

Safeguarding Bulletin – Children’s Wellbeing

It’s good to talk

We are often told that if something is bothering us one helpful way of dealing with this is to find someone we trust and talk about it. In fact, I and many of your teachers have suggested this to you. It’s very good advice. But do we know why talking helps?

Talking helps in many ways. Talking helps us to understand the experiences we are going through and our feelings connected to these experiences. In doing this we understand ourselves a little better and this is a good thing. Talking shares our experiences with others and helps us to feel connected. It can help us to find a solution to sort out problems or open up new opportunities. Talking can help also give us an immediate sense of relief when we share a problem with someone who is really listening.

It’s not just about sharing worries, talking about things that make us feel good is just as important as talking about things that are worrying us – it helps us to grow, learn and feel connected.

I’m hoping you are all getting the chance to talk about the good things that are going on in your lives and have someone you can reach out to talk to if things aren’t going so well. As always myself, the whole pastoral team and your teachers are available for support.

WINNING WAYS TO WELLBEING



INTRODUCE THESE FIVE SIMPLE STRATEGIES INTO YOUR LIFE AND YOU WILL FEEL THE BENEFITS.

ACTION CALENDAR: MINDFUL MARCH 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Set an intention to live with awareness and kindness	2 Notice five things that are beautiful in the world outside	3 Start today by appreciating your body and that you're alive	4 Notice how you speak to yourself. Try to use kind words	5 Take three calm breaths at regular intervals during your day	6 Bring to mind people you care about and send love to them	7 Have a 'no plans' day and notice how that feels
8 Eat mindfully. Appreciate the taste, texture & smell of your food	9 Take a full breath in and out before you reply to others	10 Get outside and notice how the weather feels on your face	11 Stay fully present while drinking your cup of tea or coffee	12 Listen deeply to someone and really hear what they are saying	13 Pause to just watch the sky or clouds for a few minutes today	14 Find ways to enjoy any chores or tasks that need doing
15 Stop, breathe and just notice. Repeat regularly during the day	16 Get really absorbed with an interesting or creative activity	17 Look around and spot 3 things you find unusual or pleasant	18 If you find yourself rushing, make an effort to slow down	19 Cultivate a feeling of loving-kindness towards others today	20 Celebrate the International Day of Happiness dayofhappiness.net	21 Listen to a piece of music without doing anything else
22 Walk a different route today and see what you notice	23 Tune in to your feelings, without judging or trying to change	24 Appreciate your hands and all the things they enable you to do	25 Focus your attention on the good things you take for granted	26 Notice when you're tired and take a break as soon as possible	27 Have a device-free day and enjoy the space it offers	28 Appreciate nature around you, wherever you are
29 Notice what is working today and be thankful that this is so	30 Mentally scan down your body and notice what it is feeling	31 Notice the joy to be found in the simple things of life	<p>"Mindfulness means that we commit fully in each moment to be present" - Jon Kabat-Zinn</p> 			

ACTION FOR HAPPINESS







www.actionforhappiness.org

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Learn more about this month's theme at www.actionforhappiness.org/mindful-march

Why not try the 8 top tips for relaxation from Mind
<https://www.mind.org.uk/information-support/tips-for-everyday-living/wellbeing/wellbeing/>

NEVER ALONE



NSPCC
0808 800 5000
(24hrs)

National Domestic Abuse Helpline
0808 2000 247
(24hrs free)

Mind
0300 123 3393
(Mon-Fri 9-6)

Victim Support
0808 168 9111
(24hrs)

Cruse Bereavement
0800 808 1677
(Mon-Fri 9-5)

ChildLine
0800 1111
(24hrs)

Action on Elder Abuse
0808 808 8141
(Mon-Fri 9-5)

Respect - Men's Advice Line
0808 801 0327
(Mon-Fri 9-5or8pm)

Samaritans
116 123
(24hrs free)

National Centre for Domestic Violence
0207 186 8270

Useful places to go for information for your son/daughter:

- Samaritans: 116 123
- Childline 0800 1111 specifically online safety 0808 800 5002
- <https://www.nspcc.org.uk/>
- <https://www.thinkuknow.co.uk/>
- <https://www.ceop.police.uk/safety-centre/>
- <https://youngminds.org.uk/> 0808 802 5544
- <https://www.kooth.com/>