

February 2025

Well-being Newsletter



NEW ASH GREEN
PRIMARY SCHOOL
Together Everyone Achieves More

Dear Parents and Carers,

Happy 2025!

Happy New Year and welcome back to a bright and exciting 2025! As we step into this new year, we're thrilled to continue celebrating *positive mental health and well-being* in our wonderful school community.

This year, we'll be focusing on **small steps to big smiles**—building resilience, fostering kindness, and finding joy in everyday moments. Remember, looking after our minds is just as important as looking after our bodies and together, we can grow stronger, happier, and more connected.

Let's make this term a time for:

- **Mindful moments**—pausing to breathe and appreciate the world around us.
- **Acts of kindness**—a simple smile or helping hand can brighten someone's day.
- **Creative fun**—expressing ourselves through art, play, and imagination.
- **Celebrating progress**—recognising and celebrating everyone's unique journey.

We're here to support you every step of the way and can't wait to see all the incredible ways you'll shine this year. Let's make 2025 a year of positivity, growth, and positive mental well-being for all!

"What lies behind us and what lies before us are tiny matters compared to what lies within us."

— Ralph Waldo Emerson

Term 2– Take Notice

This edition is dedicated to the power of “Taking Notice”—a simple but impactful way to support mental health and strengthen our connection to the world around us.

In our busy lives, it’s easy to overlook the small moments that bring joy, gratitude, and peace. “Taking Notice” is about pausing, paying attention to the present, and appreciating the little things that make life special. Research shows that practicing mindfulness and gratitude can significantly improve our mental wellbeing, reduce stress, and boost our overall happiness.

Here are some ideas and activities to help your family embrace “*Taking Notice*”:

At Home:

- **Gratitude Moments:** Spend a few minutes each day sharing one thing you are grateful for as a family. This could be at the dinner table or before bedtime.
- **Nature Appreciation:** Look out the window or step outside together. Talk about what you see, hear, and feel. Noticing the beauty of nature—a bird singing, a tree swaying, or the colour of the sky—can bring calm and joy.
- **Mindful Breaks:** Take short moments to pause and breathe together. Encourage your child to focus on their breathing or on the sounds around them.

On the way to school:

- **I Spy with a Twist:** Play “I spy” on the journey to school, focusing on things that are interesting, colourful, or unusual.
- **Seasonal Observations:** Notice how the environment changes with the seasons—new flowers blooming, frost on the grass, or the feel of the morning air.

Creative expression:

- **Journaling or Drawing:** Encourage your child to write or draw something they noticed or appreciated during their day.
- **Photography:** Give your child a chance to take pictures of things they find beautiful or interesting. Discuss what caught their eye and why.

Benefits of taking notice:

- Enhances concentration and focus.
- Helps manage stress and reduce anxiety.
- Encourages a positive outlook by focusing on the good in life.
- Builds stronger connections with others and the world around us.



A challenge for this month:

As a family, try keeping a “Noticing Journal”. Each day, write down or draw one thing each of you noticed or appreciated. At the end of the week, look back and reflect on how those moments made you feel.

Remember: Taking notice is not about adding more to your to-do list; it’s about slowing down and appreciating the moments already happening. By practicing this together, we can nurture a sense of calm, gratitude, and joy in our lives.

Taking Notice within our well-being curriculum:

Our students have been practicing mindfulness in class by taking notice of their surroundings and sharing their reflections.



Reception:

The children have been using their senses notice and explore the space around them.

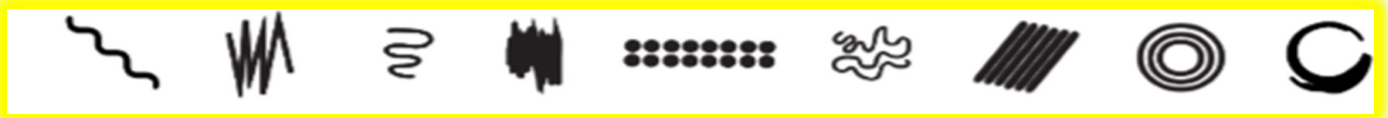
Year 1

The children have been paying attention to the different sounds and music, describing how they make them feel.



Year 2

Pupils have been doodling and using colour expression to explore and take notice of their feelings.



Year 3



The students have been taking notice of rubbish in the environment by taking part in litter picking.

Year 4

The year group have been focusing on taking notice of the positive thoughts they encounter throughout the day..



Year 5

Pupils have been reflecting on how their words and thoughts can impact those around them.

Year 6

The year group have observing their energy levels and creating self care routines to support their well-being.



Children's Mental Health Week 2025

3rd – 9th February 2025

Place2Be launched the first-ever Children's Mental Health Week in 2015 to **empower, equip and give a voice to every child in the UK.**

The theme for 2025 is **Know Yourself, Grow Yourself**, with the aim to equip and empower children and young people across the UK to embrace self-awareness and explore what it means to them. They want children and young people to discover how getting to know who they are can help them build resilience, grow and develop.



The children recently participated in a whole-school assembly centered on this theme. They explored how self-awareness involves understanding their feelings, identifying their strengths, and recognizing areas where they want to grow. The assembly also highlighted the importance of growing together as a community. When we do kind things for ourselves and others, we strengthen our mental and emotional well-being.

Within class, the children have been engaging in a variety of wellbeing-inspired activities connected to this theme, including:

- Creating an emotions wheel with a range of feelings inspired by the Disney Pixar film *Inside Out*.
- Drawing their rooted beliefs and how they would like to grow, using the style of a plant.
- Designing strength shields and playing strength bingo.
- Setting personal goals for growth and self-improvement.
- Saying positive affirmations while looking in the mirror.
- Reading stories about characters who develop growth mindset.
- Sharing compliments with their classmates to foster positivity and connection.



You could try some of these activities at home to continue to boost your children's self esteem and improve their mental wellbeing.



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