keep a diary
- Challenge our thoughts
- Get support for money worries
- Spend time in nature
- Connect with people
- Sleep and rest
- Eat a healthy diet