



Thameside Termly Wellbeing Newsletter – Edition 3

Welcome to our termly Wellbeing newsletter (and the first of 23/24!) – please do take a look at our website too for more links to resources.

Please do look out for our letter sent yesterday which details our new Yoga Club which will start this term.

[Thameside Primary School - Family Support, Mental Health and Wellbeing](#)



World Mental Health Day 2023

The [World Health Organisation](#) recognises World Mental Health Day on 10 October each year.

The theme of 2023's World Mental Health Day, set by the [World Federation for Mental Health](#), was '**Mental health is a universal human right**'.

For over 70 years, the Foundation has been working to make sure that mental health is treated equally with physical health. Mental health problems exist in our lives, families, workplaces and communities, affecting everyone. We must do as much as possible to prevent mental ill-health – as individuals and as a society. We will continue to call on national and local governments to prioritise reducing the factors known to pose a risk to people's mental health, enhancing those known to protect it and creating the conditions needed for people to thrive.

World Mental Health Day is also a chance to talk about mental health in general, how we need to look after it, and how important it is to talk about things and get help if you are struggling.

Key dates – September and October

-Wednesday 20th September – National Fitness Day

[National Fitness Day | The UK's Largest Physical Activity Celebration](#)

- Tuesday October 10th – World Mental Health Day

Zones of regulation

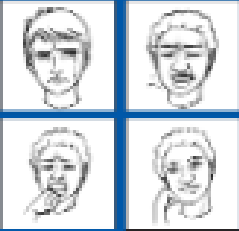
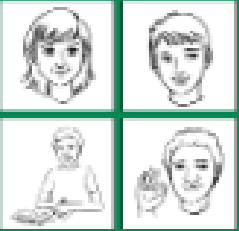
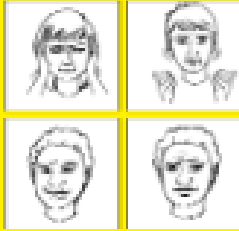
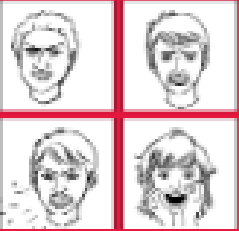
We are very excited to relaunch the Zones of Regulation across the school from Nursery to Year 6.

The *Zones of Regulation*® is an approach used to support emotional regulation. The Zones framework can help children become more aware of:

- The range of **different emotions** and **energy states** (e.g. high energy, medium energy, low energy) that they can feel.
- How different **situations** and **experiences** can trigger different emotions and energy states.
- **Tools and strategies** that can support them when feeling different emotions to help them move to an emotional state where they are calmer and more ready to learn.

Children are encouraged to understand that there is **no such thing as a 'bad' zone** and that we all go through different zones, sometimes all of them in a day (!) The key is to recognise which zone we are in so that we can then be in a position to help ourselves or ask for help if we need it.

The **ZONES** of Regulation®

BLUE ZONE	GREEN ZONE	YELLOW ZONE	RED ZONE
			
Sad Sick Tired Bored Moving Slowly	Happy Calm Feeling Okay Focused Ready to Learn	Frustrated Worried Silly/Wiggly Excited Loss of Some Control	Mad/Angry Terrified Yelling/Hitting Elated Out of Control

In the next few weeks, ask your child about their 'Regulation Station' in class, what strategies they use for each zone and when they might feel like they are that zone.

Look out in future newsletters of how you can use the Zones of Regulation at home!

Action for Happiness Calendar – September

Self-care September

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

Self-Care September 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 <div style="background-color: #e6f2ff; padding: 5px; margin-top: 5px;"> 4 Plan a fun or relaxing activity and make time for it </div>	  <div style="background-color: #ffcccc; padding: 5px; margin-top: 5px;"> 5 Forgive yourself when things go wrong. Everyone makes mistakes </div>	 <div style="background-color: #e6f2ff; padding: 5px; margin-top: 5px;"> 6 Focus on the basics: eat well, exercise and go to bed on time </div>	<div style="background-color: #ffcccc; padding: 5px; margin-top: 5px;"> 7 Give yourself permission to say 'no' </div>	<div style="background-color: #ffcccc; padding: 5px; margin-top: 5px;"> 1 Find time for self-care. It's not selfish, it's essential </div>	<div style="background-color: #ffcccc; padding: 5px; margin-top: 5px;"> 2 Notice the things you do well, however small </div>	<div style="background-color: #4a90e2; padding: 5px; margin-top: 5px;"> 3 Let go of self-criticism and speak to yourself kindly </div>
<div style="background-color: #4a90e2; padding: 5px; margin-top: 5px;"> 11 Make time to do something you really enjoy </div>	<div style="background-color: #e6f2ff; padding: 5px; margin-top: 5px;"> 12 Get active outside and give your mind and body a natural boost </div>	<div style="background-color: #ffcccc; padding: 5px; margin-top: 5px;"> 13 Be as kind to yourself as you would to a loved one </div>	<div style="background-color: #ffcccc; padding: 5px; margin-top: 5px;"> 14 If you're busy, allow yourself to pause and take a break </div>	<div style="background-color: #4a90e2; padding: 5px; margin-top: 5px;"> 15 Find a caring, calming phrase to use when you feel low </div>	<div style="background-color: #ffcccc; padding: 5px; margin-top: 5px;"> 9 Aim to be good enough, rather than perfect </div>	<div style="background-color: #ffcccc; padding: 5px; margin-top: 5px;"> 10 When you find things hard, remember it's ok not to be ok </div>
<div style="background-color: #ffcccc; padding: 5px; margin-top: 5px;"> 18 Ask a trusted friend to tell you what strengths they see in you </div>	<div style="background-color: #4a90e2; padding: 5px; margin-top: 5px;"> 19 Notice what you are feeling, without any judgement </div>	<div style="background-color: #e6f2ff; padding: 5px; margin-top: 5px;"> 20 Enjoy photos from a time with happy memories </div>	<div style="background-color: #ffcccc; padding: 5px; margin-top: 5px;"> 21 Don't compare how you feel inside to how others appear outside </div>	<div style="background-color: #ffcccc; padding: 5px; margin-top: 5px;"> 22 Take your time. Make space to just breathe and be still </div>	<div style="background-color: #4a90e2; padding: 5px; margin-top: 5px;"> 23 Let go of other people's expectations of you </div>	<div style="background-color: #e6f2ff; padding: 5px; margin-top: 5px;"> 24 Accept yourself and remember that you are worthy of love </div>
 <div style="background-color: #ffcccc; padding: 5px; margin-top: 5px;"> 25 Avoid saying 'I should' and make time to do nothing </div>	<div style="background-color: #ffcccc; padding: 5px; margin-top: 5px;"> 26 Find a new way to use one of your strengths or talents </div>	<div style="background-color: #4a90e2; padding: 5px; margin-top: 5px;"> 27 Free up time by cancelling any unnecessary plans </div>	<div style="background-color: #e6f2ff; padding: 5px; margin-top: 5px;"> 28 Choose to see your mistakes as steps to help you learn </div>	<div style="background-color: #ffcccc; padding: 5px; margin-top: 5px;"> 29 Write down three things you appreciate about yourself </div>	<div style="background-color: #ffcccc; padding: 5px; margin-top: 5px;"> 30 Remind yourself that you are enough, just as you are </div>	

ACTION FOR HAPPINESS

Happier · Kinder · Together

