

Copley's Well-being Newsletter



Welcome to our first termly well-being newsletter!
In this newsletter you will find:

- support for mental health and well-being
- events celebrated this term & upcoming events
- activities and recommendations outside of school



WELL-BEING UPDATES

Since September, we have celebrated and established a range of well-being activities and events in school.

- Tea and Talk Well-being Mornings in the LRC
- World Kindness Day
- World Gratitude Day
- Anti-Bullying Week
- Student voice surrounding mental health and well-being
- Well-being drop-in sessions
- Weekly Well-being slides on a Monday
- Staff Mental Health and Well-being Group
- Monthly student bulletins

SUPPORT OUTSIDE OF SCHOOL

- **Kooth**
- **Every Mind Matters – NHS**
- **Mind Charity**
- **Samaritans**
- **Three Good Things – App** – This app is simple and easy-to-use, helping children focus on the positive and recognising what went well today.
- **BBC/CBBC – Life Babble** – This is a free resource to help your child have help have difficult conversations and support issues around friendships and family.

UPCOMING WORLD EVENTS

4th January
World Braille Day

25th January
Holocaust Memorial Day

February
LGBTQ+ Awareness Month

6th–12th February
Children's Mental Health Week

DECEMBER RECOMMENDATIONS

Family fun this Winter....

- Salt dough ornaments. Perfect for the family!
- Make your own wreath. DIY Wreath kit – £5.99 at Home Bargains
- Enjoy a Winter Walk outdoors!

What to watch this Winter...

- Disney's 'Wish' in cinemas now!

What to read this Winter...

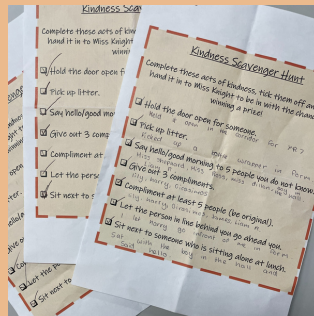
- C.S. Lewis' 'The Lion, The Witch and The Wardrobe'



WORLD KINDNESS DAY & ANTI-BULLYING WEEK

To celebrate Anti-Bullying Week, we started the week off with World Kindness Day. Students were encouraged to complete the 'Kindness Scavenger Hunt.'

This week enabled pupils with the opportunity to talk about kindness as an approach to prevent bullying, developing kindness really is the opposite of bullying as it cultivates positive relationships and acceptance.



SUPPORT INSIDE SCHOOL

Who can I speak to?

- Pastoral Leads
- Mental Health First Aiders
- Mr O'Brien (DSL)
- Mrs Pinder (DDSL)
- Staff members
- Form tutors
- Miss Knight (MHWB Lead)

Where can I go?

- The Bridge
- Well-being Drop-in Sessions in the LRC with Miss Knight
- To a trained Mental Health First Aider (posters on classroom/office doors)
- Mrs Pinder - Opposite Room 2
- Mr O'Brien - Opposite Room 34

WELL-BEING CHECKLIST

- ✓ Read at least 30 minutes per week at home.
- ✓ Sleep at least 8 hours each night.
- ✓ Practice gratitude.
- ✓ Check in on a loved one.
- ✓ Walk outdoors for at least 30 minutes per week.

WELL-BEING AT COPLEY

Well-being is defined as 'the state of being comfortable, healthy and/or happy'.

At Copley, our focus is on ensuring that our young people are provided with strategies to help them lead comfortable, healthy and happy lives.

Well-being updates and events will be communicated with pupils through form time, conversations with staff and posted on our 'Well-being Wall' in the Canteen.



CONTACT US

If you, as parents, carers and guardians, would like to express any comments regarding mental health and well-being at Copley, please do by contacting Miss Knight.

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