

Happy New Year Everyone!



January Edition 2022

Wildern Wellbeing

I hope you all enjoyed a lovely break and are feeling refreshed for the next term ahead. I had a great time and amazed myself at how much turkey I was able to eat!

This time of year can be pretty miserable as it's dark out and the weather isn't great. I try to do things that help me feel a little better and happier. I like to go on walks, especially in the countryside. I hope you all have things you like to do to help you feel a little happier, whether it's a long walk, swimming, talking to friends and family or arts and crafts.

Since I've been back at school I've been so tired that I've been going to bed early and getting a good night's sleep. I hope you all get some good quality sleep as it makes such a difference to your wellbeing. My top tips are;

- Limit screens in the bedroom - I don't own a phone so I'm OK on that one.
- Create a sleep routine such as a bath or a hot chocolate - I like a short walk around 7pm and then have my dinner.
- Try to be active during the day - I love a run around the field.

I hope this helps and I hope to see you all around school. Have a good term.

Rufus



New Year's Resolutions...

Although you may have made your own new year's resolutions (and if you're like us, they're probably very similar to last years!), why not consider making some family new year's resolutions too?



There's no denying that tech continues to evolve and 2021 showed no sign that our reliance on the online world and all things digital is slowing down. We don't expect 2022 to be any different so how about pledging some family new year's resolutions to take on tech with a new approach?

See below ideas from ineqe.com for new year resolutions. We suggest you sit down as a family and choose a few to tackle together – or maybe even come with some digital resolutions of your own...

Resolution 1



We will speak more kindly online

Resolution 2



We will have healthier screen time habits

Resolution 3



We will be cyber secure

Resolution 4



We will use tech together to learn and explore

Get Moving!

Being active isn't just about feeling stronger, fitter, more energetic and sleeping better. It is also about having fun. You should be active for at least 60 minutes a day, with 30 minutes outside of school. This should include 3 sessions a week of activities that strengthen muscles and bones, so mix it up.

And it is not just physical benefits that you get from being active

Evidence shows that being more active also helps with mental health

A positive attitude towards physical activity has been associated with being happier



After maybe one or two many mince pies during the Christmas holidays, there has never been a better time to get moving. Not only does exercise get your heart beating and your blood pumping but it is also proven to improve your mood and sleep, decrease stress and reduce anxiety. Check out the following YouTube channels:



Joe Wicks has everything from 20 minute HIIT sessions to 7 minute muscle blasts.



The FitTak YouTube channel offers Yoga, Meditation and some Dance workouts for improving your mindfulness.



For the keen runners, there is the Couch to 5K challenge with week by week podcasts to improve running and cardio vascular fitness.

Whatever it is that you choose to do, use January to kickstart your year in a healthy and active way.

Healthy Eating



Q: Does the fruit and vegetables have to be fresh?

A: No. Fresh, frozen, canned and dried fruit and vegetable juices all count towards your 5 portions.

Aim for at least 5 portions of a variety of fruit and vegetables each day.

Dried fruit and fruit/ vegetable juices/ smoothies can cause tooth decay, so should only be consumed as part of a meal and not as a between meal snack.

Try this delicious **Brain Power Smoothie** because it's packed full of tasty ingredients that are good for brain health...

Ingredients

- Blueberries
- Avocado
- Banana
- Chia seeds
- Pomegranate juice
- Ice



Blend together to make this delicious smoothie. Just google them. They are all fantastic "food for thought".

Tips for a Good Night Sleep _z _z **Z**

A minimum of 8 to 10 hours' good sleep on school nights is recommended! Here's how to make sure you are getting enough sleep to stay healthy and be well rested for school..



Limit screens in the bedroom and create a sleep friendly bedroom

Remove any tech in your room, the light from the screen interferes with sleep. It also means you're more likely to stay up late interacting with friends on socials.

Have at least an hour of screen-free time before going to sleep. Ensure you have a good sleeping environment – ideally a room that is dark, cool, quiet and comfortable.



Exercise for better sleep

Regular exercise helps you sleep more soundly, aim for at least 60 minutes of exercise every day, including aerobic activities such as fast walking and running. Exercising out in daylight will help to encourage healthy sleep patterns too.



Do not binge before bedtime

Eating too much, or too little close to bedtime can lead to an overfull or empty stomach. This can be a cause of discomfort during the night and may prevent sleep.



Have a good routine

Get into a regular bedtime routine. Doing the same things in the same order an hour or so before bed can help you drift off to sleep.



Talk through any problems

Talk about anything you're worried about. This will help you put your problems into perspective and sleep better.

5 Steps to Mental Wellbeing

1 Give to others

Acts of giving and kindness can:

- create positive feelings and a sense of reward
- give you a feeling of purpose and self-worth
- help you connect with other people

2 Be physically active

Being active has many benefits, it can:

- raise your self-esteem
- help you to set goals or challenges and achieve them
- cause chemical changes in your brain to positively change your mood

3 Learn new skills

Research shows that learning new skills can:

- boost self-confidence and raise self-esteem
- help you to build a sense of purpose
- help you to connect with others

4 Pay attention to the present moment (mindfulness)

Paying more attention to the present moment can improve your mental wellbeing. This includes your thoughts and feelings, your body and the world around you.



5 Connect with other people

Good relationships are important, they can:

- help you to build a sense of belonging and self-worth
- give you an opportunity to share positive experiences
- provide emotional support and allow you to support others



Wildern Wellbeing

Kindness is free, sprinkle it everywhere...

In the last week of last term prior to breaking up for Christmas, we ran a 'Kindness Challenge'.

It was a pleasure to see and hear about all the spontaneous acts of kindness that our fantastic students showed towards each other and staff.

The kindness of these students was rewarded with a pop up cinema and snacks on the last day of term.

Well done to the 98 students whose names were put forward by staff!



We are committed to promoting and protecting emotional wellbeing and mental health in our whole school community.

Visit the Wellbeing Hub on the Wildern School website to find support and advice



www.wildern.org/mental-health-and-wellbeing/