

# ALDERMAN COGAN'S CHURCH OF ENGLAND PRIMARY SCHOOL ACADEMY'S WELLBEING NEWSLETTER

We are all 'wonderfully made' by God and loved by Him just as we are.

PEACE, TRUST, FRIENDSHIP

14TH OCTOBER 2022

## WELCOME TO THIS WEEK'S WELLBEING LETTER

Dear Parents and Carers,

Welcome back to this week's newsletter. We would like to make you aware of the support we can offer all our families. There's so much we offer at Alderman Cogan's Church of England Primary School: parenting support, interventions to support friendship skills; self-esteem and much more; various emotional wellbeing support through our Web Team and ELSAs; Healthy Minds; Mental Health Support Team; agencies that help with behaviour strategies and specific situations. Family life isn't always easy and we are here to help! Please do not hesitate to contact us. Mrs Malster-Hinett and the Web Team



### [Celebrating Diversity](#)

#### [Why not get involved in our family learning challenge next week?](#)

The challenge is very simple. Just tell us why that person is inspirational in your own way and submit your work to your class teacher by Friday 21st October. There will be prizes for the best entries and we will display all your work in school to help celebrate the Black History Month.

Good Luck!



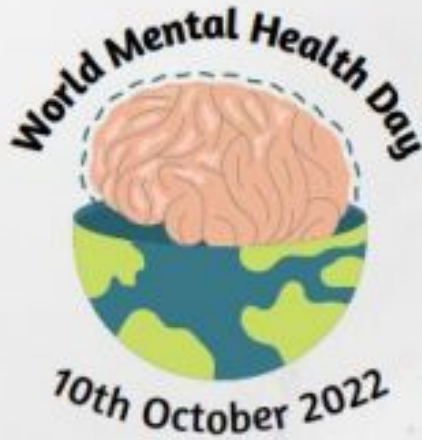
## Easy and Quick Pumpkin Soup



- Weight-loss soup
- Healthy & tasty
- Boosts immunity



# WORLD MENTAL HEALTH DAY



## 'Making Mental Health & Well-Being for All a Global Priority'

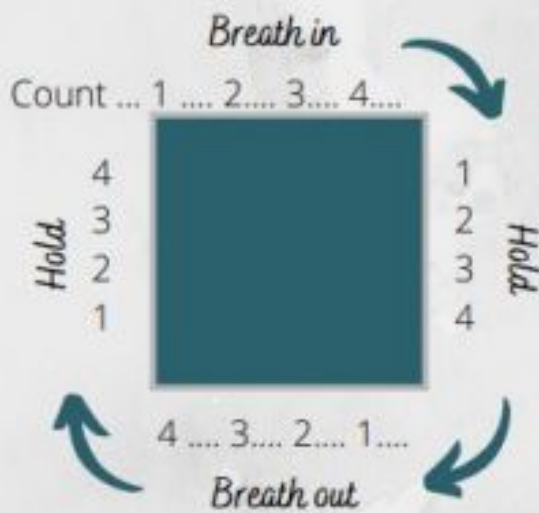
We want to make sure that everyone is able to access ways to look after their mental health and well-being.

Here are some easy things to try to help you feel calmer when feeling sad or worried.



Look around you and notice ...

- 5** things you can **see**
- 4** things you can **touch**
- 3** things you can **hear**
- 2** things you can **smell**
- 1** thing you can **taste**



### 5 Finger Breathing



### Child's Pose (Balasana)

1. Start on the hands and knees.
2. Press the hips back toward the heels.
3. The arms can be stretched out in front of the body, or curled down by the sides.



If you would like support for your mental health or wellbeing you can access by speaking to your school or visiting: [www.lpft.nhs.uk/youngpeople](http://www.lpft.nhs.uk/youngpeople)

