Wellbeing Newsletter

Welcome to our newly designed wellbeing newsletter!

Welcome to Meadow Park's wellbeing newsletter. We are working hard to promote good mental health and wellbeing. Each half term we'll update you on what's been going on around school as well as providing information, advice and tips on how we can all look after ourselves and our wellbeing.

Cost of living

You may have heard lots of discussion about 'the cost of living crisis' that is happening at the moment. The cost of living is the amount of money it costs just to live in a certain place. It includes things like food, housing, taxes, petrol, bills etc. People are worried because the cost of things is increasing but wages and benefits aren't.

If you're feeling worried, anxious or upset, your key workers and mentoring team are always here to support you.

There's also advice available online from:

Childline
www.childline.org.uk
0800 1111

Young Minds
www.youngminds.org.uk
Shout 85258

Student voice

We have lots of exciting new opportunities for you to make a difference at Meadow Park. Over the next few weeks we will be launching our 'Student Leadership Team' elections and our 'student suggestions' box. Your voice matters to us so if you want to share your ideas and opinions on how we can make Meadow Park even better then please get involved!

Charity spotlight

YoungMinds is a national charity that promotes the mental health of children and young people. They work to ensure that effective services are in place to help children and young people and to prevent problems arising in the first place.

They offer a free 24/7 support across the UK. If you or someone you know needs support text YM to 85258. All texts are answered by trained volunteers, with support from experienced clinical supervisors and are free from EE, O2, Vodafone, 3, Virgin Mobile, BT Mobile, GiffGaff, Tesco Mobile and Telecom Plus.

Every year, the Young Minds #helloyellow campaign encourages people to wear yellow on World Mental Health Day (10th October) to raise money and spread the word that, whatever you're going through, you can talk to someone if you're struggling.

TAKE CARE OF YOUR MENTAL HEALTH

TALK ABOUT YOUR FEELINGS | EAT WELL | TALK TO FRIENDS AND FAMILY
KEEP ACTIVE | ASK FOR HELP | TAKE A BREAK
DO SOMETHING YOU'RE GOOD AT | ACCEPT WHO YOU ARE | CARE FOR OTHERS

Our favourite quote of the half term is…

*Shoot for the moon, even if you miss you'll land among the stars!*

Books are a really good way to explore mental health & wellbeing. We have lots of different ones available in our school library. Here's our 'top picks'…

Primary
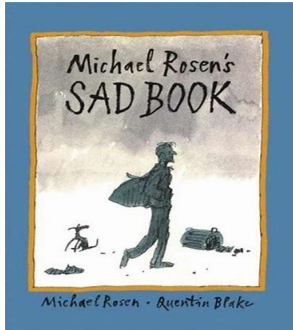
Michael Rosen's Sad Book

Michael Rosen's *Sad Book* is about loss and grief. It chronicles Michael's grief at the death of his son Eddie from meningitis at the age of 19. Suitable for all ages, it acknowledges that sadness is not always avoidable or reasonable and perfects the art of making complicated feelings plain.
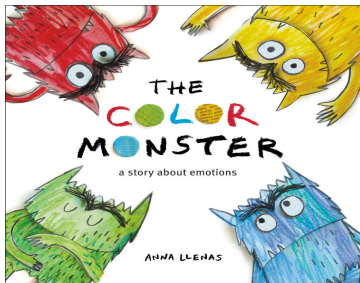
The Colour Monster

One day, Colour Monster wakes up feeling very confused. His emotions are all over the place; he feels angry, happy, calm, sad and scared all at once! To help him, a little girl shows him what each feeling means through colour.
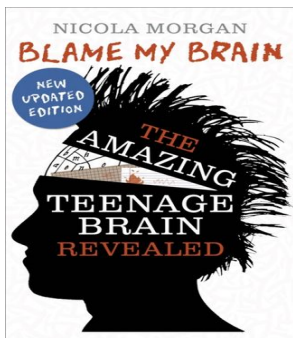
Secondary
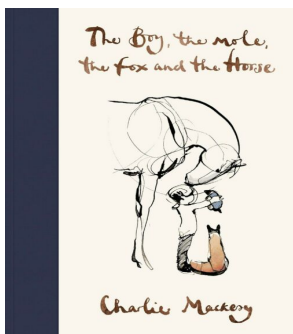
The boy, the mole, the fox and the horse

A book of hope for uncertain times.

A book about life and friendship. Enter the world of Charlie's four unlikely friends, discover their story and their most important life lessons.

Blame my brain

When you're a teenager your brain undergoes its most radical changes. This funny book looks at the ups and downs of the teenage brain dealing with powerful emotions, the need for more sleep, the urge to take risks, the different between genders and the reasons behind issues such as depression and anxiety.

Self-care…

Each issue we'll share a 'top tip' to help you take care of your mental health.

Music

Listening to music can help you manage your feelings in lots of different ways:

- Listening to songs that you enjoy can help improve your mood.
- Dancing or singing along to your favourite song releases 'feel good' endorphins.
- Listening to music really loudly can help release built up tension/anger.
- Songs that are similar to the emotion you're feeling can help release pent up emotions.
- Listening to music that is the opposite to what you're feeling e.g Calming music when you are feeling anxious can help relax you.

Important dates…

2nd November
Stress Awareness Day

10th November
Mental Health Week

13th November
World Kindness Day

14th November
Anti-Bullying Week

More information about wellbeing can be found on our school website www.meadowparkknowsley.co.uk or on our social media pages Twitter: @meadowparkscho Facebook: Meadow Park School